

# Youth Programs

## HORSEBACK RIDING LESSONS

-MANITOU HILL FARMS

Western-style lessons. Please bring a carrot or apple each week. Proper footwear and pants are required. Helmets are provided. \*\*Please refrain from bringing siblings to class due to safety precautions.

**WHO:** Ages 3-8: An introductory class. Parental assistance is needed to lead the horse; consistency with the adult is preferred.

**WHERE:** Manitou Hill Farms, 662 Manitou Road

**WHEN:** SESSION I: Tuesdays, June 14 – July 5 (4 classes)

SESSION II: Tuesdays, August 9 – 30 (4 classes)

**TIME:** TIME SLOT 1: 5:30 p.m. – 6:00 p.m.

TIME SLOT 2: 6:00 p.m. – 6:30 p.m.

TIME SLOT 3: 6:30 p.m. – 7:00 p.m.

**COST:** \$45 per participant, per session

**NOTE:** Each session is limited to 6 participants and a minimum of 3 is needed.

---

**WHO:** Ages 9-17: Learn about grooming and tacking, in addition to riding.

**WHERE:** Manitou Hill Farms, 662 Manitou Road

**WHEN:** SESSION I: Tuesdays, June 14 – July 5 (4 classes)

SESSION II: Tuesdays, August 9 – 30 (4 classes)

**TIME:** 7:00 p.m. – 8:00 p.m.

**COST:** \$80 per participant, per session

**NOTE:** Each session is limited to 5 participants and a minimum of 3 is needed.

## I CAN'T WAIT TO BE A GIRL SCOUT!

Interested in Girl Scouts? Come get a taste of Girl Scouting, learn about our program and the different opportunities available in Hilton and Parma for girls K-12 and adults. We'll have information on how to join a local Girl Scout troop, start your own troop or become an independent Girl Scout.

**WHO:** Girls grades K-12 and adults to volunteer

**WHERE:** Village Community Center – Ingham Room

**WHEN:** SESSION I: Wednesday, August 24

SESSION II: Friday, September 16

SESSION III: Friday, September 30

**TIME:** 6:00 p.m. – 7:00 p.m.

**COST:** FREE

**NOTE:** Pre-registration is required. For more information, contact the Girl Scouts membership manager of Hilton, Silvia Widish, at 239-7916 or [silvia.widish@gswny.org](mailto:silvia.widish@gswny.org)



## YOUTH GOLF LEAGUE

-ARROWHEAD GOLF COURSE

Hilton-Parma Recreation is excited to partner with Arrowhead Golf Course to host our 9-hole golf league.

**WHO:** Ages 10 and older; younger ages accepted with adult supervision.

**WHERE:** Arrowhead Golf Course – 655 Gallup Rd.

**WHEN:** Wednesdays, July 13 – August 10

**TIME:** Tee-off time at 10:00 a.m. Our van will leave the Village Community Center by 9:30 a.m. at the latest. We can provide transportation for up to 10 individuals and will return immediately after the completion of golf – approximately 1:00 p.m.

**COST:** \$66 per participant, includes 5 weeks of golf, transportation if needed, and a small banquet after the last week of golf.

**NOTE:** Please indicate if transportation is required, as space is limited. Adult chaperones needed for supervision – adults play for free.



## PEACE IN YOUR PJ'S

-CAROL BEATY-NOWACKI

Put your PJ's on and come get your body and mind peaceful and ready for sleeping. This class will focus on breathing techniques, guided imagery meditation and yoga.

**WHO:** Youth ages 3-12

**WHERE:** Village Community Center

**WHEN:** SESSION I: Thursdays, June 9 – June 30

SESSION II: Thursdays, July 14 – August 4

**TIME:** Ages 3-7: 6:30 p.m. – 7:15 p.m.

Ages 7-12: 7:30 p.m. – 8:15 p.m.

**COST:** \$30 per participant, per session

**NOTE:** Carol is the mother of three children and has been teaching relaxation classes for the past five years. Carol became certified to teach youth yoga through Rainbow Kids Yoga.