



## Mission Statement

The mission of the North Tonawanda Department of Youth, Recreation, Parks and Senior Citizens is to improve the quality of life for the citizens of North Tonawanda by providing a variety of quality recreation programs, special services and community events.

It is further our mission to acquire, develop and maintain quality parks, open space and facilities, which are safe and secure for the benefit of all ages.

## OFFICE HOURS

Mon. - Fri.

Winter: 8 a.m. - 5 p.m.

Summer: 8 a.m. - 4 p.m.

Office	695-8520
Fax	695-8533
Senior Center	695-8582
Youth Center	695-8520 ext. 5530

# NORTH TONAWANDA

DEPARTMENT OF YOUTH,  
RECREATION, PARKS AND  
SENIOR CITIZENS

500 Wheatfield Street  
North Tonawanda, NY 14120

Phone: 695-8520

Fax: 695-8533

# Important Information

- **REGISTRATION:** By mail or walk in anytime during business hours.

*We are always looking for new class ideas. Call 695-8520 or email [ntcommunity716@gmail.com](mailto:ntcommunity716@gmail.com) if you would like to teach or have a new suggestion for a class you would like to take.*

September						
S	M	T	W	T	F	S
				1	2	<b>3</b>
4	5	6	7	8	9	<b>10</b>
<b>11</b>	12	13	14	15	16	<b>17</b>
<b>18</b>	19	20	21	22	23	<b>24</b>
<b>25</b>	26	27	28	29	30	

October						
S	M	T	W	T	F	S
<b>2</b>	3	4	5	6	7	<b>8</b>
<b>9</b>	<b>10</b>	11	12	13	14	<b>15</b>
<b>16</b>	17	18	19	20	21	<b>22</b>
<b>23</b>	24	25	26	27	28	<b>29</b>
<b>30</b>	31					

November						
S	M	T	W	T	F	S
		1	2	3	4	<b>5</b>
<b>6</b>	7	8	9	10	<b>11</b>	<b>12</b>
<b>13</b>	14	15	16	17	18	<b>19</b>
<b>20</b>	21	22	23	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	28	29	30			

December						
S	M	T	W	T	F	S
				1	2	<b>3</b>
<b>4</b>	5	6	7	8	9	<b>10</b>
<b>11</b>	12	13	14	15	16	<b>17</b>
<b>18</b>	19	20	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

*Note: No classes on dates that are in Bold*



Some classes may change rooms or will be decided closer to the start date. You may receive an email or phone call if there are any changes. Please look for a note on either the front doors of the class location or on the advertised classroom door.

## **FOR THE PERSONS WITH DISABILITIES**

We encourage disabled individuals who may need special accommodations to call our office at 695-8520 prior to registration.

## **NO SMOKING**

Smoking is prohibited in all school buildings and on all school property.

## **DISCLAIMER**

The North Tonawanda Department of Youth, Recreation and Parks reserves the right to change presenters, materials, facilities and/or dates if necessary without notice.

## **ELIGIBILITY & FEES**

Registration is open to all. Courses may limit registration to “appropriate” ages. The fee for each course is included within the course description. Course fees must accompany all registrations in order to be considered, unless otherwise stated. Mail-in registrations will automatically be accepted unless otherwise notified. **If you are not contacted by us, please consider yourself registered for your class.** A \$30 FEE WILL BE CHARGED FOR ANY CHECKS RETURNED BY THE BANK.

## **WEATHER RELATED CANCELLATIONS**

Special closings due to inclement weather will be announced on local TV stations (Channel 2 WGRZ, Channel 4 WIVB, and Channel 7 WKBW). If the North Tonawanda City School District is closed during the day, the evening programs will be cancelled. You will be notified by telephone and/or email of emergency cancellations other than the above. Your instructor will review the class schedule and determine any make up dates.

## **CANCELLATION & REFUND POLICY**

Registration fees will automatically be refunded or credited if the class is cancelled by the N.T. Department of Youth, Recreation and Parks. Due to instructor and classroom scheduling, refunds are not allowed. You may be offered credit towards another class and cancellation fees may apply.

## Fall 2016 Classes

Introducing the **UNLIMITED Fitness Class Pass!** This pass is available for \$60, for each 6 week session. Each exercise class that is included in the pass will be labeled with an asterisk (\*).

### \*Body Conditioning

*P. Brosius*

The Body Conditioning class will help preserve the aging process with low-impact aerobics, spot toning, and stretching exercises that burn fat, strengthen muscles, and improve flexibility.

*Participants are asked to bring with them 1,2, or 3 pound weights and a floor mat.*

There are 1 session (session is 12 weeks, 12 classes):

Session 1

Sept. 12 – Dec. 12

**When:** Mondays

5:30 – 6:30 pm

**Where:** Ohio School gym

**Cost:** \$36 resident, \$42 non-resident

*\*Included in the Fitness Pass!*

**Registration Code:** BCF1

No class Oct. 10

Oct. 31

### \*NEW Core Fusion Body

#### Sculpt

*K. Utzig*

This total-body workout employs exercises that tone and sculpt your deepest, hard-to-reach muscles so it's more efficient than traditional training. You will use your own body weight as resistance and small hand weights to really challenge and build your muscles.

There are 1 session (session is 12 weeks, 12 classes):

Session 1

Sept 14 – Dec 7

**When:** Wednesdays

5:30pm – 6:30pm

**Where:** Ohio School Gym

**Cost:** \$36 residents, \$48 non-residents

*\*included in the fitness pass!*

**Registration code:** CFF1

No class Nov 23

## \*Tai Chi

M. Brosius

Tai Chi is an ancient exercise for better health and relaxation through slow, even movements that can be practiced by all ages. You will experience improved flexibility, balance and mind-body connection. Health benefits include reduced blood pressure, better blood circulation and more relaxed respiration. Loose, comfortable clothes are recommended.

There is 1 session (session is 8 weeks, 16 classes):

Session 1

Sept. 13 – Nov. 3

**When:** Tuesdays & Thursdays

5:30 – 6:30 pm

**Where:** Ohio School gym

**Cost:** \$48 resident, \$56 non-resident

*\*Included in the Fitness Pass!*

**Registration Code:** TCF1

## \*Pilates

T. D'Andreamatteo

Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Pilates helps to realign the spine in order to decrease tension, increase flexibility and strengthen the body from inside out. Join our experienced leader for a progressive workout. *Participants are asked to bring a floor mat.*

There is 1 session (session is 12 weeks, 12 classes):

Session 1

Sept. 14 – Dec. 7

**When:** Wednesdays

7:00 – 8:00 pm

**Where:** Drake School gym

**Cost:** \$36 resident, \$48 non-resident

*\*Included in the Fitness Pass!*

**Registration Code:** PTF1

No class Nov 23

## \*Hallwalking

Kick-start your fitness routine, reduce stress, boost immunity and improve your mood by joining us to walk the halls of the NT Middle School. You can walk at your own pace in a dry, warm environment. Walking is cancelled when school is closed. Adults only please! Sign in in the Faculty Room on the first floor across from the Main Office.

Sept. 12 – Dec. 16

**When:** Monday - Friday

Anytime between 4:00 – 9:00 pm

**Where:** Middle School halls

**Cost:** \$20 resident \$25 nonresident

*\*Included in the Fitness Pass!*

**Registration Code:** HWKF

## \*Zumba

M. Durfey

Zumba is an effective aerobic workout combined with a fusion of Latin and International music. It's the type of exercise you will want to do every day and feel good about doing! The routines feature aerobic/fitness interval training with a combination of rhythmic movements that tone and sculpt the body. It's a Latin dance party workout!

There are 2 sessions to choose from (each session is 6 weeks, 12 classes):

Session 1

Sept. 12– Oct. 24

**When:** Mondays & Wednesdays

6:45 – 7:45 pm

**Where:** Ohio School gym

**Cost:** \$36 resident, \$42 non-resident

*\*Included in the Fitness Pass!*

**Registration Code:** ZDF1

No class Oct 10

Session 2

Nov. 2 – Dec. 14

**When:** Mondays & Wednesdays

6:45 – 7:45 pm

**Where:** Ohio School gym

**Cost:** \$36 resident, \$42 non-resident

*\*Included in the Fitness Pass!*

**Registration Code:** ZDF2

No class Nov 23

## Youth Soccer Clinic

C. Manzare

The Youth Soccer Clinic is a great introduction & skill building experience for young children in the 1<sup>st</sup> & 2<sup>nd</sup> grades. This program is designed to help players improve individual skills in dribbling & ball control. Players will be taught using small group exercises that focus on improving basic skills & sportsmanship.  
Session: 6 weeks, 6 classes.

Oct. 26 – Dec. 7

**When:** Wednesdays, 5:45 – 6:45 pm

**Where:** Youth Center gym (Grant School)

**Cost:** \$25 residents only please

**Registration Code:** YSCF

## Youth Basketball Program

A. Domaradzki

Four weeks of instructional clinics, which begin in November, followed by weekly games that run through late March. Call 695-8520 ext. 5510 with questions!

### Girls

Grades 3-4: Saturdays

Grades 5-6: Mondays

Grades 7-9: Mondays

### Boys

Grades 3-4: Saturdays

Grades 5-6: Thursdays

Grades 7-8: Saturdays

**Where:** 35 Grant St. (Youth Center Gym)

**Cost:** \$20 residents, \$25 non-residents

**Registration** begins Sept. 6th (residents) & Oct. 3rd (non-residents). Forms can be found at the Recreation Office or online at:

[www.nyouthcenter.com/basketball](http://www.nyouthcenter.com/basketball)

## Fall 201+ Fitness Classes Continued

### Women's Volleyball League

This women's recreational volleyball league runs from mid-November until approximately beginning/mid-March.

Games are held every Monday & Wednesday at Spruce School. Each game is officiated by our experienced staff. If you are looking for some fun and a good workout, stop in and register your team! **All rosters are due no later than Wednesday Oct. 12<sup>th</sup>!**

Information and registration forms can be obtained at [www.northtonawanda.org](http://www.northtonawanda.org).

**When:** Mondays & Wednesdays

Games are held between 6:00 – 9:00 pm

**Where:** Spruce School gym

**Cost:** \$200/team – resident

\$225/team – non-resident

### Pickleball

Pickleball is a paddle sport created for all ages and skill levels. This sport is a unique combination of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced game for experienced players. Session: 8 weeks.

Oct. 20– Dec. 7

**When:** Thursdays

6:00 – 8:30 pm

**Where:** Drake School gym

**Cost:** \$25

**Registration Code:** PBTF

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# Other Classes

*Offered by the North Tonawanda  
Department of Youth, Recreation, Parks.*

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## Health Insurance Seminar

*Senior Center*

This event, hosted by the NT Senior Center & the Niagara County Office for Aging, will include representatives from several insurance companies including but not limited to Blue Cross and Blue Shield, Univera, Epic & Independent Health. No registration is required.

October 2

**When:** Friday, 9am

**Where:** NT Senior Center, 110 Goundry St.

**Cost:** no cost, walk-ins welcome!

## Flu Shot Clinic

*Senior Center*

Hosted by the NT Senior Center, this service is being offered by the VNA.

*Participants are asked to bring their insurance cards. Please reserve your spot by calling 695-8582.*

September 26

**When:** Wednesday

1 – 4 pm

**Where:** NT Senior Center, 110 Goundry St.

**Cost:** no cost

**CALL 695-8582 to reserve your spot as reservations are preferred.**

## Safe Sitter Babysitting Course

The up-to-date curriculum provides hands-on practice in lifesaving techniques designed to prepare babysitters to act in an emergency. Babysitters also receive instruction on how a child's age affects how to care for them, how to prevent problem behavior and how to run their own babysitting business. They also learn basic first aid as well as how to perform infant and child choking rescue.

Participants will receive a Safe Sitter Babysitting handbook as part of the class, which highlights all the necessary information and skills learned within the class. In order to complete the course students must pass a practical and written test that indicates their mastery of key concepts and life and safety skills. Upon completion students will receive a completion card and will be added registrants of the Safe Sitter list.

*Ages 11-14 years old*

*Limited Spaces Available. NT Residents Only  
Please*

**When:** Saturday, Nov. 5<sup>th</sup> 12:30-5:30pm

**Where:** NT Youth Center (35 Grant St)

**Cost:** \$20 fee- reimbursed upon completion of class. (FREE)

**Registration Code:** BBCF

### N.T. Youth Center Info

The North Tonawanda Youth Center located at 35 Grant St. (Grant Elementary Building) is available for grades K-12. Open programs include game center (fooseball, ping-pong, billiards, air hockey), computer lab, video games (PS3, XBox360, Nintendo Wii), gymnasium and craft room. A variety of scheduled programming including a number of clubs (Science Club, Dance Classes, Cheerleading Classes, Video Club, Tutoring, etc) are available as well. For more information head to [NTYouthcenter.com](http://NTYouthcenter.com) or call **695-8520 ext. 5530**.

### N.T. Senior Center Info

The North Tonawanda Senior Center located at 110 Goundry Street is open Monday – Friday, 9am – 5pm (Summer: 8am – 4pm). The center offers several activities & services, such as but not limited to: Niagara County Nutrition Program, Niagara County Office for Aging information and referral program, Income Tax Preparation, Club 99 exercise, euchre, pinochle, bingo, travel club, Red Hat Society, dinner dances, speaker series, grocery shopping, Niagara County attorney services & several other special events throughout the year.

People 55 & older are welcome to join our center! The annual membership cost: \$4, which provides a monthly newsletter to your home. Any questions please contact the office at **695-8582**.

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# Contact List

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## ADMINISTRATIVE OFFICE

Main Number 695-8520

## PROGRAM SERVICES

### Director

Patricia Brosius ext. 5500

### Recreation & Senior Citizens

#### Coordinator

Pam Hogan ext. 5508 or  
695-8582 after 1pm

Office 695-8520

Fax 695-8533

Senior Center 695-8582

Youth Center 695-8520  
ext. 5530

## SCHOOL LOCATIONS

### NT High School

405 Meadow Dr., N. Tona., NY  
14120

### NT Middle School

1500 Vanderbilt Ave., N. Tona., NY  
14120

### Meadow School

455 Meadow Dr., N. Tona., NY  
14120

### Ohio School

625 Ohio Ave., N. Tona., NY 14120

### Drake School

380 Drake Dr., N. Tona., NY 14120

### Spruce School

195 Spruce St., N. Tona., NY 14120

# Registration

Check or Money Order payable to **N.T. Parks & Recreation**. One check for all participants and courses is acceptable.

**Walk-in:** Bring the completed form and payment (cash or check) at anytime during normal business hours, 8am - 5pm in the Fall/Winter, or during our *extended registration hours* on **Tuesday, September 9th from 8am - 7pm** at the NT Department of Youth, Recreation & Parks located at 500 Wheatfield Street in the DMV building.

**Mail-in:** Send the completed form and payment (check or money order) to:

NT Department of Youth, Recreation & Parks, 500 Wheatfield Street, N. Tonawanda, NY 14120

**Advance Registration** is strongly recommended as space is available on a first-come, first-served basis and enrollment is often limited.

Contact Name:	
Email Address:	

Telephone numbers and email addresses are used to notify participants that a course is cancelled due to school closing or instructor illness as well as to get clarification about registrations, unless otherwise indicated in course description. Email allows communication to a large number of participants quickly. Name, address and phone numbers are given to instructors but email is used only for administrative purposes. Every effort is made to ensure your privacy. Email addresses on file will receive the semester brochures as soon as it goes to the printer; which may be up to a week before the general population receives the printed copy. Please notify us if you do not wish to receive this advance brochure.

Telephone Numbers: Area Code: _____	HOME	WORK	CELL
Mailing Address:			
City:		Zip Code:	

Participant Name	Course Code	Start Date	Fee	Youth Programs Only	
				Age/ Grade	Shirt Size

<input type="checkbox"/> CASH <input type="checkbox"/> CHECK NUMBER: _____	Payment Amount:	
NAME: _____		

Comments or Health Concerns	
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How did you hear about us:	
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**Consider yourself registered unless you are notified that the class is cancelled.**

# Liability Form

**Participant Name:** \_\_\_\_\_

**WAIVER AND RELEASE OF ALL CLAIMS:** I have read this form carefully, and am aware that by registering and participating in, or registering myself or my minor child for the recreational program (hereinafter referred to as "the program") as permitted by the City of North Tonawanda and the Department of Youth, Recreation and Parks, their agents, officers, participants, consultants, employees and all persons or entities in any capacity on their behalf (hereinafter referred to as "**The City**"), to participate in its activities and use its equipment and facilities, I now agree to release and discharge **The City**, on behalf of myself, my child, assigns, personal representatives and estate as follows:

1. I hereby acknowledge that **The Program** entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death or damage to myself, my child, to property or to third parties. I understand that such risks cannot be eliminated without jeopardizing the essential qualities of the activity. In an effort to minimize those risks, I agree to that the activity participant wear protective gear if needed when involved in **The Program**. THESE RISKS INCLUDE, BUT ARE NOT LIMITED TO:
  - (1) Nature of the activity
  - (2) Latent or apparent defects or conditions in equipment or property supplied by The City, or other persons or entity.
  - (3) Use of property by myself, others or equipment supplied by The City.
  - (4) Acts of other participants in this activity, employees or agents of The City.
  - (5) My own physical condition or acts or omissions.
  - (6) Conditions of The City facility and surrounding grounds or terrain and accidents connected with their use.
  - (7) First Aid emergency treatment or other services.
2. I expressly agree and promise to accept and assume all risks associated with this activity. My participating or allowing my child to participate in this activity is purely voluntary and I elect to allow this participation despite these risks.
3. I hereby voluntarily release, forever discharge, and agree to defend, indemnify and hold harmless The City, from any and all claims, demands, or causes or action which are in any way associated with this activity or use of City equipment or facilities, including but not limited to any such claims which allege negligent acts or omissions of The City.
4. Should The City, or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to defend, indemnify and hold harmless The City or any such person from all such fees and costs.
5. I hereby state that I will bear the cost of any injury or damage that I or my child may cause or suffer while participating. I further certify that the activity participant has no medical or physical conditions which would or could interfere with safety in this activity or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly by such condition.

By signing this document I acknowledge that if anyone is hurt, or property is damaged during my participation in this activity a court of law may find me to have waived my right to maintain a lawsuit against The City, on the basis of any such claim or claims from which I have release them herein.

**I have had sufficient opportunity to read this entire document contained herein. I have read and understood it and agree to be bound by its terms. I hereby certify that I am representing myself as an active participant in The Program or am the parent/guardian of this minor child participating in The Program and that I have legal responsibility and the right to allow this minor child to participate in this activity.**

**Signature:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_

**Emergency Telephone Number:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **Photography Policy**

The North Tonawanda Department of Youth Recreation & Parks uses pictures of participants in its programs and special events to inform others of the many recreational opportunities available. Names and/or pictures and videos of participants in our program may be made available to the public via online websites, brochures, posters etc.

I hereby give consent to **The City** to utilize pictures, videos and/or name identification for purposes listed in the above mentioned Photography Policy.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_