



SYRACUSE
PARKS &
RECREATION

WINTER 2019
CATALOG

Syracuse.recdesk.com



ENJOY WINTER

Your City Parks are absolutely stunning in winter! On a clear winter day, and after a fresh snowfall, come enjoy the breathtaking beauty and serenity of the parks on foot. Bundle up and hike a quiet wooded trail, or take in the magnificent views from the high points of Schiller, Onondaga, Burnet or Lincoln. You'll be glad you did.

Learn to cross country ski on the Sunnycrest trails! Sign up for free lessons at Syracuse.recdesk.com for one or more (walk-up registration permitted if space exists). Dates: December 21, 2019, January 5, 19, February 2, and 16, 2020, at 1 pm



When snow blankets the ground and the temperatures dip, be sure to embrace the season and take advantage of these terrific opportunities to stay active, outdoors, in the City of Syracuse! Did you know that we have three ice skating rinks to choose from? Or that Sunnycrest Park is home to more than 2.5 miles of groomed cross-country ski trails? How about our two designated sledding hills at Burnet and Sunnycrest? Now you know!

Skate, Ski, Snowshoe, Sled and Hike!



When winter arrives, our golf course clubhouses at both Burnet Park and Sunnycrest Park are transformed into cozy winter lodges! Stop in on the weekends to warm up after exploring the park, hitting the sledding hills, or to sign out winter recreation gear.

Winter lodges will be open from December to March, according to the schedule below, if conditions permit.

Lodge Hours:

School Breaks & Weekends: 10 am to 4 pm (Closed 12/25 & 1/1)
Snow Days: Noon to 4 pm, if weather and conditions permit;
Lodge and hills will not open on 'wind chill' days

Burnet Park Lodge: 315.487.6285

Recreation Activities: Snowshoeing and sledding hill
Rental Equipment: Adult and youth snowshoes

Sunnycrest Park Lodge: 315.473.2674

Recreation Activities: Groomed trails, snowshoeing and sledding bunny hill. Rental Equipment: Adult and youth XC skis and boots; adult/youth snowshoes; youth adaptive sit-ski (2); youth adaptive push-ski (1).

Equipment Rentals: The City offers free equipment rentals during Lodge hours. To sign-out equipment, you must be 18 or older, sign a release and waiver form, and leave a photo ID at the Lodge during the rental period. A parent or guardian must sign-out equipment for minors.

Note: Sledding is permitted within the designated areas at the two parks listed when 'Sledding Open' sign is posted. Please adhere to all sledding rules. Follow our FB page for updates.



SYRACUSE PARKS & RECREATION

412 Spencer Street
Syracuse, NY 13204
P. 315.473.4330
F. 315.428.8513

Commissioner
Julie LaFave
JLaFave@syr.gov

Deputy Commissioner
Jimmy Oliver
JOliver@syr.gov

Dog Control • 315.473.6608
Barks & Rec • 315.214.8122
Dog License • 315.448.8216
Animal Cruelty • 315.442.5336

2019 Winter Catalog

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All information /programs/classes subject to change without advance notice



IMPORTANT ON-LINE REGISTRATION DATES

- Arts & Crafts registration begins December 16, 2019.
- Aquatics winter session registration begins December 20, 2019.

DATA PRIVACY

The information you provide will be made available to City of Syracuse staff persons including, but not limited to, city attorneys, in addition to the coaches, supervisors or instructors of programs, who may be contractors, city employees or volunteers, who will need the information to perform their duties. Information will also be available to the employees of the city-approved software company/credit card processor where the information is housed. The information will not be made available to the public. It is within your right to withhold data, but please be advised that the City may not be able to complete your registration or send updated program information without it.

DEPARTMENT REFUND POLICY

All program and reservation refunds are required to be submitted in writing 30 days in advance for a refund, less the \$5.00 processing fee, with the exception of aquatics programs. Aquatics programs must be submitted 10 days for a refund, less the \$5.00 processing fee. Please be advised credit card transaction fees will not be refunded in any case. All refunds will be paid by check and will take 2-4 weeks to process.

CITY VS NON-CITY RESIDENCY

You will notice many of our programs have City rates and Non-city rates. Your program spot will be forfeited if you select City resident fees, but live outside the City. City residents are defined as those who live within the boundaries of the Syracuse City School District with properties on the City of Syracuse tax/water assessment rolls. If you are not sure if you are a City resident vs. Non-city, please call us for confirmation.

PHOTO POLICY

During your use of or visit to any City park, open space or facility located throughout the City of Syracuse, you may be photographed, videotaped, or filmed by the Department of Parks or any other party given explicit authorization by the Department of Parks to take photos, videotape, or film in these areas. Your attendance, admission, or use of any or all City parks, open space or facility located throughout the City of Syracuse operates as expressed consent for the use, reproduction, or publication of these images by the City of Syracuse. The City retains the right to publish participants' likeness for publicity purposes in promotional materials including, but not limited to, brochures, broadcasts, publications, reports, web pages, or any other audio-visual, electronic, printed, tangible work in any media or format. Likeness includes, but is not limited to, photographs, sound recordings, video recordings, and quoted language. Involved material is and will remain the property of the City. No compensation will be provided for use of likeness. Any commercial photography or filming is strictly prohibited without express authorization of the Department of Parks.

Find us on Facebook & Instagram!



[Syracuse ParksRec](#)



[@SyracuseParksRec](#)



[Syracuse ParksRec/groups/Syracuse Parks & Recreation Adult Athletics](#)

Follow us and never miss a thing. ❤️
Tell your friends, and their friends too!

*Make it a birthday
to remember...*

Celebrate with us at
Clinton Square or Sunnycrest Ice Rink!
Call for more details.
315.423.0129 Clinton Square
315.473.4696 Sunnycrest

**SYRACUSE
PARKS &
RECREATION**

*We create
memories
of a lifetime!*





Matthew J. Bain
PHOTOGRAPHER

Clinton Square Ice Rink

SPECIAL EVENTS

November

Tree Lighting Ceremony
Friday, November 29
Clinton Square

December

Holiday Hayrides
December 6, 7, 13 & 14
6:30 to 8:30 pm
Burnet Park

Open House at Sunnycrest Lodge
Saturday, December 21, weather conditions permitting
Noon to 3 pm
Sunnycrest Lodge

Holiday Showing of The Grinch
December 22
3 pm for activities/4 pm movie
Landmark Theatre

February

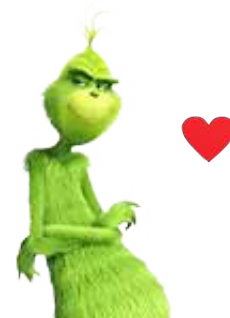
Unified Winter Recreation Day
Thursday, February 20
Noon to 3 pm
Sunnycrest Park

March

Hoops & Heroes
Wednesday, March 25
Door open at 5:30 pm
Magnarelli Community Center

SAVE THE DATE

2020 summer camp registration will open online on Saturday, April 4th.



All information/programs/classes subject to change without advance notice



CLINTON SQUARE ICE RINK

Location: 2 Clinton Square, 13202

Phone: 315.423.0129

Operates November 29 to March 14, weather permitting.

MEACHEM ICE RINK

Location: 121 West Seneca Tpke, 13207

Phone: 315.492.0179

Operates: Year-round

SUNNYCREST ICE RINK

Location: 698 Robinson Street, 13203

Phone: 315.473.4696

Operates November 1 to March 31

FAMILY TIME IS THE BEST KIND OF TIME • SKATE SYRACUSE!

ICE SKATING



Admission: Adult \$3.00 • Senior (55+) \$2.00 • Junior (12under) \$2.00 | Skate Rental: \$3.00

CLINTON SQUARE RINK

2 Clinton Square, 13202
315.423.0129

Outdoor Rink | Operates 11/29 to 3/14, weather permitting.

PUBLIC SKATE HOURS

Monday - Thursday: 11 am to 8 pm
Friday: 11 am to 8:30 pm
Saturday: 10 am to 8:30 pm
Sunday: 10 am to 8 pm
School Vacations: 11 am to 8:30 pm

HOLIDAY SCHEDULE

Thanksgiving: Closed
Christmas Eve: 11 am to 5 pm
Christmas: Noon to 8 pm
New Years Eve: 10 am to 6 pm
New Years Day: 10 am to 8 pm

SPECIALS

Skating specials are available in January, February and March, only.
(Not valid during school breaks)

Lunch Special: Monday - Friday, Noon to 4 pm, \$1.50. Includes admission. \$2.50 includes admission and skate rental

Family Night Special: Monday - Thursday, 4 to 8 pm, \$15.00. Includes admission and skate rental.

Community Youth Groups (15+): Monday - Thursday, \$2.50 per person. Includes admission and skate rental.



MEACHEM RINK

121 West Seneca Tpke, 13207
315.492.0179

Year-Round Indoor Rink

PUBLIC SKATE HOURS

Monday: Closed
Tuesday - Friday: Noon to 3:15 pm
Friday: 7:15 to 10pm
Saturday: 8 to 10 pm
Sunday: Closed

(Please call in advance to confirm hours due to games/tournaments.)

HOLIDAY SCHEDULE

Thanksgiving : Closed
Christmas Eve: Noon to 3:15 pm
Christmas: Closed
New Year's Eve: Noon to 3:15 pm
New Year's Day: Closed

SPECIALS

Admission is free on Wednesdays at Meachem Ice Rink throughout the winter. Skate rental is not included.

Lunch Special: Monday - Friday, Noon to 3:15 pm, \$4.00. Includes admission, skate rental, and hot chocolate (not valid during summer or school breaks)

Senior Skate: Fridays, 9 to 11: 45 am, \$2. Includes admission, skate rental and hot chocolate.

Skate-n-Shoot: Thursdays, 9:00 to 11:45 am, \$4.00. (Players must have their own hockey equipment and helmet.)

SUNNYCREST RINK

698 Robinson Street, 13203
315.473.4696

Indoor Rink | Operates 11/1 to 3/21

PUBLIC SKATE HOURS

Monday: Noon to 4:30 pm
Tuesday: Noon to 4:30 pm
Wednesday: Noon to 5:30 pm & 7:15 to 9:30 pm
Thursday: Noon to 4:30 pm
Friday: Noon to 4:30 pm & 7:15 to 10 pm
Saturday: 1:45 to 10 pm
Sunday: 1:30 to 5:30 pm

HOLIDAY SCHEDULE

Thanksgiving: Closed
Christmas Eve: Noon to 3 pm
Christmas: Closed
New Year's Eve: Noon to 4:30 pm
New Year's Day: Closed

SPECIALS

Admission is free on Wednesdays at Sunnycrest Ice Rink throughout the winter. Skate rental is not included.

Lunch Special: Monday - Friday, Noon to 4 pm, \$4.00 . Includes admission, skate rental, and hot chocolate (not valid during school breaks)

Senior Skate: Thursdays, 9 to 11: 45 am, \$2. Includes admission, skate rental and hot chocolate.

Skate-n-Shoot: Wednesdays, 9:00 to 11:45 am, \$4.00. (Players must have their own hockey equipment and helmet.)

Season Passes Meachem & Sunnycrest Rinks

Adult City Resident: \$40.00 • Non-city \$60.00
Senior(55+) City Resident: \$20.00 • Non-city: \$30.00
Junior (12 under) City Resident: \$20.00 • Non-city: \$30.00
*Family City Residents: \$60.00 • Non-City: \$100.00
*(2 Adults, Children 12 under)





Why wait in lines?

(We make it so easy to register online!)

Avoid standing in line and register for our program offerings from the comfort of your own home or public library.

Syracuse.recdesk.com allows you to register 24 hours a day.

In order to use [syracuse.recdesk.com](http://Syracuse.recdesk.com) you will need to set up a member profile and include all members of your family within the household. It takes less than 10 minutes to set up.

Got questions? No worries! Call us at 315.473.4330, Monday - Friday, 8:00 am to 5:00 pm and will happily assist you.



Register at 
Syracuse.recdesk.com

We accept Visa, Mastercard and Discover. A 2.7% transaction fee will be applied to each transaction



BURNET ARTS & CRAFTS CENTER

Location: 297 Coleridge Ave, 13204

Phone: 315.473.4789

Hours: Monday - Friday, 10 am to 2 pm

GET IN TOUCH WITH YOUR CREATIVE SIDE AT OUR ARTS CENTER. AN ARTIST LIVES WITHIN ALL OF US.

ARTS & CRAFTS

For those **21 years of age and older** who would like to explore their artistic side. Located in historic Burnet Park, our Arts & Crafts Center is a unique and welcoming space that helps everyone get in touch with the creative genius that lives within all of us. Our instructors are friendly, welcoming and extremely talented.

Winter Session Dates: January 6, 2020 to March 28, 2020. **Winter Registration** begins December 16, 2019.

BEADING

Learning the art of making jewelry.
Fee: \$25.00 | Instructor: Mariah Daniels
MONDAYS, 9 to 11 am
TUESDAYS, 1 to 3 pm
WEDNESDAYS, 9 to 11 am
January 6, 2020 to March 28, 2020.

CERAMICS

BEGINNER This class will be for participants who have an interest in painting bisque pieces. Each participant in this class will receive one-on-one assistance from instructor.

Fee: \$20.00 | Days: Tuesdays, 12:30 to 2:30 pm
Instructor: Angie Nelson

INTERMEDIATE This class is for those who have developed their ceramic skills and established a confidence in working with minimal assistance from instructor.

Fee: \$20.00 | Days: Mondays, 12:30 to 2:30 pm
Instructor: Angie Nelson

ADVANCED This class requires a level of skill in painting. Participants work independently with instructor's guidance and have shown progress in learning all the designs and techniques of painting.

Fee: \$20.00 | Days: Tuesdays, 9:30 to 11:30 am
Instructor: Angie Nelson

GENERAL CRAFTING

Participants will have the opportunity to sample a wide variety of crafts such as staining/wood working, macramé, basket weaving, key chain making, metal work, and a whole host of others.

Fee: \$25.00 | Days: Tuesdays, 9:30 to 11:30 am
Instructor: Mariah Daniels

JUST FOR KIDS!

AGES 8 - 12 • SATURDAY CRAFTING CLASS

Dates, 1/4, 2/1, 3/7/2020

10 to 11 am | Fee: \$25.00 per child includes all three classes. A parent/guardian must be present during the class.

HAND BUILDING

BEGINNER The class is an introduction to the basic hand building techniques used to make pottery and sculpture. Items participants need to bring to class: Half gallon bucket or container, wire cutter, beginners tool kit, and small hand towel. Fee: \$50.00 | Days: Thursdays, 9 to 11:30 am | Instructor: Eva Zook

INTERMEDIATE This class refines techniques and develops a creative process.

Prerequisite-proficiency in Hand Building 1 or instructor's permission. Fee: \$50.00 | Days: Thursdays, 1 to 3:30 pm

ADVANCED Advanced Hand Building requires a semi-proficient level of skill. Students work more independently with instructor's guidance. Prerequisite is Hand Building 2 or instructor's permission. Fee: \$50.00 | Days: Fridays, 1 to 3:30 pm | Instructor: Eva Zook

QUILTING

BEGINNER This class will be for participants who have an interest in learning machine quilting. Each participant in this class will receive one-on-one assistance from instructor. Fee: \$20.00 | Days: Fridays, 9:30 am to 11:30 pm
Instructor: Angie Nelson

ADVANCED In this class participants know how to create their own patterns and designs, Participants are highly developed and very knowledgeable of machine quilting. Fee: \$20.00 Days: Thursdays, 9:30 am to 12:30 pm | Instructor: Angie Nelson

WHEEL THROWING

BEGINNER Learning to make pots on a potter's wheel. Fee: \$50.00 | Days: Mondays, 9 to 11:30 am
Instructor: Eva Zook

BEGINNER OR INTERMEDIATE

Fee: \$50.00 | Days: Mondays, 1 to 3:30 pm
Instructor: Eva Zook

THROWING & HAND BUILDING This class requires a proficiency level of skill in Throwing and Hand Building. Participants work independently with instructor's guidance. Prerequisite: Wheel Throwing and Hand Building or permission from instructor. Fee: \$50.00
Days: Tuesdays, 1 to 3:30 pm | Instructor: Eva Zook

All information /programs/classes subject to change without advance notice
Art classes will be canceled on SCSD snow days.



HUNTINGTON SCHOOL POOL

Location: 400 Sunnycrest Rd., 13206

SOUTHWEST POOL

Location: 230 Lincoln Ave at Clover Street, 13204

VALLEY POOL

Location: 4942 South Salina Street (behind)
Clary School on Amidon Drive, 13205

**IF NOT NOW, WHEN?
DON'T DELAY - SIGN UP YOUR FAMILY UP FOR SWIMMING LESSONS THIS WINTER!**

AQUATICS



We will be operating three (3) indoor pools in the City of Syracuse Parks & Recreation Department for the winter 2020 season: Huntington, Southwest and Valley Pools. So join us: learn to swim, exercise or just to hang out and enjoy some time in the water. We encourage everyone to sign up for one of the many aquatics programs as we have to offer - there is something for everyone!

YOUTH SWIMMING LESSONS

AGES 2 - 15 • Youth swimming lessons are offered Saturday mornings, Tuesday evening, Wednesday afternoons and evenings or Thursday evening, depending on the site of your choice. Lessons are led by certified instructors and run for 30 minutes, over eight weeks. Participants **MUST** be pre-registered before attending the program and will be skill tested at the first class and may be regrouped to a different level and/or time, IF SPACE PERMITS. Fee: City Residents \$10.00 & Non-city \$35.00

SATURDAYS

January 11 to March 7, 2020 | No class 2/22

Valley Pool

9 am: Seahorse, Goldfish, Bullfrog
9:30 am: Little Swimmer, Seahorse, Blue Whale
10 am: Seahorse, Goldfish, Bullfrog, Starfish
10:30 am: Little Swimmer, Seahorse, Goldfish
11am: Goldfish, Blue Whale, Lifeguard Conditioning

Southwest Pool

11:30 am; Goldfish, Bullfrog
12:00 pm; Seahorse, Blue Whale
12:30 pm; Adult Beginner

Huntington Pool

9:30 am: Seahorse, Goldfish, Bullfrog
10:00 am: Little Swimmer, Seahorse, Starfish
10:30 am: Goldfish, Bullfrog, Blue Whale
11 am: Seahorse, Goldfish, Blue Whale,
11:30 am: Goldfish, Bullfrog

TUESDAYS

January 7 to March 3, 2020 | No class 2/18

Valley Pool

6:00 pm: Seahorse, Goldfish, Bullfrog, Starfish
6:30 pm: Little Swimmer, Seahorse, Blue Whale
7:00 pm: Seahorse, Goldfish, Bullfrog, Blue Whale

WEDNESDAYS

January 8 to March 4, 2020 | No class 2/19

Valley Pool

4:00 pm: Seahorse, Goldfish, Blue Whale
4:30 pm: Seahorse, Goldfish, Bullfrog
6:00 pm: Little Swimmer, Seahorse, Goldfish,
6:30 pm: Seahorse, Goldfish, Bullfrog
7:00 pm: Seahorse, Goldfish, Blue Whale, Starfish

THURSDAYS

January 9 to March 5, 2020 | No class 2/20

Valley Pool

6:00 pm: Seahorse, Goldfish, Blue Whale, Starfish
6:30 pm: Seahorse, Goldfish, Bullfrog

YOUTH LESSON LEVEL REQUIREMENTS:

Requirements are a combination of both minimum age and swimming ability. Pretesting is available during any open swim.

Little Swimmer: 2 to 4 years old; an adult is required in the water with the child.

Seahorse: 3-5 years of age.

Goldfish: Minimum of 5 years old; no swimming experience.

Bullfrogs: Minimum 7 years old; able to float on front and back, kick 15 feet on front and back.

Blue Whales: Minimum 8 years old; able to swim 30 feet on front and back

Starfish: Minimum 10 years old, able to swim 45 feet on front & back and perform the elementary backstroke.

Eels: Minimum of 11 years old; able to swim 25 yards front and back crawl; 15 yards elementary backstroke, breaststroke and butterfly.

Online registration begins
December 20, 2019!

We will be back in
Huntington!



AQUATICS

YOUTH DEVELOPMENTAL & CONDITIONING

AGES 8 - 15 • PRE-COMPETITIVE SWIM TEAM

Boys and girls have the opportunity to swim competitively against other city participants within various age groups. All participants must be able to swim 100 yards. Fee: City Residents \$10 & Non-City \$35

MONDAYS & WEDNESDAYS

January 6 to March 9, 2020 | No class 1/20, 2/17 & 2/19

Southwest Pool
4 to 5 pm

AGES 13 - 15 • LIFEGUARD CONDITIONING

Junior lifeguards in training! Start to learn the basic lifeguarding skills to prepare for the real deal. Must be able to swim 100 yards and have passed Starfish level. Free of charge.

SATURDAYS

January 11 to March 7, 2020 | No class 2/22

Valley Pool
11 to 11:45 am

ADULT SWIMMING LESSONS

AGES 16 & UP • Because it's never too late to learn how to swim! We teach at your pace, for thirty-minute classes, to assure that you are first and foremost comfortable in the water in the beginner level. The advance lessons are designed to enhance and build upon your current strokes and teach proper techniques in addition to building endurance. Sign up and join us. Fee: City Resident \$10.00 & Non-city \$35.00

WEDNESDAYS

January 8 to March 4, 2020 | No class 2/19

Valley Pool
7:30 pm: Beginner

THURSDAYS

January 9 to March 5, 2020 | No class 2/20

Valley Pool
7:00 pm: Beginner, Advanced

SATURDAYS

January 11 to March 7, 2020 | No class 2/22

Southwest Pool
12:30 pm: Beginner

ADULT WATER EXERCISE & FITNESS

AGES 16 & UP • AQUA FITNESS

A complete in-pool workout that meets twice a week for sixty minutes. Each class begins with a group warm-up and general body exercises led by the instructor. The cardio section will offer gentle-on-the-joints choices to individualize your workout: aqua bikes, aqua treadmills, water jogging or water walking. Class concludes with a group stretch for the cool down. Fee: City Residents \$35.00 & Non-city \$60.00

MONDAYS & WEDNESDAYS

January 13 to March 16, 2020 | No class 1/20, 2/17 & 2/19

Southwest Pool
9:45 to 10:45 am

AGES 16 & UP • DEEP-WATER AEROBIC EXERCISE

This program is geared to improve flexibility and muscle tone with more impact. Classes meet once a week and are open to adults 16 years of age and older. This class requires an exercise floatation belt. Fee: City Resident \$20.00 & Non-city \$35.00

SUNDAYS & WEDNESDAYS (Quick Session)

November 24 to December 22, 2019 | No class 11/27

Southwest Pool
10 to 10:45 am (Sundays)
6 to 6:45 pm (Wednesdays)

SUNDAYS

January 5 to February 23, 2020 | No class 2/16

Southwest Pool
10 to 11 am

TUESDAYS & THURSDAYS

January 7 to March 12, 2020 | No class 2/11, 2/13, 2/18, 2/20

Huntington Pool
6 to 6:45 pm

AGES 16 & UP • SHALLOW WATER EXERCISE

Water exercise meets two times a week and is open to adults 16 years of age and older. This program is geared to improve flexibility and muscle tone. No swimming skills are needed. Water shoes are highly recommended. Classes are held in the shallow end of the pool. Fee: City Resident \$35.00 & Non-city \$60.00

MONDAYS & WEDNESDAYS

January 22 to March 18, 2020 | No class 2/17

Southwest Pool
11 to 11:45 am

TUESDAYS & THURSDAYS

January 7 to March 5, 2020 | No class 2/18 & 2/20

Valley Pool
3 to 3:45 pm

HEALTH & WELLNESS

yoga



CHECK OUT YOGA IN THE PARKS
THROUGHOUT THE YEAR
Syracuse.recdesk.com

SYRACUSE
PARKS &
RECREATION

LET US HELP YOU • GET CENTERED

Adults

HOLIDAY YOGA

De-stress this Holiday season at one of the following free adult yoga sessions, held in the picturesque Onondaga Park Firebarn with Liz Petrone!

- November 29th at 11 am
- December 21st at 9 am

SYRATHON 2020

A Foot Race Tour of City Parks! The Syracuse Parks Conservancy joins Syracuse Parks and Recreation to again bring together seven established road races, all based in the City of Syracuse, into this unique series. The Syrathon Race Series showcases Syracuse's terrific Parks system and City neighborhoods, while challenging you to run your own, personal marathon of 26.2 total miles. So, set your running goals for 2020 and become a Syrathoner! Fee: \$10 | Registration opens 2/1/20 at www.Runsignup.com

2020 Races

- March: Tipp Hill Shamrock Run
- May: Mountain Goat Run
- June: Paige's Butterfly Run
- August: Valley Nature Run
- September: Onondaga Parks Run
- October: Inner Harbor 5K
- October: Eastwood 5-Mile Run

Families

Fit Kids Programs! Did you know that by being active for at least 60 minutes per day you can make a move toward better health! Kids who are active everyday are more likely to do better in school and stay fit as adults! As part of our after school programs, Syracuse Parks and Recreation offers a variety of ways to help kids build toward that "hour-a-day" in a fun, safe environment! Plus, you'll learn new ways to help you stay active down the road!

MY PLATE FAMILIES

Family Cooking Program

Cornell Cooperative Extension brings kids and adult family members together to prepare and sample healthy, mouth-watering dishes! Up to three (3) youth per family, between the ages of 7 to 15 along with an adult caregiver, are given the opportunity to learn cooking skills and nutritious recipes in a fun and encouraging environment together. **Site:** Magnarelli Community Center **Dates:** 12/2, 2/11, 3/10, 4/1 **Time:** 5:30 to 7 pm. **Call** 315.424.9485 ext. 254 to register.

FAMILY YOGA

Yoga classes are led by certified yoga instructors, and perfect for those just beginning or for those with yoga experience. A great class to take with your child! Ages 8 to 13 and adult family members are welcome to join! **Instructor:** Jessica Porcello (It's About Childhood and Family, Inc.)

- **1/2** : Kirk Park at 10:30 am
- **2/19** : Sunnycrest Park at 10 am
- **2/21**: Westmoreland Park at 10:30 am

Youth

AGES 14-18 • CONDITIONING

The Fight for Heart instructors deliver 45 minutes of aerobic conditioning, agility and strength building exercises in a fun, safe environment. Participants will learn proper techniques for a variety of exercises, and how to put together a complete fitness routine for improving athletic performance and overall health! Online registration available On-site registration allowed if space exists.

- **Magnarelli Community Center:** Tuesdays & Thursdays, beginning March 5, 2020 | 5:30 to 6:30 pm

AGES 7-12 • WINTER BASKETBALL

To begin the season, Coaches from the City high schools will be leading several free, fun and exciting skill-building basketball clinics to gear up for our Winter Youth Basketball League. Youth will learn the fundamentals of dribbling, shooting, passing, defense and more on the very same floor that our varsity teams play! Team practices will begin in December followed by league play. All registered players will be assigned to a team with a coach. Improve your game through skill-building practice session and team play! Program at the Magnarelli Community Center (MCC) or Northeast Community Center (NCC). Register Online! FEE: \$10 per City Resident \$20 per Non-city.

CLINIC INFORMATION (you do not need to register for the league to take part in the free clinics - register for each one separately):

- Saturday, November 16, 2019 at Corcoran High School, 10 am to Noon
- Saturday, November 23, 2019 at Henninger High School, 10 am to Noon

LEAGUE INFORMATION:

- **Ages 7 to 8 is FULL:** Thursdays, 6 & 7 pm. Begins Dec. 5, 2019 at NCC.
- **Ages 9 to 10:** Saturdays, 9:00, 10 & 11 am. Begins Dec. 7, 2019 at MCC.
- **Ages 11 to 12:** Saturdays, Noon, 1 & 2 pm. Begins Dec. 7, 2019 at MCC (no league Dec 26 or 28).

AGES 13-19 • MOVE ALONG WHEELCHAIR BASKETBALL

Come out and experience the fun and excitement of the sport of wheelchair basketball! Free of charge! Move Along Inc. joins the Parks Department to bring instructional clinics and drop-in play to the Magnarelli Center each week. No experience necessary. Great fun for all levels and abilities at the Magnarelli Center at McChensey Park. Tuesday evenings from 6:30 to 7 pm. Ages 13 to 19. Register online! For more info, call Jeff with Move Along at 315.350.1726.



MAGNARELLI SENIOR CENTER

Location: 2308 Grant Blvd, 13208

Phone: 315.473.2673

Hours: Monday through Friday, 8 am to 3 pm.

BOB CECILE SENIOR CENTER

Location: 174 W. Seneca TrnPk, 13205

Phone: 315.473.2678

Hours: Monday through Friday, 8 am to 4 pm

*"We do not stop exercising because we grow old - we grow old because we stop exercising."
- Kenneth Cooper*

SENIOR SPECIALTIES

We own and operate two (2) senior centers: The Bob Cecile and Magnarelli Centers. Each site offers a vast array of fitness classes, special events and daily drop-in activities for ages 55 and better. Our centers offer warm and friendly atmospheres that allow people the opportunity to be around others, learn new things, share ideas, stay active and last, but certainly not least, laugh. And we invite you to come experience it all!



Lunch, Anyone?

Bob Cecile Community Center has lunch available Monday through Friday from Noon to 1 pm., courtesy of P.E.A.C.E, Inc., for those 60 years of age or better. The Magnarelli Community Center serves on Mondays & Wednesdays. Meals feature grilled entrees, fresh fruit and vegetables. The menu is available in advance. The suggested contribution is \$3.50 and guest meals are \$7.00 paid to P.E.A.C.E Inc. Please pre-register with Center staff. Online registration is not available. Day of registration will be allowed if space permits. For more information please call 315.473.2678 (Cecile Center) or 315.473.2673 (Magnarelli Center).

Holiday Parties

Come celebrate with light snacks, dancing and music by Rhythm & Shoes. Sign up with staff at either of our senior centers: Cecile or Magnarelli. For more information please call 315.473.2678 (Cecile Center) or 315.473.2673 (Magnarelli Center). All parties are Noon to 2 pm.

- **THANKSGIVING PARTY:** November 14, 2019. **Site:** Magnarelli
- **CHRISTMAS PARTY:** December 12, 2019. **Site:** Cecile
December 18, 2019. **Site:** Magnarelli
- **VALENTINE'S DAY PARTY:** February 14, 2020. **Site:** Cecile

Quilting Club

A quilting group will be meeting at the Cecile Center on Tuesdays at 2 pm! Bring your own supplies and start quilting!



Keep Moving
With Us!

BOB CECILE CENTER

Exercise with Mary: Wednesdays, 10 to 11 am

Fitness After 50: Fridays, 10 to 11 am

Line Dancing (Beginners): Mondays & Thursdays, 1 pm

Line Dancing (Intermediate): Mondays & Thursdays, 1:45 pm

Strength, Balance & Fitness: Fridays, 10 am

Tai Chi: Tuesdays, 10 to 11 am

Walk with Ease: Monday, Wednesday & Fridays, 10 to 11 am

Yoga-Lates: Tuesdays, 11:15 am to 12:15 pm.

Zumba Gold: Mondays, 10:45 to 11:45 am & Fridays, 11:15 am to 12:15 pm.

MAGNARELLI CENTER

Badminton: Tuesdays, 12:20 pm

Body Toning: Thursdays, 10 am

Line Dancing: Mondays, 10:30 to 11:30 am

Pickle Ball: Mondays, 12:30 to 2:15 p; Tuesdays, 12:45 to 2 pm; Wednesdays, 10:45 am to 2:15 pm; Thursdays, 12:30 to 2 pm; Fridays, 12:30 to 2 pm

5 on 5 Basketball: Tuesdays & Thursdays, 11 am to 1 pm.

Strength Training: Tuesdays, 10 to 11 am

Tai Chi: Mondays, 11:30 am to 12:30 pm

Walking: Monday through Friday, 8:15 to 9:15 am

Weight Training: Wednesdays, 10:40 to 11:40 am

Yoga: Tuesdays & Thursdays, 9 to 10 am

Zumba: Monday & Wednesdays, 9:15 to 10:15 am

SCHOOL'S OUT PROGRAMS

@ 7 Locations!



Through the operation of neighborhood recreation centers and school-based sites, the City of Syracuse provides daily recreational opportunities for local youth from a number of city neighborhoods. Drop-In recreation is free of charge and may include a variety of fun, engaging activities and games designed to keep both the body and mind active! All activities are led by experienced recreation staff, qualified volunteers, or program partners. Space may be limited, and some programs require advanced registration.



Arts & Crafts
Cultural Celebrations
Field Trips
Homework Help
Kids Cafe Hot Meals
Sports Leagues
Winter Activities
...and so much more!

DROP IN AND SAY HELLO!

Ed Smith After School Program

1106 Lancaster Ave, 13210 | 315.435.4994
Monday - Friday, 2 to 6:30 pm | Ages 7 to 13
(Enrollment restricted to Ed Smith students only)

Kirk Park Community Center

300 Borden Ave, 13205 | 315.473.2799
Monday - Friday, 2 to 7 pm | Ages 7 to 12

Magnarelli Community Center

2300 Grant Blvd, 13208 | 315.473.2673
Monday - Friday, 2 to 9 pm | Ages 13 to 19

Northeast Community Center

716 Haley Ave, 13203 | 315.472.6343
Monday - Friday, 4 to 6 pm | Ages 7 to 13
Monday - Friday, 6 to 8 pm | Ages 14 to 19



Schiller Park Community Center

221 Whitwell Drive, 13208 | 315.473.4780
Monday - Friday, 2 to 6 pm | Ages 7 to 13
Monday - Friday, 6 to 8 pm | Ages 14 to 19

Wilson Park Community Center

1117 S. McBride St., 13202 | 315.473.6828
Monday - Friday, 2 to 7 pm | Ages 7 to 13

Westmoreland Park Community Center

130 Westmoreland Ave, 13224 | 315.317.9250
Monday - Friday, 2 to 6 pm | Ages 6 to 12
Monday - Friday, 6 to 10 pm | Ages 13 to 19
Saturdays, 10 to 4 pm | Ages 6 to 19

Look for our 2020 Spring Break Hours on page 21!

FOR QUESTIONS CALL 315.473.4330



Black History Month Youth Art Contest

In celebration of Black History Month, youth city-wide are invited to enter works of art during the month of February. Participants are asked to choose any African American leader whom they look up to and create a drawing or picture in their image.

Contest Rules:

1. Create a freehand drawing on a standard size sheet of paper
2. Submit your drawing to any City Recreation Center between February 1 and February 21.
3. On the back of your drawing include: your name, age, school, and home Center (if applicable)
4. Recreation Center staff will be available to print out the photos or images for the participants.
5. Examples: Oprah Winfrey, Robert F. Smith, Ursula Burns, Dr. King, Malcolm X, Medgar Evers, Colin Powel, and so many others to choose from.
6. Winners will be selected in several age categories and announced on February 21, 2020. All submissions will be placed on display in City facilities



We're ready for School Breaks

December 23, 2019 - January 3, 2020 (No program 12/25 or 1/1)

February 18 – February 21, 2020 (no program February 17th)

Kirk Park Community Center: 10 am to 4 pm

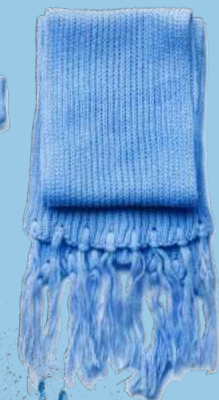
Schiller Park Community Center: 10 am to 4 pm

Wilson Park Community Center: 10 am to 4 pm

Westmoreland Community Center: 10 am to 4 pm (Tues – Sat)

Magnarelli Teen Center: 2 to 9 pm

WE HAVE PLENTY OF ACTIVIES TO KEEP KIDS HAPPY, ACTIVE & ENGAGED!





Syracuse Parks & Recreation
Presents

HOOPS & HEROES

MARCH 25, 2020

MAGNARELLI COMMUNITY CENTER | DOORS OPEN 5:30PM

Made Possible by the Syracuse Parks Conservancy



SYRACUSE POLICE



SYRACUSE FIRE



2300 Grant Blvd, Syracuse, NY 13208 | Visit @SyracuseParksRec for details