

Kid's Zone



FULL DAY RECESS ACTIVITY DAY CAMPS

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

WHO: Children K-8 (To be divided into age appropriate groups)

WHERE: Village Community Center - Room 208

TIME: 7:30 a.m. - 5:30 p.m.

FALL RECESS DAYS

FALL FEST

WHEN: Friday, October 5 – Stokoe Farms Trip
Monday, October 8 - Patch o' Pumpkins
Monday, November 12 – Marilyn's Farm & Learning Garden
Wednesday, November 21 – Thanksgiving

COST: \$110/resident all 4 days or
\$130/non-resident all 4 days
\$35/resident \$40/non-resident per day

WINTER RECESS DAYS

MAKERS CLUB WEEK

WHEN: Thursday, December 27
Friday, December 28
Monday, December 31

COST: \$85/resident all 3 days or
\$100/non-resident all 3 days
\$35/resident per day or
\$40/non-resident per day

NOTE: Featured activity/trip of the day TBA

Youth Programs

YOUTH FLOOR HOCKEY - COMING SOON!

WHO: Jr. Division Grades 1-2
Int. Division Grades 3-4
Sr. Division Grades 5-8
WHERE: Quest School OR Merton Williams School -
Gymnasiums
WHEN: Saturdays, Starting in February
COST: \$50 per player; Includes a team jersey.

JR. AND SR. HIGH SKI CLUB - Bristol Mountain

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

MINDFULNESS FOR KIDS - CAROL BEATY-NOWACKI

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

WHO: Ages 4-12
WHERE: Village Community Center - Room 203
WHEN: Tuesdays, October 9 - October 30
TIME: 5:30 p.m. - 6:30 p.m.
COST: \$45 per participant
NOTE: Carol has a BS in Sociology from SUNY Brockport, is certified to teach kid's yoga through Rainbow Kid's Yoga and is currently working with special needs children.

FILLS
FAST

Program fills up quickly, don't wait to register

FREE

Free to take part: registration may still be required

NEW

A new program or event for this season

YOUTH ARCHERY - CREEKWOOD ARCHERY

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

WHO: Youth ages 8 - 18
WHERE: Creekwood Archery - 451 Lawrence Road
WHEN: **SESSION I:** Fridays, September 21 - October 26
SESSION II: Fridays, November 2 - December 14 (no class 11/23)
TIME: 5:30 p.m. - 6:30 p.m.
COST: \$90 per participant, per session and includes some general instruction and all necessary equipment. Feel free to bring your own bow if you have one.

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

MINDFULNESS FOR TEENS - CAROL BEATY-NOWACKI

NEW

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

WHO: Ages 12+
WHERE: Village Community Center - Room 203
WHEN: Tuesdays, October 9 - October 30
TIME: 7:00 p.m. - 8:00 p.m.
COST: \$45 per participant
NOTE: Carol has a BS in Sociology from SUNY Brockport, is certified to teach kid's yoga through Rainbow Kid's Yoga and is currently working with special needs children.

REGISTER EARLY!

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

