Total Wellness
Look at our new classes and seminars!

Yoga
Tai Chi
Meditation & Relaxation
Essential Oils
Nutrition

It’s more than a Membership
We’re your Community, Join our Family Today!

6551 Knickerbocker Rd. 315.524.7447 & 315.524.7020 www.ontariotown.org
CASEY PARK

Located at 6551 Knickerbocker Road, this 93-acre park is a diversity of passive and active recreational opportunities. Visitors can see a multitude of wildlife such as deer, squirrels, and other woodland creatures while enjoying the tree covered walking trail as well as the hiking trail. Both the hiking and walking trails overlook a 100 year old iron ore bed which can be used for boating (no motors permitted). Casey Park is also home to the offices of the Parks & Recreation Department, the Ontario Community Center and the Economic Development Department.

Park Amenities
- 2 open air pavilions
- 6 ball fields
- Hiking and walking trails
- Enclosed lodge
- Boat rental (canoe & paddle) seasonal
- Sand beach
- Water spray animals
- Fishing
- Playground
- Biking trails
- Restrooms

General Information

Park Hours:

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<th>Season</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>Summer</td>
<td>7:00 am - 9:00 pm</td>
</tr>
<tr>
<td>Winter</td>
<td>7:00 am - 9:00 pm</td>
</tr>
</tbody>
</table>

ALCOHOLIC BEVERAGES ARE NOT PERMITTED IN ANY TOWN PARK

Open Air Pavilions & Enclosed Lodge

Two open air pavilions and an enclosed lodge are available for picnics, family reunions, and other group functions. The open air pavilions are available on a seasonal basis and the enclosed lodge is available year round.

Call (315) 524-7447 for facility availability and fee schedule

THOMPSON PARK

Thompson Park is located on Lake Road between Knickerbocker Road & Furnace Road. This six acre park straddles the mouth of Bear Creek. In 2002, an old bridge spanning Bear Creek was replaced by a modern arched bridge with a pedestrian walkway on the north side.

The park attracts waterfowl and shorebirds, including migratory species, making this a great location for bird watching. Many area residents and their children use this park to fish and enjoy all the beauty of Lake Ontario.

Bear Creek Harbor is located within Thompson Park. Bear Creek Harbor has a concrete boat launch that gives boaters direct access to Lake Ontario via Bear Creek. A permit is required to use the boat launch.

Launching Permits are required to launch any vessel. Seasonal and day passes are available. Please contact the Parks and Recreation office for more details.

MEMORIAL POINT AT BEAR CREEK HARBOR

Memorial Point at Bear Creek Harbor is dedicated to all who perished while serving their country in the United States of America Armed Forces.

This memorial serves as a timeless reminder of the ultimate sacrifice that these individuals gave in defense of our nation and to the broader cause of peace and freedom from tyranny throughout the World.

Museum & Gift Shop Hours: June 4 to October 1, Saturday & Sunday, 1:30 to 4:00 pm
Closed July 4th and Labor Day

Suggested Donation: Adults $6.00
Seniors & under 16 yrs old $5.00, Families $20.00

*Be sure to check out the list of Special Events for 2019 in the upcoming Spring Program Announcement*

For more information or to schedule a private group or family tour by appointment, please contact Ann Welker, 315-524-9330 and for school tours contact Polina Doran, 585-627-3526. All events take place rain or shine. Visit our website at www.heritagesquaremuseum.org

HERITAGE SQUARE MUSEUM

Heritage Square Museum is owned and operated by the Town of Ontario Historical and Landmark Preservation Society. Located at 7147 Ontario Center Road, this 13-acre site includes the Ruffell log cabin, Brick Church schoolhouse, town jail and train station with gift shop. All buildings are carefully furnished with period artifacts. Heritage Square is also home to New York State's oldest living Sugar Maple Tree!

Museum & Gift Shop Hours: June 4 to October 1, Saturday & Sunday, 1:30 to 4:00 pm
Closed July 4th and Labor Day

Suggested Donation: Adults $6.00
Seniors & under 16 yrs old $5.00, Families $20.00

*Be sure to check out the list of Special Events for 2019 in the upcoming Spring Program Announcement*

For more information or to schedule a private group or family tour by appointment, please contact Ann Welker, 315-524-9330 and for school tours contact Polina Doran, 585-627-3526. All events take place rain or shine. Visit our website at www.heritagesquaremuseum.org
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ONTARIO COMMUNITY CENTER
The Community Center offers healthy lifestyle options for area residents of all ages. The main building houses a fitness center, classrooms, locker rooms and offices. The facility also includes a 12,800 sq. ft. indoor turf arena, an 8,500 sq. ft. gymnasium, and an indoor walking track. Memberships are available. Get the latest info on new programs and promotions in the monthly newsletter.

HOURS:
Community Center:  Monday - Thursday; 7:00 am - 9:00 pm
                    Friday; 7:00 am - 7:00 pm
                    Saturday & Sunday; 9:00 am - 4:00 pm

REGISTRATION POLICY
ALL PROGRAMS, unless otherwise stated, will register as follows:
All registration will be done either by mail, online, drop box or in person at the Parks & Recreation Building or the Ontario Community Center. The drop box, program announcements and registration forms are located on the front entrance of the Parks and Recreation Building. The drop box will be emptied at 9:00 am, Noon, and 3:00 pm each day of a registration period.

WAYNE CENTRAL SCHOOL OWNED/OPERATED FACILITIES
For programs conducted at facilities and/or operated by Wayne Central School District, the non-registration criteria shall be as follows:

1) The first period of registration shall be limited to residents of the Town of Ontario and Wayne Central School District.

2) The second period of registration shall be open to residents and residents outside the District of Wayne Central.

ONTARIO PARKS & RECREATION STAFF
William I. Riddell . . . . . . . . . . . Parks and Recreation Director
Kimberly Millard . . . . . . . . . . . . . Assistant Recreation Director
Jeremy Peets . . . . . . . . . . . . . . . . . . . . . . . . Recreation Maintenance Worker
Ben Aman. . . . . . . . . . . . . . . . . . Recreation Leader
Raymond Sanger. . . . . . . . . . . . Groundskeeper
Vivian Taylor-Kalinowski. . . . . Senior Site Manager

ONTARIO PARKS & RECREATION ADVISORY BOARD
Annette Eaton
Mary Hughson
Robert Kelsch
Virginia Molino
Jackie Stauring-Robusto
Lee Stramonine
Coralie TeWinkle

ONTARIO TOWN BOARD
Frank Robusto, Supervisor
Joe Catalano, Councilman
Rick Leszyk, Councilman
Jason Ruffell, Councilman
Scott TeWinkle, Councilman, Department Liaison
**PRE-SCHOOL PLAYDAYS**

Emphasis is on those activities and games that appeal to "older" preschoolers. By engaging in crafts, stories and physical activity, children learn group dynamics through self exploration as they get ready to move onto Kindergarten.

**AGES:** 2.5 - 5 years old  
(Not yet in Kindergarten and has ability to use the facilities)

**WHEN:** Fridays  
**TIME:** 10:30 am - 12:00 pm  
**WHERE:** Community Center Constellation Room  
**FEE:** $30.00

**Session II**  
November 9 - December 21  
**Session III**  
January 4 - February 8  
*No class 11/23*

**COME EXPLORE WITH ME**

Share in the fun as your child explores the world that surrounds them. Everyday is a new discovery as your child climbs, plays, and learns new songs and games. It's a great first socialization experience for children and fun for mom or dad, too. Grandparents and caregivers welcome!

**AGES:** 18 months - 4 years old  
**WHEN:** Fridays  
**TIME:** 9:00 - 10:00 am  
**WHERE:** Community Center Constellation Room  
**FEE:** $27.00

**Session II**  
November 9 - December 21  
**Session III**  
January 4 - February 8  
*No class 11/23*

**LITTLE CHEFS**

Mom or Dad - help your child to cook in the kitchen with you! Teach your child the basics in the kitchen and learn how to incorporate them while you cook at home too. A healthy, delicious snack will be made together!

**AGES:** 3 - 8 years old  
**WHEN:** Friday, November 2  
**TIME:** 6:00 - 7:00 pm  
**WHERE:** Adult Activity Center  
**FEE:** $16.00

**TINY TIGERS**

Let us teach you the basics in karate, self defense and stranger danger in a fun, non-threatening environment. Children will learn how to kick, punch and fall down without getting hurt.

**AGES:** 4 - 7 years old  
**WHEN:** Monday & Wednesday; 4:30 - 5:00 pm  
**DATES:** Monthly sessions:  
October, November, December or January  
**WHERE:** Kuk Sool Won Studio on Route 104 located next to Bill Gray’s  
**FEE:** $45.00 for one day; $60.00 for both days

**BABY SIGN LANGUAGE**

Teach your baby/toddler a system of gestures to communicate basic needs, such as hunger and sleepiness, as well as fun words, such as animals names. Parents have realized that children can use their hands long before the have the ability to speak. Signing with your baby can relieve the frustration of not being able to communicate verbally. Class size is limited.

**AGES:** Newborn - 2 years old  
**WHEN:** Saturdays, October 13 - 27  
**TIME:** 9:00 - 9:30 am  
**WHERE:** Adult Activity Center  
**FEE:** $10.00

**ACRO**

If your child loves to do summersaults and cartwheels and also likes to dance, then this class will thrill your little one! It is designed to mix tumbling and dance moves together while working on strength and conditioning. It also helps build skills for cheerleading. Spotters and skilled assistants will be present.

**AGES:** 3 - 4 years old  
**WHEN:** Fridays, November 9 - December 21  
*No class 11/23*  
**TIME:** 5:45 - 6:45 pm  
**WHERE:** Strike It Up Artistic Center  
2045 Route 104, Ontario  
**FEE:** $45.00

**KINDER KICKS SOCCER**

Come and play with your child in a non-threatening environment as they learn organized sports. This six week class offers exercises that become increasingly difficult as the children show improvement. What a great way to spend time with your child one-on-one as they learn new skills!

**AGES:** 3 - 5 years old  
**WHEN:** Thursdays, January 10 - February 14  
*No class 11/23*  
**TIME:** 4:30 - 5:15 pm  
**WHERE:** Ontario Community Center  
**FEE:** $39.00  
$30.00 with member discount

**BOOGIE BABIES**

If you would like your child to try dance before making the full commitment, this class is great. Beginning/Intermediate skills for tap and ballet will be taught. They will need to wear tights and a leotard. Some shoes may be available to borrow on a first come basis.

**AGES:** 2 - 4 years old  
**WHEN:** Mondays, November 5 - December 17  
**TIME:** 5:00 - 5:45 pm  
**WHERE:** Strike It Up Artistic Center  
2045 Route 104, Ontario  
**FEE:** $55.00
BOUNCERS BASKETBALL
Learn the fundamentals of basketball in a fun environment. Boys & Girls will have fun learning how to dribble, pass and shoot a basketball. It is important that children learn the fundamentals early so they do not start bad habits. This program fills up quickly.

AGES: 5 - 7 years old
WHEN: Tuesdays, November 6 - December 18
   No class 11/20
TIME: 4:15 - 5:00 pm
WHERE: Ontario Community Center Gymnasium
FEE: $44.00
   $38.00 with member discount

ZUMBA KIDS
Zumba Kids is a specially designed class for children to encourage kids to develop a healthy lifestyle and incorporate fitness as a part of their lives through dance and exercise. Games and a prize box after every class.

AGES: Boys & Girls;
   Ages 4 - 12 years old
TIME: 6:00 - 6:45 pm
WHEN: Tuesdays, November 6 - December 11
WHERE: Community Center Group Ex
FEE: $42.00
   $30.00 with member discount

MINI BOP
Does your child already know how to shake their tail feathers? Or do they try to mimic the latest dance styles? Well this class is for them! This introductory class will teach the newest funky fresh moves in a fast paced, high-energy environment, using music they’ll love and moves they can relate to!

AGES: 5 - 6 years old
WHEN: Mondays, November 5 - December 10
TIME: 4:15 - 5:00 pm
WHERE: Strike It Up Artistic Center
   2045 Route 104, Ontario
FEE: $45.00

STORYBOOK THEATER
In this weekly class the children will focus on excerpts from well known children’s musical and plays. They will learn about staging, character recognition, role playing, dancing, costumes, singing, etc. with mini performances in the showcases.

AGES: 4 - 7 years old
WHEN: Fridays, November 9 - December 21
   No Class 11/23
TIME: 5:00 - 6:45 pm
WHERE: Strike It Up Artistic Center
   2045 Route 104, Ontario
FEE: $65.00

TINY TOTS RIDING LESSONS
Horse riding is a wonderful way to get exercise while enjoying the outdoors. Lessons cover basic riding techniques and horsemanship skills. A great introduction to horseback riding. Helmets are provided.

AGES: 2 - 5 years old
AVAILABLE DATES: Saturdays
   October 6, October 20, November 3, November 17 & Dec. 1
TIME: 8:30 - 9:00 am
WHERE: Hillrise Equestrian Center
   1624 Penfield Walworth Road, Walworth
FEE: $25.00 each class

TAP & BALLET
If you would like your child to try dance before making the full commitment, this class is great. Beginning/Intermediate skills for tap and ballet will be taught. They will need to wear tights and a leotard. Some shoes may be available to borrow on a first come basis.

AGES: 5 - 6 years old
WHEN: Thursdays, November 8 - December 20
   No Class 11/22
TIME: 4:15 - 5:15 pm
WHERE: Strike It Up Artistic Center
   2045 Route 104, Ontario
FEE: $55.00

ZUMBA KIDS
Zumba Kids is a specially designed class for children to encourage kids to develop a healthy lifestyle and incorporate fitness as a part of their lives through dance and exercise. Games and a prize box after every class.

AGES: Boys & Girls;
   Ages 4 - 12 years old
TIME: 6:00 - 6:45 pm
WHEN: Tuesdays, November 6 - December 11
WHERE: Community Center Group Ex
FEE: $42.00
   $30.00 with member discount

MINI BOP
Does your child already know how to shake their tail feathers? Or do they try to mimic the latest dance styles? Well this class is for them! This introductory class will teach the newest funky fresh moves in a fast paced, high-energy environment, using music they’ll love and moves they can relate to!

AGES: 5 - 6 years old
WHEN: Mondays, November 5 - December 10
TIME: 4:15 - 5:00 pm
WHERE: Strike It Up Artistic Center
   2045 Route 104, Ontario
FEE: $45.00

STORYBOOK THEATER
In this weekly class the children will focus on excerpts from well known children’s musical and plays. They will learn about staging, character recognition, role playing, dancing, costumes, singing, etc. with mini performances in the showcases.

AGES: 4 - 7 years old
WHEN: Fridays, November 9 - December 21
   No Class 11/23
TIME: 5:00 - 6:45 pm
WHERE: Strike It Up Artistic Center
   2045 Route 104, Ontario
FEE: $65.00

TINY TOTS RIDING LESSONS
Horse riding is a wonderful way to get exercise while enjoying the outdoors. Lessons cover basic riding techniques and horsemanship skills. A great introduction to horseback riding. Helmets are provided.

AGES: 2 - 5 years old
AVAILABLE DATES: Saturdays
   October 6, October 20, November 3, November 17 & Dec. 1
TIME: 8:30 - 9:00 am
WHERE: Hillrise Equestrian Center
   1624 Penfield Walworth Road, Walworth
FEE: $25.00 each class

TAP & BALLET
If you would like your child to try dance before making the full commitment, this class is great. Beginning/Intermediate skills for tap and ballet will be taught. They will need to wear tights and a leotard. Some shoes may be available to borrow on a first come basis.

AGES: 5 - 6 years old
WHEN: Thursdays, November 8 - December 20
   No Class 11/22
TIME: 4:15 - 5:15 pm
WHERE: Strike It Up Artistic Center
   2045 Route 104, Ontario
FEE: $55.00

Youth House Soccer League
All the fun of our summer soccer program is now offered in an indoor league. Every child will have the opportunity to be part of a team and get in plenty of play time. Volunteer coaches will work with your child to develop soccer skills and build self-confidence. Participants register individually and will be contacted by the coach or department prior to the start of the program.

WHO:  
   DIVISION I: Ages 10 & 12 Games at 8:00 am
   DIVISION II: Ages 7-9 Games at 9:00 & 10:00 am
   DIVISION III: Ages 4-6 Games at 11:00 am

FEE: $48.00, $40.00 with member discount

FALL: Saturdays, October 13 - November 17
WINTER I: Saturdays, January 5 - February 9
WINTER II: Saturdays, March 2 - April 6

www.ontariotown.org
YOUTH PROGRAMS

TWIRLERS - INTRO TO BATON TWIRLING
Twirling combines dance, agility, coordination, flexibility, and much more while manipulating a baton. It is primarily performed with the accompaniment of music. Fundamental characteristics of the sport include the handling of the baton to create visual images, pictures, and patterns executed with dexterity both close in and around the body and the proper release of the baton into the air. The discipline requires the simultaneous blending of these fundamental characteristics, utilizing time and space to display both technical merit and artistic expression. 

AGES: 5 - 12 years old
WHEN: Thursdays, October 25 - November 15
TIME: 5:45 - 6:15 pm
WHERE: DCT Company
2014 Ridge Road, Ontario
FEE: $40.00

TAP, JAZZ & BALLET
If you would like your child to try dance before making the full commitment, this class is great to try it out. Beginning/Intermediate skills for tap and ballet will be taught. They will need to wear tights and a leotard. Some shoes may be available to borrow on a first come basis.

AGES: 6 - 8 years old
WHEN: Saturdays, November 10 - December 22
No Class 11/24
TIME: 9:00 - 10:30 am
WHERE: Strike It Up Artistic Center
2045 Route 104, Ontario
FEE: $65.00

HIP HOP
Hip Hop is a high energy, fast pace, exciting form of dance that uses your entire body in a non-classical way. You will learn the latest dance moves at an appropriate beginner level pace. Please wear comfortable clothes and sneakers.

AGES: 7 - 10 years old (Junior Bop)
11 + years old (Teen Hip Hop)
WHEN: Tuesdays, November 6 - December 11
WHERE: Strike It Up Artistic Center
2045 Route 104, Ontario
TIME: 7:15 - 8:00 pm (Junior Bop)
8:00 - 8:45 pm (Teen Hip Hop)
FEE: $45.00

ACRO
If your child loves to do summersaults and cartwheels and also likes to dance, then this class will thrill your little one! It is designed to mix tumbling and dance moves together while working on strength and conditioning. It also helps build skills for cheerleading. Spotters and skilled assistants will be present.

AGES: 4 - 9 years old
WHEN: Saturdays, November 10 - December 22
No class 11/24
TIME: 10:30 - 11:30 am
WHERE: Strike It Up Artistic Center
2045 Route 104, Ontario
FEE: $55.00

FRIDAY NIGHT PLAY AT THE CENTER
Start the weekend off with a bounce! Once a month we’ll set up the inflatable obstacle course in the gymnasium. Bring the kids and let them get out all their energy bouncing, diving, climbing and sliding. They’ll have a blast! No pre-registration required.

AGES: 3 and up, Parents must stay in the gym with children under 6
WHEN: Fridays; October 5; November 2; December 7 January 4; February 1
TIME: 5:30 - 8:00 pm
WHERE: Community Center Gymnasium
FEE: $5.00; Free to members

www.ontariotown.org
HORSE RIDING LESSONS AT HILLRISE
Horse riding is a wonderful way to get exercise while enjoying the outdoors. Lessons cover basic riding techniques and horsemanship skills. Students need to wear pants and a boot or shoe with 1/2" heel. Helmets are provided.

AGES: 6 - 18
WHEN: Mondays: October 15 - November 5 or November 19 - December 10
       Thursdays: October 18 - November 8 or November 29 - December 20
TIME: 6:00 - 7:00 pm
WHERE: Hillrise Equestrian Center
       1624 Penfield Walworth Road, Walworth
FEE: $135.00 per session

Indoor ring available in case of inclement weather.

BIG CHEFS
Are you ready to learn how to cook a snack for yourself? Learn kitchen basics and how to help while you cook at home too. A healthy, delicious snack will be made together!

AGES: 9 - 13 years old
WHEN: Friday, November 2
TIME: 7:00 - 8:30 pm
WHERE: Adult Activity Center
FEE: $16.00

RECREATION CHEER
Have you ever wanted to try cheer for competition or just for fun? Or are you looking to continue your cheer season without the full year commitment? Then come give this a try. Participants will go over arm motions, dance, tumbling, stunts, flexibility and cheer vocals. Program includes cheer instruction, uniform and competition fees.

AGES: 4 - 14 years old
WHEN: Wednesdays, November 28 - February 27
TIME: 4:45 - 5:30 Tiny (4-8 yrs)
       6:45 - 7:30 pm Juniors (9-14 yrs)
WHERE: DCT Company
       2014 Ridge Road, Ontario
FEE: $350.00

1/2 DAY RECESS
Wondering what to do with the kids on an afternoon they’re off from school? We have you covered! The school buses will transport the students to the Ontario Community Center following the 1/2 day dismissal. To be prepared they will need to bring a bag lunch and as always, wear sneakers! Students will enjoy a variety of games on our turf. Be sure to fill out the permission slip with the bus pass that will be sent through the schools.

WHO: Wayne Central students ONLY in grades K-6
WHEN: Tuesday, November 6
TIME: Half day dismissal time until 5:00 pm
FEE: $20.00; $10.00 with Family Membership discount

HILLRISE EQUESTRIAN AFTER SCHOOL CLUB
This isn't your typical after school club. Members will learn hands on how to handle, care for, groom, tack up and ride the well trained horses and ponies. It’s the perfect experience for those interested in horses, riding or animal care. Participants will also enjoy crafts and games throughout the afternoon. Please bring a healthy snack with you each day.

WHO: Boys and Girls; Grades 1 - 8
WHEN: Tuesdays or Thursdays
DATES: October 4 - 25 or November 1 - 29
Session I: 4:00 - 5:30 pm
Session II: 4:00 - 6:00 pm
WHERE: Hillrise Equestrian Center
       1624 Penfield Walworth Road, Walworth
Session I FEE: $140.00 for either Tues. or Thurs.
Session II FEE: $160.00 for either Tues. or Thurs.

THEATER WORKS
This class will allow students to further explore the nature of acting and learn different aspects of musical theater. Students will work on acting skills, scene work, staging, musical theater dance, vocal performance, movement techniques, monologues, audition techniques, and prepare short scenes to perform in the showcases.

AGES: 8 - 15 years old
WHEN: Mondays, November 5 – December 10
TIME: 6:00 - 8:00 pm
WHERE: Strike It Up Artistic Center
       2045 Route 104, Ontario
FEE: $75.00

FEBRUARY BREAK CAMP
There’s no school so let’s hang out with your friends and play! Join us at the Community Center for a wide variety of games, sports, arts & crafts and other activities for the week off in February. We will provide lunch on Wednesday, bag lunches are needed for Monday, Tuesday, Thursday and Friday.

GRADES: K - 6
WHEN: Monday - Friday, February 18 - 22
TIME: 9:00 am - 3:00 pm
WHERE: Ontario Community Center
FEE: $79.00 per child;
    $59.00 with Family Membership Discount
    or $25.00 per day

www.ontariotown.org
NERF DART TAG
Athleticism, communication, sportsmanship, determination and FUN! This is Nerf dart tag! Teams will work together to outshoot, outmaneuver, and outsmart their opponents. Gather your friends and sign up to play our newest game on the indoor turf arena at the Community Center. Guaranteed to be a blast! Can't commit to all six weeks? Drop-ins are welcome!

WHO: Boys and Girls ages 7 - 16 (Parents welcome!)
WHEN: Tuesdays, October 16 - November 20 or January 8 - February 12
TIME: 6:00 - 7:00 pm ~ Recreational
7:00 - 8:00 pm ~ Competitive
WHERE: Community Center Turf Arena
FEE: $34.00; $29.00 with member discount
Drop-ins Rate: $10.00 per day; $5.00 per day for members

INSIDE THE LINES: WAYNE EAGLES ATHLETICS
Each week High School players from various sports will host a session consisting of a meet & greet, skills demonstrations, run a ‘practice’ and end with a game. Sports include: soccer, baseball, football, volleyball, basketball and lacrosse.

WHO: Boys and Girls ages 7 - 16 (Parents welcome!)
WHEN: Thursdays, January 10 - February 14
TIME: 6:00 - 7:00 pm
WHERE: Community Center Gym & Turf Arena
FEE: $34.00; $29.00 with member discount
Drop-ins Rate: $10.00 per day; $5.00 per day for members

YOUTH INDOOR FLAG FOOTBALL
Does your passion for football extend beyond the outdoor season? Flag football teaches agility, teamwork, strategy, and good sportsmanship. You’ll learn the basics of the game while playing and having fun. Plenty of play time for everyone.

Volunteer coaches needed!!

WHO: Boys and Girls; ages 8 - 10
WHEN: Saturdays, January 12 - February 16
TIME: Games to be scheduled at 2:00 and 2:45 pm
WHERE: Community Center Turf Arena
FEE: $48.00; $40.00 with member discount

YOUTH BASKETBALL LEAGUES
Boys Leagues
Grades 5 & 6; Grades 7 & 8
Take it down the court and score! Be a part of an Ontario team and compete against area teams in Wayne County and the Fingerlakes region. Practices are held evenings beginning in November at the school or Community Center. Games are played on Saturdays during December, January and February.

WHO: Boys Grades 5 - 8
FEE: Members $44.00, Non-members $49.00
Volunteer coaches needed

TEEN DANCE
If your teen is looking for something to do and would like to try dance, we have three introductory classes they may like to try.

AGES: Teens
WHERE: Strike It Up Artistic Center
2045 Route 104, Ontario

Mondays: November 5 - December 17
JAZZ: 4:15 - 5:00 pm  FEE: $55.00
BALLET: 5:00 - 6:00 pm  FEE: $65.00

Satudays: November 10 - December 22; No class 11/24
LYRICAL: 12:15 - 1:00 pm  FEE: $45.00
TAP: 1:00 - 1:45 pm  FEE: $45.00

SUCCESS SCHOOL OF DRIVING
This course satisfies the requirement for Road Test and Prep for Road Test. It also serves as an alternative to the Driver Safety Course offered through the school. Pre-registration is required. Call 315.524.7447 for more information.

WHO: Drivers w/a valid learner’s permit (blue card accepted)
WHEN: Thursday
TIME: 4:00 - 9:00 pm
DATE: Select one:
October 4, November 1, December 6
January 3 and February 7
WHERE: Adult Activity Center
FEE: $40.00
ADULT PROGRAMS

SMALL GROUP TRAINING
Kick start your workout in Small Group Training and get the results you’ve been looking for. You’ll experience the motivational benefits of working within a group while getting individual attention from our staff trainer. Class format resembles a cross between Boot Camp & Circuit Training. Class size is limited, so register early.

**WHO:** Adults  
**WHEN:** Tuesdays & Thursdays; 8:30 - 9:30 am  
**WHERE:** Community Center Turf Arena  
**FEE:** Tues. & Thurs.: $60.00 Member; $84.00 Non-member  
Tues. or Thurs.: $30.00 Member; $42.00 Non-member  
$7.00 per Individual Class (Drop-in)

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<thead>
<tr>
<th>Session I</th>
<th>Session II</th>
<th>Session III</th>
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<tr>
<td>No class 11/22</td>
<td>No class 12/25 &amp; 1/1</td>
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THURSDAY EVENING SMALL GROUP
**WHEN:** Thursdays

**Session I:** Oct. 25 - Dec. 6; No class 11/22  
**Session II:** Dec. 13 - Jan. 17  
**TIME:** 4:15 - 5:15 pm  
**WHERE:** Community Center Gym or Turf Arena  
**FEE:** $42.00; $30.00 with member discount  
$7.00 per Individual Class (Drop-in)

TAI CHI - YANG STYLE
A lifetime wellness exercise that can be performed with lessons and home practice, anywhere at any age, and the only equipment required is you. Body mechanics improve with slow, smooth, controlled movements. Balance, flexibility and range of motion are enhanced, and the mind skills with concentration on the posture being performed, promoting a sense of calm. Register soon as class size is limited to 12 participants. Level 2 class builds off of Level 1. Must have completed our Level 1 class to register for Level 2.

**WHO:** Adults  
**WHEN:** Mondays  
**WHERE:** Ontario Community Center Group Ex  
**FEE:** $45.00

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<tr>
<th>Session I</th>
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<td>Oct. 8 - Nov. 5</td>
<td>Nov. 12 - Dec. 10</td>
<td>Jan. 7 - Feb. 4</td>
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| Time: Level 1: 7:00 - 8:00 pm  
Level 2: 8:00 - 9:00 pm |

LEARN TO CLOG
American Clogging is a unique dance form that began in the Appalachian Mountains. As the Appalachians were settled by the Irish & Scottish, the folk and step dances of each area met and began to combine in an impromptu foot-tapping style. Accompanied by rousing fiddle and bluegrass music, clogging was a means of personal expression. Clogging is a dance that is done in time with music, which music you say? Today's cloggers dance to pop, rap, bluegrass and country music. It is influenced by tap, Irish step and Native American dances. Anyone who can walk can clog and you don't even need a partner! So if you're interested in getting out, having a good time, meeting new friends and getting some exercise, try it. Need to wear leather shoes.

**WHO:** Adults  
**WHEN:** Wednesdays, February 20 - March 27  
**TIME:** 7:00 - 8:00 pm  
**WHERE:** Community Center Gymnasium  
**FEE:** $30.00; $15.00 with member discount

FAMILY NIGHT AT CASEY PARK
2ND SUNDAY OF EVERY MONTH  
4:30 TO 6:30  
FREE TO MEMBERS OR $10 PER FAMILY

A wonderful way to start the week spending family fun time together. Activities will be built around every age level in your family from toddlers to teenagers to adults.

REGISTERED DIETITIAN SEMINARS
Between what you hear on TV and read in the news, eating right can seem like a real challenge. But it doesn’t have to be. A registered dietitian nutritionist will work with you to develop a safe and realistic eating plan that you can stick with for the long haul. These free seminars will introduce you to available services and focus on a different area of concern for each.

**WHO:** Adults  
**WHEN:** Thursdays  
**WHERE:**
October 11 at 11:00 am in Community Center  
November 8 at 5:30 pm in Admin Conference Room  
**FEE:** Free ~ Registration required
**HOLIDAY PROGRAMS**

**CELEBRATE THE HOLIDAYS WITH ONTARIO PARKS AND RECREATION**

**Letters to Santa**
Santa loves to hear from all the good little boys and girls in Ontario. Send your wish list to Santa by December 8, and you’ll receive a hand written reply in the mail. Address letters to:

**North Pole**
6551 Knickerbocker Rd.
Ontario, NY 14519

Don’t forget to include your return address. And remember, Santa is watching ... so be good for goodness sake.

**Breakfast with Santa**
Breakfast with Santa is a holiday tradition your family will look forward to each year. Enjoy a home cooked breakfast of pancakes, sausage, apple sauce, juice and milk. Then spend some time with the big guy himself. Each child will have an opportunity to sit on Santa’s lap and tell him their Christmas wishes. **Adults and children must pre-register for this program.**

**WHEN:** Saturday, December 8  
**TIME:** Seating I 9:00 - 10:30 am  
Seating II 11:00 am - 12:30 pm  
**WHERE:** Recreation Building at Casey Park  
**FEE:** $6.00 per person for everyone in attendance

**Christmas Baking**
The holidays just wouldn’t be the same without Christmas cookies and treats! Let’s get into the holiday spirit and loosen our waistbands for the day as we make holiday favorites and try some new recipes. **Free program but registration is required by Monday, December 10.**

**WHO:** Adults  
**WHEN:** Friday, December 14  
**TIME:** Begins at 10:00 am  
**WHERE:** Adult Activity Center

**Cookie Decorating**
Join us for some holiday cheer at the Nutrition Site at Brown Square as we decorate Christmas cookies to share over coffee or give away as a gift for the holidays. Call Vivian at 315-524-3034 to register. Be sure to order a meal and stay for lunch!

**WHO:** Adults  
**WHEN:** Friday, December 21  
**TIME:** 10:00 am  
**WHERE:** Brown Square Facility Community Room
HOLIDAY PROGRAMS

SANTA CLAUS IS COMING TO TOWN

Santa's Sleigh Schedule
Santa and his band of merry elves will be visiting good little girls and boys all over Ontario again this December. Check the schedule below to find out when he’ll be visiting your neighborhood with his reindeer and sleigh:

Thurs, Nov. 29 - Stonehedge, Evergreen Circle, Parrini Drive

Mon, Dec. 3 - Bear Creek

Wed, Dec. 5 - Santa Stop on Main Street for Tree Lighting

Thurs, Dec. 6 - Ontario on the Lake

Mon, Dec. 10 - Orchard Grove, Brown Square, Coppersmith & Carriage Court

Wed, Dec. 12 - Southbrook, Hopewell

Mon, Dec. 17 - Centennial Village

Donate this Holiday Season
Santa’s Sleigh will be collecting donations this holiday season for the local Ontario Food Pantry. If you have something to share, please give your donation to Santa’s elves as they pass through your neighborhood.

Christmas Tree Lighting Ceremony
**Wednesday, December 5**
Join Miss Anne downtown for a story to start off the festivities. Santa will be on Main Street for caroling and the tree lighting.

Holiday Ornament Workshop
Jump into the holiday spirit as we spend the morning creating beautiful ornaments for your tree or to give away as a Christmas gift. Bring a lunch and your holiday cheer as we prepare for the season!!  *Free program but registration is required.*

**AGES:** Adults

**WHEN:** Thursday, November 29

**TIME:** 11:00 am

**WHERE:** Adult Activity Center
ADULT & SENIOR PROGRAMS

PICKLEBALL COURT HOURS
Drop-in pickleball court time is available in 45-minute blocks, on a first come first serve basis.

WHEN: Mondays & Wednesdays, 9:30 am - 12:30 pm
FEE: Free to members, Non-members $5.00

Additional hours may be reserved on the following days and times. 24-hour advance notice is required.

WHEN: Sundays, 9:30 am - 12:30 pm
Fridays, 12:00 pm - 3:00 pm
FEE: Non-members $5.00 per player, Members $4.00 per player

50+ SILVER ARTS
Challenge yourself to something new! The martial art moves will increase your range of motion, flexibility, stamina and enhance your longevity. The breathing postures will promote stress reduction and relaxation as well as blood pressure control. Designed to teach seniors martial arts at a comfortable pace and enhance energy levels, awareness and safety. Wear loose clothes and bring a water bottle.

WHO: Adults 50 +
WHEN: Tuesdays
October 23 - December 4; No Class 11/20
or
January 8 - February 12
TIME: 10:45 - 11:30 am
WHERE: Ontario Community Center
FEE: $48.00; $40.00 with member discount

MEDITATION & RELAXATION
Four workshops to explore various relaxation and stress reduction methods, philosophies, aromatherapy, massage, and more. These techniques have been taught through the ages, taken from many different cultures and beliefs. We will also explore new scientific studies and practices. Learn to use positive energy & thoughts, breathing exercises and just HOW to teach your mind and body to relax. Every week you will have something new to practice and think about, to help you discover what method or a combination of methods work best.

WHO: Adults
WHEN: Mondays, January 7 - 28
TIME: 7:00 - 8:00 pm
WHERE: Adult Activity Center
FEE: $20.00; $10.00 with member discount

PICKLEBALL FOR BEGINNERS
Discover what everyone is talking about! Pickleball is the HOT, new sport that’s sweeping the nation and its fun for all ages, including the 55 and older crowd. A cross between tennis and ping pong, pickleball is a great way for mature adults and athletes to stay fit. This class introduces the basics of the game and allows the novice player to acquaint themselves with equipment, scoring, rules, serving and strategy for both singles and doubles play. Try it and you’ll be hooked too!

WHO: Open to all adults
WHEN: Tuesdays
TIME: 12:30 - 1:45 am
WHERE: Community Center Gymnasium
FEE: $32.00

Session I
October 23 - November 13
Session II
January 15 - February 5

INTERMEDIATE PICKLEBALL LESSONS
This class is for Intermediate Level players who are trying to improve their strokes, partner shadowing and strategies. Instruction will focus on working your way to the kitchen, dinking, blocking, drop shots, lobbing, partner skills: shadowing, communication, and setting up your partner.

WHO: Open to all adults
WHEN: Tuesdays
TIME: 11:00 am - 12:15 pm
WHERE: Community Center Gymnasium
FEE: $32.00

Session I
October 23 - November 13
Session II
January 15 - February 5

FRIDAY YOGA
This class overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. It blends balance, strength, flexibility and power in a fitness format. This Yoga style reduces the risk of injury and augments recovery for conditions including stress, lower back pain and tension.

WHO: Adults
WHEN: Fridays
TIME: 10:45 - 11:45 am
WHERE: Community Center Group Ex
FEE: $40.00; $30.00 with member discount
$7.00 Individual Class

Session I
October 26 - December 7
Session II
January 11 - February 15

No Class 11/23

Hochstein At The Park Initiatives
Community Learning Institute

Faculty and therapists from The Hochstein School Expressive Arts Department will be offering classes and private lessons for young adults 21 years of age and older, including yoga, art, movement, instrumental music and vocal training, sign language and a vocational component integrating our students into our community. For more information, please contact: Ginny Molino at 585-737-5456 or vmolino40@gmail.com; Maria Battista-Hancock at Maria.hancock@hochstein.org.

www.ontariotown.org
SENIOR SMALL GROUP TRAINING
Keep your body going strong! Senior Small Group Training is targeted specifically to active older adults. You'll experience the motivational benefits of working within a group while getting individual attention from our staff trainer. Class size is limited, so register early.

WHO: Adults
WHEN: Mondays & Wednesdays
TIME: 8:30 - 9:30 am
WHERE: Community Center Turf Arena
FEE: Mon. & Wed.: $60.00 Member: $84.00 Non-member
Mon. or Wed.: $30.00 Member; $42.00 Non-member
$7.00 per Individual Class (Drop-in)

Session I Session II Session III

ESSENTIAL OILS 101: FAD OR SCIENCE?
Are you curious about the benefits of Essential Oils? Essentials Oils have been used for thousands of years. This class will teach you the facts about oils and how to incorporate them into your health and wellness regime. Essential oils pro actively support all body systems and promote physical, emotional and spiritual balance, allowing you to live your best, healthiest life! This is a make and take class: you will choose the oil blend you would like to try and take home a roller bottle to test for yourself.

WHO: Adults
WHEN: Monday, October 22 @ 6:30 pm
Tuesday, October 30 @ 10:45 am
WHERE: Adult Activity Center
FEE: $12.00

ADULT CO-ED BOCCE
Exercise can be fun. Enjoy a lively game of Bocce with friends in the afternoon. New to the game? No worries - this is a non-competitive league.

AGES: All adults are welcome
WHEN: Mondays
TIME: 1:00 - 2:30 pm
WHERE: Community Center Turf Arena
FEE: $25.00; $20.00 with member discount

Session I Session II
October 15 - November 26 January 14 - February 18
No class 11/12

PUMPKINS & A MOVIE!
Come join us as we paint and decorate a wooden cut-out pumpkin to adorn your home for Halloween. We will also be watching an old Halloween move from 1944 (any guesses??), eating some popcorn and other movie treats. We will have a scary good time!! Free program but registration is required.

WHEN: Thursday, October 11
TIME: 11:00 am
WHERE: Adult Activity Center

FALL PARK WALK
Bring your camera and join us in our beautiful Casey Park as we go for a stroll down the trail. We will be enjoying the fall foliage and each other’s company! At the end of the trail we will have a cup of cocoa and a treat! Free program but registration is required.

WHEN: Friday, October 26 *Rain Date of Friday, Nov. 3
TIME: 10:00 am
WHERE: Starts from Pavilion by the Playground

FLOWER FROG
Here’s something different! We will be using clay to make a “Flower Frog” to help your flower arrangements. It will spread out your flowers in your vase or jar and give a fuller look. We will be adding texture and color to make them decorative! This is a free program but registration is required.

WHEN: Thursday, January 17
TIME: 11:00 am
WHERE: Adult Activity Center

VALENTINE’S DAY CANDY MAKING
Let’s prepare for Valentine’s Day by making homemade chocolates. There will be plenty to take home to share with family and friends. Bring a lunch incase you get hungry! Free program but registration is required.

WHEN: Tuesday, February 5
TIME: 10:30 am - 12:30 pm
WHERE: Adult Activity Center

CARD MAKING CRAFT
Ever receive a handmade card and wonder how to make one? Here’s your chance to learn how to make two unique greeting cards. Send them to someone you want to make feel special. They’re simple and even addicting. Join us and find out how easy it can be! Free program but registration is required.

WHEN: Tuesday, December 4
TIME: 10:30 am - Noon
WHERE: Adult Activity Center

BELLS & CHOIR FOR SENIORS
Interested in singing and making music? Faculty from The Hochstein School will start a new bell and vocal choir, which will consist of 8 to 10 morning sessions, including rehearsals and 2 performances. If interested, please contact Ginny Molino at 585-737-5456 or vmolino40@gmail.com.
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All other programming is held in the Nutrition Room located at Brown Square Apartments Bldg #1.

- The Ontario Parks and Recreation’s Exercise program has been specially designed for senior citizens. Classes are one hour and focus on developing and maintaining flexibility, range of motion, strength and endurance in a fun atmosphere. We guarantee that you will feel more energetic after you leave this great program.

- Wednesday, October 17, join us for an informational talk at 11:45am on “Understanding Your Condition: Blood Pressure, Cholesterol, Heart Attack, Stroke.”

- Birthday Celebration at Brown Square is at noon on Wednesdays, October 24th. Call Vivian to reserve a lunch and join the festivities.

- Join Denise at the Adult Activity Center to paint a wooden cut-out pumpkin while watching a classic 1944 Halloween movie and munching on popcorn. Fun starts at 11:00am so be sure to register!

- Craft Day is October 26th ~ be sure to register with Vivian at 524-3034.
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- The Ontario Parks and Recreation Department is hosting an AARP Driver’s Safety Course on Saturday, November 3rd from 8:30 am - 3:00 pm. Course fee $20.00 if you are an AARP member; $25.00 for all others. Registration is required-payment made to the instructor on the day of the class.

- **Join us for Thanksgiving Dinner on Thursday, November 16th. There are two seatings for your convenience: 11:30am & 12:30pm. Please call Vivian to make your reservation for this annual holiday tradition.**

- **Craft Day is November 16th and Sharon Pray is back to help make beautiful homemade cards for the Holidays. Be sure to sign up as class size is limited.**

- **On November 29th we will be jumping into the holiday spirit by creating holiday ornaments to hang on your tree or give as a gift. Bring a lunch ~ Registration is required.**

**Senior Calendar**

**November 2018**

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[www.ontariotown.org](http://www.ontariotown.org)
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- Tuesday, December 4th, Sharon is at the AAC to help you make a homemade card for the holidays. Be sure to register—spaces are limited.
- We will be baking Christmas cookies to share with your family and friends on Friday, December 14th at the Adult Activity Center. Please bring your favorite cut-out and a container to transport your cookies. Registration is required.
- Our annual Christmas Dinner is being served on Thursday, December 20th at 11:30am & 12:30pm. Reservations can be made with Vivian at 315-524-3034. Don’t miss out as seating is limited.
- Craft Day at Brown Square is Friday, December 21st at 10:00am, so be sure to save the date. Call Vivian at 524-3034 to register to participate in making a Snowman for the Season cookie decorating and to reserve a lunch.
- Sites are closed on Dec. 24th & 25th in observance of the holiday.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>SITES CLOSED FOR HOLIDAY</td>
<td>Exercise Program 10:00am Lunch 12:00</td>
<td>Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm</td>
<td>Lunch 12:00</td>
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<td>7</td>
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<td>11</td>
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<tr>
<td>Lunch 12:00</td>
<td>Bingo 9:45 am ‘The Pollinator Problem’ Speaker from Cornell 11:45 am Lunch 12:00</td>
<td>Exercise Program 10:00am Lunch 12:00 Bingo 1:00-3:30 pm</td>
<td>Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm</td>
<td>Lunch 12:00</td>
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<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
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<tr>
<td>SITES CLOSED FOR</td>
<td>Lunch 12:00</td>
<td>Bingo 9:45 am Lunch 12:00 September Club 12:00 pm</td>
<td>Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Flower Frog 11:00 am Lunch 12:00 Bingo 1:30 pm</td>
<td>Craft Day 10:00 am Lunch 12:00</td>
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<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
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<tr>
<td>Lunch 12:00</td>
<td>Bingo 9:45 am Lunch 12:00</td>
<td>Exercise Program 10:00am Lunch 12:00 Birthday Celebration Bingo 1:00-3:30 pm</td>
<td>Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm</td>
<td>Lunch 12:00</td>
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<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
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<tr>
<td>Lunch 12:00</td>
<td>Bingo 9:45 am Lunch 12:00</td>
<td>Exercise Program 10:00am Lunch 12:00</td>
<td>Social Crochet/Knitting 9:00 - 11:00 am Grocery Run to Wegmans 10:00 am Lunch 12:00 Bingo 1:30 pm</td>
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</tbody>
</table>

All programs in Green are held in the Adult Activity Center located in the back room of the Administration Building at Casey Park. Registration is required to reserve your spot for ALL programs.

All other programming is held in the Nutrition Room located at Brown Square Apartments Bldg #1.

- Sites are closed on Tuesday, January 1st in observation of New Year’s Day. Normal business hours resume Wednesday, January 2nd.
- The Ontario Parks and Recreation Department is hosting an AARP Driver’s Safety Course on Saturday, January 12th from 8:30 am - 3:30 pm. Course fee $20.00 if you are an AARP member; $25.00 for all others. Registration is required-payment made to the instructor on the day of the class.
- Kathryn Franz from Cornell will be hosting a informative talk on the Pollinator Problem. You won’t want to miss this discussion. Presentation will be held on Tuesday, January 8th at 11:45 am. Please join us for lunch - reserve with Vivian at least a day in advance.
- Join for as we celebrate all those born in January on Wednesday, January 23rd at the Nutrition Site for cake and socialization after lunch is served.
Community Center Hours
Mon. - Thurs.: 7:00 am - 9:00 pm  
Fridays: 7:00 am - 7:00 pm  
Sat. & Sun.: 9:00 am - 4:00 pm

Child Watch in the Constellation Pre-School Room
Community Center members have the added convenience of bringing their young children with them when they come to the center to exercise. The Child Watch Room is directly across the hall from the fitness center. Parents can relax, knowing that their children are close by in a safe, supervised environment. Children ages 18 months to 8 years of age.

Cost per visit: $2.00 per child  
Punch Pass: $16.00 for 10 visits or $25.00 for 20 visits

Child Watch Hours:
Saturdays  8:00 - 10:30 am  
Mon. & Wed.  9:00 - 10:30 am  
Mon. - Thurs.  5:30 - 8:00 pm
Parents must stay in the building while their children are in the child watch area.

Frolicking Families in the Constellation Room
The Constellation Room is open for family use anytime no programming is going on in the room. Stay and play with the kids or bring two adults and take turns working out. One adult must stay in the room at all times. FREE program - members only please.

Membership Rates and Packages
Joining Fee: $25.00 for individuals, $50.00 for couples and families; Monthly and quarterly packages will be automatically charged to credit card or drafted from bank account. Annual packages will be billed by mail. Qualified family members include:
An adult and his or her spouse, and any of their unmarried children, residing in their home, up to 26 years of age. Additional household members do not qualify for membership. All members must be 12 years of age or older to use the fitness equipment or group exercise classes. Students ages 10 and 11 may take the Junior Membership Training class to qualify.

<table>
<thead>
<tr>
<th>Membership Package</th>
<th>District Monthly</th>
<th>District Quarterly</th>
<th>District Yearly</th>
<th>Non-District Monthly</th>
<th>Non-District Quarterly</th>
<th>Non-District Yearly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student (full time only)*</td>
<td>$10.00</td>
<td>$25.00</td>
<td>$80.00</td>
<td>$14.00</td>
<td>$35.00</td>
<td>$120.00</td>
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<tr>
<td>Senior (55+)</td>
<td>$10.00</td>
<td>$25.00</td>
<td>$80.00</td>
<td>$14.00</td>
<td>$35.00</td>
<td>$120.00</td>
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<tr>
<td>Senior Couple</td>
<td>$15.00</td>
<td>$40.00</td>
<td>$140.00</td>
<td>$19.00</td>
<td>$50.00</td>
<td>$180.00</td>
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<td>Individual</td>
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<td>$50.00</td>
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<td>$24.00</td>
<td>$65.00</td>
<td>$240.00</td>
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<tr>
<td>Family</td>
<td>$24.00</td>
<td>$65.00</td>
<td>$240.00</td>
<td>$29.00</td>
<td>$80.00</td>
<td>$300.00</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$22.00</td>
<td>$60.00</td>
<td>$220.00</td>
<td>$27.00</td>
<td>$75.00</td>
<td>$280.00</td>
</tr>
</tbody>
</table>

*Student members must be at least 12 years of age and provide proof of full time student status.
**Ab Express with Power & Pump**

**Ab Express** - Wake up those ab muscles! Join Ab express immediately before Power & Pump on Saturday morning and get in a quick intense ab workout. Stay for Power & Pump and you’ll be in great shape to take on the weekend.

**Power and Pump** is a multi-level class designed for cardio lovers. An interval format of cardio and resistance training intervals to burn fat! Come ready to work.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>SilverSneakers® Classic 9:30-10:30 am</td>
<td>Body Sculpt 5:30-6:30 pm</td>
<td>Body Works 5:30-6:30 pm</td>
<td>SilverSneakers® Classic 9:30-10:30 am</td>
<td>Zumba Gold 9:30-10:30 am</td>
<td>Ab Express 8:05-8:15 am</td>
</tr>
<tr>
<td>Kardio Kickboxing 6:00-6:45 pm</td>
<td>Zumba 6:00-6:50 pm</td>
<td>Zumba 7:00-8:00 pm</td>
<td>Stability Ball 7:00-8:00 pm</td>
<td>Ab Express 8:15-9:15 am</td>
<td>Power &amp; Pump 8:15-9:15 am</td>
</tr>
<tr>
<td>Pilates 7:00-8:00 am</td>
<td>Pilates 9:00-9:50 am</td>
<td>Pilates 9:00-9:50 am</td>
<td>SilverSneakers® Classic 9:30-10:30 am</td>
<td>Body Sculpt 5:30-6:30 pm</td>
<td>SilverSneakers® Classic 9:30-10:30 am</td>
</tr>
</tbody>
</table>

**SilverSneakers® Classic (formerly MSROM)**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Yoga (formerly Yoga Stretch)**

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**Zumba Gold®**

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, and those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, the exhilarating, easy-to-follow moves, and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit.

**Registered Dietitian Services**

Between what you hear on TV and read in the news, eating right can seem like a real challenge. But it doesn’t have to be. A registered dietitian nutritionist will work with you to develop a safe and realistic eating plan that you can stick with you for the long haul. **Five Sessions $175.00**

**FITNESS CENTER JUNIOR CERTIFICATION BOYS & GIRLS AGES 10 & 11**

Get your pre-teen started out on the right foot. This comprehensive course is designed to teach junior members the proper use of cardio and strength training equipment. Topics covered include stretching, gym etiquette, exercise safety, resistance training techniques, and good nutrition. This course is designed for students who are part of a family membership. Upon successful completion, students will be allowed to work out with their parents in the fitness room.

**AGES:** 10 & 11 year old members
**WHEN:** Fridays, 5:30-7:00 pm
**DATES:** Nov. 2, Dec. 7, Jan. 4, Feb. 1
**WHERE:** Meet in Community Center Group Ex Room
**FEE:** $20.00
## Ontario Parks & Recreation Program Registration Form

### Participant Information

- **Participant Name**: 
- **Gender (M/F)**: 
- **Birthdate**: 
- **Grade**: 
- **Program Name**: 
- **Session**: 
- **Fee**: 

### Household Information

- **Primary Adult Name**: 
  - **Address**: 
  - **Mailing Address (if different)**: 
  - **Town**: 
  - **Zip**: 
  - **Home Phone**: 
  - **Work Phone**: 
  - **Cell Phone**: 
  - **Date of Birth**: 
  - **Email**: 
  - **Emergency Contact**: 
  - **Emergency Phone**: 

- **Secondary Adult Name**: (optional)
  - **Address**: 
  - **Mailing Address (if different)**: 
  - **Town**: 
  - **Zip**: 
  - **Home Phone**: 
  - **Work Phone**: 
  - **Cell Phone**: 
  - **Date of Birth**: 
  - **Email**: 
  - **Emergency Contact**: 
  - **Emergency Phone**:

### Medical Conditions or Limitations:

- ____________________________________________________________________________
- ____________________________________________________________________________
- ____________________________________________________________________________

### Are you willing to:

- Coach
- Asst. Coach
- Help if needed

(circle if applicable)

I hereby unconditionally release the Ontario Parks & Recreation Department, and any of its staff, from all responsibility or liability in connection with any and all activities for the participants listed above, for the current calendar year. I acknowledge that neither I nor my children, suffer from any physical impairments and have no limitations, other than listed below, which may predispose me/my child to risk during any recreation activity. I give permission for a licensed physician or other hospital staff members to carry out emergency medical care deemed necessary to myself/child/ward when normal permission is unavailable. I authorize the party or person in charge of my child’s activity to seek medical care.

### Medical Conditions or Limitations:

- ____________________________________________________________________________
- ____________________________________________________________________________
- ____________________________________________________________________________

I give my permission for photos taken of my child(ren) or myself to be used for promotional purposes.

**Date**: ___________________ **Signature**: ___________________

(Parent or guardian if participant is under 18)
Edward Jones invites you to join us at the next meeting of our coffee club where we’ll have a brief presentation on current events in the market and economy followed by an informal discussion. Coffee and pastries are on us!

WHO: Adults
WHEN: Fridays
DATE: October 5
       November 2
       December TBD
TIME: 9:00 - 10:00 am
WHERE: Adult Activity Center
       Family and friends are welcome to join us.
       Please call 315-524-3130

AARP DRIVER SAFETY PROGRAM
Learn defensive driving techniques, new traffic laws, rules of the road and much more in this 6-hour course. Find out how to adjust your driving to your age-related changes in vision, hearing and reaction time. You’ll even get an insurance discount!!

AGES: Any licensed driver
WHEN: Saturdays
DATES: October 13, November 3
       OR January 12
TIME: 8:30 am - 3:00 pm
WHERE: Adult Activity Center
FEE: $20.00 AARP Member; $25.00 Non-members

Payment given directly to instructor day of class

SEASONAL SNOW SHOE RENTAL
Make the most of a beautiful winter day in Casey Park. The Community Center rents snowshoes in a variety of sizes to fit the whole family. Snowshoes are for use in Casey Park only and must be returned one half hour before the center closes.

FEE $3.00 per pair.
COMMUNITY PROGRAMS

Ontario Public Library

1850 Ridge Rd.
Ontario, NY 14519
315-524-8381
www.ontariopubliclibrary.org

LIBRARY HOURS
Monday-Wednesday: 10:00 am - 8:00 pm
Thursday-Friday: 10:00 am - 6:00 pm
Saturday: 10:00 am - 1:00 pm
Closed Saturdays: June 23 - Labor Day Weekend

Visited the library recently? Stop by -- often! Or visit on the web! You can get books, audio books, magazines, cake pans, music CDs, and DVDs. But did you know we have downloadable audio books, ebooks and Preloaded Kindles and study and reading spaces, art displays, Wi-Fi -- and programs, lots of programs, too

Monthly Book Talks & Clubs for Adults
• **Afternoons with Non-Fiction:** 1st Tuesday of the month @ 1:00 pm
• **Evening Book Discussion:** 4th Tuesday of the month @ 6:15 pm
• **Faith Book Club:** Tuesday, October 9 @ 6:15 pm
• **Mystery Book Club:** Tuesday, November 13 @ 1:00 pm
• **Open Knit:** Weekly: Tuesdays @ 10:30 am
• **Quilting Fun:** 1st Thursday of the month @ 10:30 am - 3:00 pm
• **Cancer Support Group:** 3rd Monday of the month @ 6:30 pm

Other Events for Adults: Pre-Register
• **PaintJam Series:** Monday, October 29 @ 6:30 w/Becky Sloan
• **Mystery Play “The Great British Bump Off”:** Wednesday, October 10 @ 6:00 pm
• **Ghostly Tales with Mary Mattice:** Wednesday, October 17 @ 6:30 pm
• **Holiday Card Making:** Wednesday, November 7 @ 2:00 pm w/Sharon Pray

Children & Teen Programs
• **Toddler and PreSchooler Story Time:** Weekly, Tuesdays @ 10:15 am
• **Art Time:** 10:15 am Wednesdays, October 11, November 1 & November 29
• **Dance Time & Dance Time:** 2-6 yr olds ~ 2nd & 3rd Wednesdays of the month a@ 10:15 am
• **Tech Time:** 8 years old & up: 3rd Thursday of the month @ 4:00 pm
• Special Holiday Celebration for Kids - Checkout our Website/Events Calendar

GENERAL INFORMATION
• All events are free and open to the public.
• Some programs require pre-registration.
• Stop by, call or go to our website for more information and to register.
• Find us on Facebook.com/LibOnTheRidge
Thanksgiving and Christmas Lunches at the Lunch Club 60 Senior Nutrition Center Brown Square Village Apartments

Contact Vivian between 9:30am - 1:30pm, Mon.-Fri. to reserve your spot. All are welcome! 315.524.3034

Breakfast with Santa Saturday, December 8th

Check out more information inside on pages 10 & 11!

Chamber of Commerce Christmas Craft Show Saturday, November 10th

Over 70 vendors and crafters with ceramics, textiles, woodworking, jewelry and much more!

Located at the Ontario Community Center

Christmas Tree Lighting Ceremony Wednesday, December 5th

Join Miss Anne and Santa with his sleigh downtown for caroling and other festivities!

Sleigh Schedule page 11
Happy Halloween!

Saturday October 20th
1:00 - 2:15pm
activities at the
Community Center

CARAMEL APPLE DIPPING
FACE PAINTING
CIDER AND DONUTS
HAYRIDES & GAMES!

Don’t Miss the All New Halloween Show at 2:30pm!

FOR MORE INFORMATION CALL
(315)524-7447 OR (315)524-7020