

Lysander Parks & Recreation

Registration Begins: 9/12/11

Fall 2011



Parks & Recreation Director: Ann Smiley

Recreation Supervisor: Tony Burkinshaw

Office Phone: 635-5999.....**Office Hours:** 9:00 am - 4:30 pm

The office will be closed: 10/10, 11/11, 11/24, 11/25, 12/25 & 12/26

Mailing Address

Lysander Parks & Recreation
8220 Loop Rd
Baldwinsville, NY 13027

Web Site: www.townoflysander.org **Email:** recreation@townoflysander.org

Become a fan on Facebook: *Town of Lysander Parks & Recreation or Lysander Day Camp*

Lysander Town Board: Town Supervisor - Barry Bullis
Councilors: Jack Krisanda, Art Levy, Brian May, Ed Reed
Parks & Recreation Commission: Chairman - Bob Ellis
Members: Mike Bishoff, Dan Joiner, Barry Leifheit, Pat Pidgeon,

Cookie Making Class

It is never too early to think ahead for making cookies for the Christmas Holiday and holidays of all sorts. Make beautiful cookie trays using only one cookie recipe. This class is a must have if you want to make beautiful mixed holiday cookies but can never find the time. Pastry Chef Ann Pellegrino from the **Gingersnap Bakery** will show you the time saving secrets to these delicious treats. All materials will be provided and the costs are included in the price! You will be making & baking cookies so don't forget your apron!!

DAY: **Wednesday**
 DATES: November 9, 2011
 TIMES: 6:30 to 9:00 pm
 PLACE: Durgee Jr. High School
 Room 147
 AGE: 16 + up
 FEE: \$24.00 (Min #5, Max # 15)



WINTER WEATHER ADVISORY

If school is **CLOSED**, programs held IN schools are also **CLOSED**. When after school activities are **CANCELLED**, all of our programs in schools are **CANCELLED** for that night. Listen to WSEN for more information on cancellations.

Office Hours: Monday - Friday
 9:00 am to 4:30 pm
 Office # 315-635-5999

Family Halloween Activities

FREE!!

Halloween Trick or Treat at the Lysander Town Building

Lysander Town Hall will be open on Monday, October 31st from 9 am to 4:15 pm for "office" trick or treating and to judge the door/window decorating contest (Open to ages 3 - 10). Stop after nursery school, or grammar school and visit the various participating offices - come dressed or not...

Guessing Contest

Be sure to put a guess in the jars to say how many spiders and also how many candy corn are in each of the jars - winners will be called.



Office Decorating Contest

We'll need you to vote on the best decorated office while you stop by and pick up a treat. Staff will be decorating their "windows" or doors and we will ask that you help determine the best.

Lysander Town Hall
 8220 Loop Rd
 Baldwinsville NY 13027

FREE!!



USED BOOK DONATIONS

Donations of used books are being accepted during regular office hours - Please NO text books, encyclopedias, Readers Digest Condensed Books or books that have mildew or are in disrepair.

All donations collected from the used book sale will help with

Lysander Summer Day Camp Program.

Call 635-5999 with any questions



Ice Skating Lessons at the Greater Baldwinsville Ice Arena

Sponsored by the Syracuse Figure Skating Club

Learn the FUN-damentals of Skating from Professional Instructors! Classes include a 30 minute Group Lesson, Skate Rental & 30 Minutes of practice each week. Levels include: Snowplow Sam, Beginners, Basic, Hockey, Adult, Free-skate, Ultimate Free-skate, Intro to Synchro, and Stroke and Style classes.

Classes are held at the Greater Baldwinsville Ice Arena.

Session 1

Tuesday, September 13 - October 25, 2011
 Friday, September 9 - October 21, 2011
 Saturday, September 10 - October 22, 2011

5:00 pm - 6:30 pm
 5:00 pm - 6:30 pm
 9:00 am - 12:00 pm

for 7 weeks - \$80.00
 for 7 weeks - \$80.00
 for 7 weeks - \$80.00

Session 2

Tuesday, November 1 - January 9, 2012
 Friday, , October 28 - January 13, 2012
 Saturday, October 29 - January 14, 2012

5:00 pm - 6:30 pm
 5:00 pm - 6:30 pm
 9:00 am - 12:00 pm

for 8 weeks - \$90.00
 for 8 weeks - \$90.00
 for 8 weeks - \$90.00

****There is also an annual \$15.00 Syracuse FSC Basic Skills Registration Fee required for ALL skaters****

For details on breakdown of class times and availability contact the Syracuse Figure Skating Club at

www.SkateSyracuse.com , by email at SK8bville@hotmail.com or by phone at 315-877-2069



Culinary Club for Tweens



Calling all Junior Chefs interested in learning how to plan, prepare, & cook home made meals. Each class you will learn how to make something different like bread, soup, meals & desserts. All 4 classes are together for the one fee with a different lesson each time - supplies included. The advanced class is open to those who have taken the beginner class already.

DAY: **Saturdays**
 DATES: 9/24, 10/22, 11/5 & 11/19/11
 AGE/TIMES: **9 - 12:** 9:00 to 10:30 am
13 - 16: 11:00 to 12:30 pm
 PLACE: Durgee Jr. H.S. Room 147
 FEE: \$60.00 (Min # 5, Max # 6)

Red Cross Babysitting Classes



The course will include: Planning for a babysitting job, knowing what to expect of children, selecting toys & games, supervising children, preventing accidents, giving first aid, rescue breathing, caring for infants & children and feeding them. Students who complete the course will receive a resource book full of pertinent information, and an Emergency Reference Guide. They will also receive a certificate of completion. Students **MUST** be 11 years old before the program starts and should bring a pencil and a lunch to the class.

DAY: **Saturday**
 DATES: Session I: October 15, 2011
 or Session II: November 19, 2011
 TIME: 9:00 am to 3:30 pm
 PLACE: Baker High School Health Room-1507
 2nd Floor (*Enter to Left of Main Doors*)
 FEE: \$91.00 (Min # 8, Max # 12)

LETTER'S TO SANTA

Hey Kids! Have you been thinking about that special toy or gift you really want this Christmas? Make your list, you won't have to check it twice – Santa will know if you have been naughty or nice! Send or drop off your letter at Lysander Parks & Recreation and they will see that Santa Gets it – SPECIAL DELIVERY!!!
(Be sure to include your name & address.)

DATES: Nov. 1 to December 16, 2011
 TIME: 9:00 am to 4:00 pm
 AGE: All Ages

DROP OFF/MAIL TO:

Letter to Santa
 Attn: Lysander Parks & Recreation
 8220 Loop Rd
 Baldwinsville, NY 13027



YSWIM LESSONS

8 weeks of classes this fall will again be run by the staff from the North Area YMCA. The following is a list of equivalent lessons to Red Cross levels



Polliwog - - - - - Level 2
 Guppy - - - - - Level 3
 Minnow - - - - - Level 4
 Fish - - - - - Level 5
 Flying Fish - - - - Level 6

Pick a time and level when registering & we will do a pre-testing on **September 17th** to make sure your child is in the proper class.

TIMES & LEVELS AVAILABLE

10:00 – 10:30	Polliwog or	10:00 – 10:30	Guppy
10:35 – 11:05	Polliwog or	10:35 – 11:05	Guppy
11:10 – 11:40	Polliwog or	11:10 – 11:40	Minnow
11:45 – 12:15	Minnow or	11:45 – 12:15	Guppy
12:20 – 12:50	Fish or	12:20 – 12:50	Flying Fish

DAY: **Saturdays**
 DATES: September 17 - December 3, 2011
 (Omit: 10/15, 10/22, 10/29 & 11/12/11)
 PLACE: Baker High School Pool
 AGES: 5 years old & up (Must be 44" tall)
 FEES: **\$32.00**
 (Min # 4, Max # 10)

NEW

Little Elves Christmas Workshop

Drop your little ones off for a workshop of fun and make believe. Your child will make a craft for someone special for Christmas and write a personal letter to Santa. Parents are welcome to stay or run to get that last minute Christmas shopping in. The instructor for this program in Mrs. Lynn Pinard from Camp Crayola/Baldwinsville Nursery School.

DAY: Saturday
 DATE: December 17, 2011
 TIME: 9:00 am to 12:00 noon
 PLACE: Lysander Town Hall
 Large Group Room
 AGE: 3 to 5 yrs old
 FEE: \$20.00 (Min# 10, Max # 20)



Pictures taken at programs may be used on the Town Web Site, Lysander Facebook page, in the local newspapers or in our brochures unless otherwise noted by a parent/participant.

Snowmobile Safety Course

This course covers snowmobile safety, common emergencies, dangers, appropriate dress, common maintenance, snowmobile laws, trail markers & signage and hand signals. In order to legally operate a snowmobile on public lands, youth ages 10-17 must take a snowmobile safety course, obtain a safety certificate, & be accompanied by a person over 18. (Bring a lunch for a short break.)

DAYS: **Saturday**
 DATES: December 3, 2011
 TIME: 9:00 am to 5:00 pm
 LOCATION: Lysander Town Hall Auditorium
 AGES: 10 +
 FEE: Free (Min # 10, Max # 30)



Horseback Riding Lessons

Interested in learning to ride a horse? Then this is the class for you. Learn basic horsemanship and care of a horse, as well as parts of equipment. (You will need hard soled shoes with a heel). This class will run for 4 weeks and is for 7 year olds and up. Adults are welcome.

DAY: **Mondays**
 DATES: Session I: September 26 - Oct. 17, 2011
 or Session II: October 24 - Nov. 14, 2011
 AGES: 7 & up
 TIME: 7:00 to 8:00 pm
 PLACE: Smoke Tree Farms
 8911 Plainville Rd
 FEE: \$70.00
 (Min # 3, Max # 6 per session)



Baldwinsville Youth Wrestling

This 5 week program is for wrestlers who are looking to compete in tournaments or who may be wrestling modified this year. It is an advanced session - must have at least 1 year of wrestling or "BEE" serious about wrestling. This is a contact program, held in a safe & fun environment. Please note that this is also a co-ed program & girls may have to wrestle boys.

DAY: **Mondays & Wednesdays**
 FOR: Boys & Girls, Grades 3rd - 8th
 DATES: Nov. 16 - Dec. 21, 2011 (Omit: 11/23)
 TIME: 6:30 to 8:00 pm
 PLACE: Baker High School Wrestling Room
 FEE: \$30.00 (Min # 10, Max # 25)
 (Includes a Wrestling T-Shirt)

Fall Tennis Lessons

All Lessons are taught by Chris Galle - a USTPA Certified Professional or another professional instructor from Tennis-n-Gear at Gold's Gym.

Mondays:

Future Champs 8-11 yrs 5 to 6 pm
 Rippers 12-15 yrs 5 to 6 pm

Fridays:

Tots 5-7 yrs 4 to 5 pm
 Future Champs 8-11 yrs 4 to 5 pm
 Rippers 12-15 yrs 4 to 5 pm

Saturday:

Tots 5-7 yrs 10:30 to 11:30 am
 Future Champs 8-11 yrs 10:30 to 11:30 am
 Rippers 12-15 yrs 10:30 to 11:30 am

DATE: Session I: September 12 - November 6
 Session II: November 7 - December 23

FEE: \$128.00 Session I: (8 Weeks)
 \$112.00 Session II: Monday (7 Weeks)
 \$96.00 Friday (6 Weeks)
 \$80.00 Saturday (5 Weeks)



Parks & Recreation Commission

Chairman: *Bob Ellis*
Members: *Barry Leifheit* *Mike Bishoff*
Dan Joiner *Pat Pidgeon*

We have 2 openings effective May 2011. If interested in serving on the commission send your resume and letter of interest to Ann Smiley to the address on the front cover.

Thank-you

NEW

Yoga for Kids

The premier yoga program for children with Julie Daniel. This program helps children exercise their bodies while exercising their mind. Creates the ultimate learning adventure while helping youths de-stress. Children develop strong, healthy bodies, foster creative expression, increase focus, and attention span, cultivate self-esteem, and develop awareness and respect for themselves, and the world around them. Storytelling, music, reading, art, and fun yoga poses come together to develop the whole child.

DAY: **Wednesday**
 DATE: September 28 - November 2, 2011
 TIME: 4:30 to 5:30 pm
 PLACE: AM/PM Yoga Source Studio
 71 State St. in Phoenix
 AGE: 5 - 10 yr olds
 FEE: \$66.00/person (Min # 8, Max # 12)

NEW

Zumba Fitness

Zumba® fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! Our goal is simple: We want people to want to work out, to love working out, to get hooked. Zumba® is fun...it's the type of exercise you'll want to do every day and feel good about doing it! It's different. You probably never thought you'd be exercising to this type of music. It's an effective aerobic workout, which we all know works. But it's more fun, which will make you stick with the program until you get results. (5 weeks)

DAY: **Monday and/or Thursday**
DATE: October 17 - November 17
or November 21 - December 22
(No class on 11/24 - Thanksgiving)
Make up on Wednesday 11/23/11
TIME: 6:30 to 7:30 pm
PLACE: Lysander Town Hall
Large Group Room
AGE: 16 +
FEE: \$45.00/one night
\$80.00/both nights
(Min # 5, Max # 30)



Spin Class

This 4 week, high-energy class will provide participants with a 500 calorie burn, cardiovascular benefits, shapely legs, companionship, mental stamina, increased energy and a low impact workout. No matter the weather, spinners are guaranteed a great workout!

DAY: **Thursday**
DATES: Session I: October 6, 13, 20 & 27
or Session II: November 3, 10, 17 & 23
(11/23 is a Wednesday Class)
or Session III: December 1, 8, 15, & 22
TIME: 7:30 to 8:15 am
PLACE: Riverside Fitness Center
FEE: \$ 45.00/person
\$ 40.00/ 1+ classes (Min # 3, Max # 5)

REFUND POLICY

If a program is cancelled due to insufficient enrollment you will receive a full refund. Refunds for participant cancellation will be given until the day after the first class, minus a \$10.00 cancellation fee for all refunds. **NO** refunds will be given after that or if a cancellation puts us below the minimum number required to run the program. **NO** refunds given for "one time" programs unless cancelled in advance.. **BOUNCED CHECK FEE: \$ 20.00**

NEW

Hatha Yoga

Beginners welcome, no experience necessary. Class is appropriate for most ages, body types, & experience levels. Each class will incorporate centering in the body & breath, warm-up stretches, a variety of yoga postures ending with a guided relaxation. Postures & holding times will be tailored to fitness level of the class. Yoga challenges the body & mind through stretching, relaxing and breathing while holding the postures. You will leave class feeling balanced, relaxed and energized.

DAY: **Monday - Evenings**
DATE: September 26 - November 7, 2011
(Omit: 10/31/11)
TIME: 7:00 to 8:15 pm
DAY: **Wednesday - Mornings**
DATE: September 28 - November 2, 2011
TIME: 8:00 to 9:15 am
PLACE: AM/PM Yoga Source Studio
71 State St. in Phoenix
AGE: 16 +
FEE: \$60.00/person (Min # 6, Max # 15)



Vinyasa/Yin Yoga

Vinyasa/Yin Yoga - Intermediate level, previous yoga experience necessary. Class heightens body awareness, strength & endurance. Vinyasa (Flow Yoga) is a class of continuous movement where one pose flows into another. The breath is synchronized with the movement and sets the length of the holding. This style is more aerobic and more challenging. No vinyasa experience necessary but should have yoga experience and knowledge of proper alignment. Will also include one Yin Yoga class. Yin Yoga targets the connective tissues of the hips, pelvis, and lower spine. Yin Yoga incorporates longer holding times to increase flexibility, it is the perfect complement to Vinyasa Yoga.

DAY: **Thursday**
DATE: September 29 - November 3, 2011
TIME: 7:00 to 8:15 pm
PLACE: AM/PM Yoga Source Studio
71 State St. in Phoenix
AGE: 16 +
FEE: \$60.00/person (Min # 6, Max # 10)



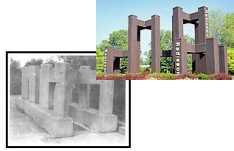
* New *
At Lysander Park

Sand Volleyball Court
Is Now Open

THE HISTORY OF RADISSON

Interested in local history and want to find out about the fascinating story of Radisson; the NY Ordinance Works, the families, the farms and more. Come and find out about where the names Drumlins, Willet, Drakes and more came from. Join Bonnie Kisselstein (Lysander Town Historian) as she brings us through time in words and pictures.

DAY: **Thursday**
DATE: October 6, 2011
TIME: 7:00 to 8:30 pm
ROOM: Auditorium
PLACE: Lysander Town Building
8220 Loop Rd., Baldwinsville
FEE: FREE



Walking Program

Enjoy walking??? Come join us for a brisk walk @ Durgee Jr. High School. This is a good way to walk safely indoors & keep fit through the winter months.

DAY/TIME: **Mondays**
TIME: 7:00 to 9:00 pm
DATES: October 10 - March 5, 2012
(Omit: 10/10, 12/26, 1/2, 1/16 & 2/20/12)
PLACE: Durgee Jr. High School
FEE: Free
AGES: All ages

(If you are under 16, you must have an adult with you).
Walkers need to sign in by the gym with our Supervisor.



Adult Basketball

You **MUST** be 21 to attend

Recreational play with teams formed from those present. This is open to **ADULT** residents from the **Towns of Lysander and Van Buren ONLY. NO PRE REGISTRATION REQUIRED.** You **MUST** fill out a registration card the 1st time you attend along with proof of residency (license), then sign in and pay each week. No children allowed!

DAY/TIME: **Mondays**
TIME: 7:00 to 9:00 pm
DATES: October 10 - March 5, 2012
(Omit: 10/10, 12/26, 1/2, 1/16 & 2/20/12)
PLACE: Durgee Jr. High Gym
FEE: \$1.00 EACH TIME YOU ATTEND



NEW

Tai Chi

Tai Chi is a soft and gentle form of exercise primarily practiced for its health benefits, dealing with tension and stress, and health recovery. This slow-moving series of movements enhances health and can be practiced by people of all ages and abilities.

DAY: **Tuesday - Evenings**
DATE: September 27 - November 1, 2011
TIME: 6:00 to 7:00 pm
DAY: **Thursday - Morning**
DATE: September 29 - November 3, 2011
TIME: 10:00 to 11:00 am
PLACE: AM/PM Yoga Source Studio
FEE: \$55.00/person (Min # 5, Max # 10)



Beginner Guitar Lessons

Get your guitar out of the closet, blow off the dust & join us for guitar lessons. This class of group lessons, will cover basic chording and a variety of strums. We will also learn some solo pieces. Participants **MUST** bring their own guitar, as this will be a "hands on" hour of strummin'... Electric guitars are okay - but w/no amp.

DAY: **Wednesday**
DATES: September 28 - November 16, 2011
TIME: 7:00 to 8:00 pm
AGES: 8 years old and up
PLACE: Van Buren School – Music Room
FEE: \$48.00 (Min # 6, Max # 12)

Left Handed? Call the office before registering



We Want Your Email Address!

If you would like to be included in our email blast to let you know when the brochure is available or when something new is happening, just send your email to;

recreation@townoflysander.org

Gone Green !!



DID YOU KNOW

Nothing ends a Parks & Recreation program faster than people who wait until the last minute to enroll. There is a point when programs **MUST** be cancelled if there isn't sufficient registration.



Lysander Parks & Recreation

8220 Loop Rd

Baldwinsville N.Y. 13027

(315) 635-5999, (315) 635-1619 – Fax

Email: recreation@townoflysander.org

PROGRAM REGISTRATION FORM

Registration Information: All programs are on a first come, first served basis. You must register & pay before attending any program. You can register by Mail, by email or in person to the addresses above. Make checks payable to the **Town of Lysander** Bounced check fee is \$20.00.

Participants Name: _____ M ___ F ___ Grade: _____

Parent's Name (Please Print) _____

Date of Birth ___/___/___ Age: _____ Phone (w): _____ (h): _____ (c): _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Program Name: _____ Session/Time: _____ Fee: _____

Program Name: _____ Session/Time: _____ Fee: _____

Refunds: Full refunds are given if we cancel the class. Refund - minus a \$10.00 administrative fee will be given for checks, cash & credit card payments until the day after 1st class. No refunds for "one time" classes. Photos taken for publicity purposes may be used on the Town Web Site, on our facebook pages, in local newspapers or in our brochures, unless otherwise noted by a parent. As the participant, parent or legal guardian of the above named participant I accept full responsibility for any and all injuries which may arise out of participation in the program(s) being registered for and hereby release the Town of Lysander, its agents and/or employees from any claims of any nature whatsoever arising out of my/my child(ren)'s participation. Consent is hereby granted to allow myself/my child(ren) to participate in the program(s) listed above. There is no medical insurance for any programs. I have read, understand, and agree to the policies listed on this page.

Participant or Parent Signature

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**I understand there will be a 2.45% fee for using a Credit Card**

Visa \_\_\_\_\_ Master Card \_\_\_\_\_ Discover \_\_\_\_\_ Expiration date: \_\_\_\_\_

Card #: \_\_\_\_\_ Amount to be charged \$ \_\_\_\_\_

Card Holder's Name: \_\_\_\_\_

*(Print Clearly Please)*

Card Holder's Signature: \_\_\_\_\_

*(If printing and mailing registration form)*

~~~~~ **OFFICE USE ONLY** ~~~~~

Date Received: _____

Disposal Date: _____

Check: _____ Cash: _____ Charge: _____ Receipt # _____

Authorization #: _____ Reference #: _____ Amount Received: \$ _____