

Sports Camps

SUMMER TRACK AND FIELD CAMP POLE VAULTING, HURDLING, & SPRINTING

-ANDREW FETZNER & ZACH FERRARA

Andrew Fetzner and Rochester Rockback are back for another summer of Track and Field! In his 12th season as the Hilton High School, Rochester Rockback & The College at Brockport pole vaulting coach, Fetzner will lend his expertise in helping pole vaulters increase their knowledge and skills. This summer we also featuring Zach Ferrara, NCAA National Champion & All American!

WHO: Ages 12 and older
WHERE: Hilton High School LeBeau Field Track
WHEN: Mondays - Thursdays, June 19 - August 10 (no camp 7/4 & 7/6)
TIME: 4:00 p.m. - 6:00 p.m.
COST: \$250 per participant or \$20 per date

SUMMER SWIM TRAINING CAMP

-JEFF SADOWSKI & TIMEA TOZSER

If you are a competitive swimmer and are looking for a place to train, this camp is for you! Come as often as you wish, work on your strokes, and keep the competitive edge for summer.

WHO: All scholastic swimmers in grades 7-12, as well as collegiate swimmers
WHERE: Merton Williams Aquatic Center
WHEN: Weekdays, Wednesday, July 5 - Thursday, August 10
TIME: 8:00 a.m. - 10:00 a.m.
COST: \$100 per person for the 6 weeks (27 classes)
NOTE: Your coordinators for this program are Hilton Varsity Swim Coach Jeff Sadowski and former division one Binghamton University standout swimmer Timea Tozser. Swimmers must know how to swim all four (4) strokes. Camp dry land training on Mondays and Thursdays will be outside at Merton Williams.

DISTANCE RUNNING CAMP

-MIKE POTTER & MINDY SAWNOR

Join both Varsity Boys and Girls coaches for a summer day camp that will focus on the physical, mental, and emotional skills needed to compete in the world's first sport, while improving their fitness and overall athleticism. Topics will include: self-confidence, character development, correct nutrition and breathing, injury prevention, recovery, flexibility, race strategies, goal setting, team-building, and speed mechanics. Video form analysis will be provided. Mike Potter, Hilton modified cross country coach and girls varsity indoor track and field coach will conduct the boys camp. He and Mindy Sawnor, Hilton girls varsity outdoor track coach will co-coordinate the co-ed middle school camp. Varsity Cadets will serve as counselors for the middle school camp. College coaches will visit camp for a lecture and clinic opportunity.

NOTE: This program is generally offered to middle and high school students but specific details in regards to locations, dates, times and costs will be announced in the near future and available online soon.

SUMMER DIVE CAMP

-TERRIE GOEDDERTZ

Join Hilton Varsity Diving Coach Terrie Goeddertz as she teaches basic to advanced skills for diving. Her state contenders speak for her teaching successes so come and be part of it!

WHO: Intro, Intermediate & Advanced Level divers
WHERE: Merton Williams Aquatic Center
WHEN: **SESSION I:** Monday, July 17 - Friday, July 21
SESSION II: Monday, July 31 - Friday, Aug. 4
TIME: **Intro/Beginner:** 8:30 a.m. - 9:30 a.m.
Inter/Advanced: 9:45 a.m. - 10:45 a.m.
COST: **SESSION I:** \$50 per participant, per session
SESSION II: \$50 per participant, per session
NOTE: Maximum of 10 students per class. Stretching is an integral part of camp. All divers must be on deck 10 minutes before scheduled time.

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Family Programs/ Special Events

COMMUNITY GARAGE SALE -8TH ANNUAL

Be a part of our annual Community Garage Sale as a seller or shopper this year on Friday, May 19 and Saturday, May 20. To be included as a seller you must submit your name, phone number and sale property address to our office via phone at 392-9030 or email at tvenniro@parmany.org. An advertisement with all participating addresses will go out in the Suburban News in addition to an interactive Google Map with all participating addresses on our website and Facebook page during the weeks prior to the sale. Don't miss out on this great opportunity to sell or buy some unwanted treasures!

WHO: Village of Hilton & Town of Parma Residents
WHERE: Community Wide
WHEN: Friday & Saturday, May 19 & 20
Deadline to submit seller address is May 8
TIME: 9:00 a.m. - 5:00 p.m. both days

EXPERIENCE PARMA

Hilton-Parma Parks and Recreation is showcasing all this great community has to offer! We invite you to come and experience local restaurants, beer/wine tastings, civic groups, businesses and a sample of many of our own Recreation programs including Zumba, Yoga, Gaga and more! Discover some of the greatness right in your backyard as you experience a little bit of everything! PRE-REGISTRATION IS DESIRED.

WHO: All (Children 2 and under are FREE)
WHERE: Village Community Center
WHEN: Saturday, June 3
TIME: 11:00 a.m. - 2:30 p.m.
COST: FREE admission - additional food/beverage outside of tastings for purchase



LAP SWIM & WATER WALKING

An opportunity to enjoy one of the world's greatest exercises. Take advantage of the aqua joggers for water walking. This program runs year-round.

WHO: Adults ages 18 years & up
WHERE: Merton Williams Aquatic Center
WHEN: Tuesday evenings year round (Closed 7/4)
TIME: 7:30 p.m. - 9:00 p.m.
COST: \$2 per person

FAMILY SWIM

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

WHO: Held for families. All youth under age 16 **MUST** be accompanied by an adult.
WHERE: Merton Williams, Aquatic Center
WHEN: Friday evenings year round
(Closed on 6/9)
TIME: 7:00 p.m. - 9:00 p.m.
COST: \$2 per person
NOTE: No more swim on Wednesday nights.

HP REC NIGHT WITH THE RED WINGS

Please join us and your teammates on Friday, June 9 at Frontier Field for our annual night with the Red Wings. This is a great opportunity as all of our Youth Baseball and Softball League teams will be organized for a pre-game parade on the field! Premium box seat tickets are pre-sold at the Rec. Office or online and they can be picked up at the office on gameday any time before 4:00 p.m. The parade starts at 6:20 p.m. so please arrive to the park by 6:00 p.m. Game time is 7:00 p.m. and fireworks will follow the game!

WHO: All - Baseball and Softball Players are invited for a pre-game on field parade
WHERE: Frontier Field, One Morrie Silver Way
WHEN: Friday, June 9
TIME: Arrive at 6:00 p.m. for on-field parade at 6:20 p.m., Game-time 7:00 p.m.
COST: \$11.00 per ticket, per person (premium seat)
NOTE: Deadline to purchase tickets is Friday, June 2