



OFFICE HOURS

Mon. - Fri.

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

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

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	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 if you would like to teach or have a new suggestion for a class you would like to take.

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

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

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

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

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.

Winter/Spring 2016 Classes

*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 2 to choose from Winter session is 9 weeks, 9 classes, Spring session is 6 weeks, 6 classes:

Session 1

Jan. 4 – March 14

When: Mondays

5:30 – 6:30 pm

Where: Ohio School gym

Cost: \$27 resident, \$31.50 non-resident

**Included in the Fitness Pass!*

Registration Code: BCF1

Session 2

April 4 – May 9

When: Mondays

5:30 – 6:30 pm

Where: Ohio School gym

Cost: \$18 resident, \$21 non-resident

**Included in the Fitness Pass!*

Registration Code: BCF2

*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 2 sessions to choose from Winter session is 10 weeks, 10 classes, Spring session 6 weeks, 6 classes:

Session 1

Jan. 6 – March 16

When: Wednesdays

5:30pm – 6:30pm

Where: Ohio School Gym

Cost: \$30 residents, \$35 non-residents

**Included in the fitness pass!*

Registration code: CFF1

Session 2

April 6 – May 11

When: Wednesdays

5:30pm – 6:30pm

Where: Ohio School Gym

Cost: \$18 residents, \$21 non-residents

**Included in the fitness pass!*

Registration code: CFF2

*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 are 2 sessions to choose from (Winter session is 10 weeks, 20 classes; Spring session is 8 weeks, 16 classes):

Session 1

Jan. 5 – March 17

When: Tuesdays & Thursdays

5:30 – 6:30 pm

Where: Ohio School gym

Cost: \$60 resident, \$70 non-resident

**Included in the Fitness Pass!*

Registration Code: TCF1

Session 2

April 5 – May 26

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: TCF2

*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 are 2 sessions to choose from (Winter session is 10 weeks, 10 classes; Spring session is 6 weeks, 6 classes):

Session 1

Jan. 6 – March 16

When: Wednesdays

7:00 – 8:00 pm

Where: Drake School gym

Cost: \$30 resident, \$35 non-resident

**Included in the Fitness Pass!*

Registration Code: PTF1

Session 2

April 6 – May 11

When: Wednesdays

7:00 – 8:00 pm

Where: Drake School gym

Cost: \$18 resident, \$21 non-resident

**Included in the Fitness Pass!*

Registration Code: PTF2

Winter/Spring 2016 Classes Continued

*Indoor Walking Program

An indoor walking program for adults of all ages takes place in the halls of NT Middle School. The walking program provides adults an indoor setting for regular exercise, as well as opportunities to meet and talk with others. Please wear clean, dry, soft soled walking shoes or tennis shoes.

*School availability subject to change. School breaks, weather cancelations and activities will amend the schedule.

Jan. 4 – April 29

When: Monday - Friday

Anytime between 4:00 – 9:00 pm

Where: Middle School halls

Cost: \$15

**Included in the Fitness Pass!*

Registration Code: HWKF

*Zumba

C. DiVirgilio

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 (Winter session is 10 weeks, 19 classes; Spring session is 8 weeks, 16 classes):

Session 1

Jan 4 – March 16

When: Mondays & Wednesdays

6:45 – 7:45 pm

Where: Ohio School gym

Cost: \$60 resident, \$70 non-resident

**Included in the Fitness Pass!*

Registration Code: ZDF1

Session 2

April 4 – May 25

When: Mondays & Wednesdays

6:45 – 7:45 pm

Where: Ohio School gym

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

**Included in the Fitness Pass!*

Registration Code: ZDF2

Introducing the **UNLIMITED Fitness Class Pass!** This pass is available for \$75, for winter session and \$60 for spring session. Each exercise class that is included in the pass will be labeled with an asterisk (*). Questions? Call 695-8520.

Youth Soccer Clinic

C. Manzare

The Youth Soccer Clinic is a great introduction & skill building experience for young children in the 1st & 2nd 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: 8 weeks, 8 classes.

Jan 5 – March 1

When: Tuesdays, 5:45 – 6:45 pm

Where: Youth Center gym (Grant School)

Cost: \$25 residents only please

Registration Code: YSCF

March 15 – May 10

When: Tuesdays, 5:45 – 6:45 pm

Where: Youth Center gym (Grant School)

Cost: \$25 residents only please

Registration Code: YSCF

Start Smart

C. Manzare

While the Start Smart program helps children develop the coordination skills essential for everyday living as well as playing sports, it's also set up for the child and parent to spend time together. Parents are given the instructions to guide them in coaching their child through the Start Smart program. By working together, the parent and child have an opportunity to bond as well as learn together. The first session will be an all around introduction to different sports and development of skills needed. Ages 2yrs-5yrs
Session: 6 weeks, 6 classes.

Jan 9 – Feb 13

When: Saturdays, 9:00 – 9:45 am

Where: Youth Center gym (Grant School)

Cost: \$30 residents, \$35 non-residents

Registration Code: SSCF

Winter/Spring 2016 Fitness Classes Continued

Pickleball

J. Brosius

Beginner learn to play!!

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.

Jan 5 – March 1

When: Tuesdays

6:00 – 8:30 pm

Where: Drake School gym

Cost: \$24

Registration Code: PBFB1

March 15 – May 10

When: Tuesdays

6:00 – 8:30 pm

Where: Drake School gym

Cost: \$24

Registration Code: PBFB2

Pickleball

M. Russell

Advanced come and compete!

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.

Jan 7 – March 3

When: Thursdays

6:00 – 8:30 pm

Where: Drake School gym

Cost: \$24

Registration Code: PBFA1

March 17 – May 12

When: Thursdays

6:00 – 8:30 pm

Where: Drake School gym

Cost: \$24

Registration Code: PBFB2

Other Classes

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

Buying a Foreclosed or Bank Owned Property

WNY has a high rate of foreclosures and these properties are sold at a discount to you. This class will explain the difference between HUD, VA or banked owned properties. It will also explain how you get the listing information, what websites you can look at yourself and how to get into these properties. Who can buy these properties – investors or are they owner occupied? This course will also explain the risks regarding the condition of the property and the title issues. Can you get a mortgage or cash deal? There will be time for Q&A.

May 11

When: Wednesday

7:00pm – 9:00pm

Where: NTMS Cafe

Cost: \$13

Registration Code: BFBOP

Park Permits

Permit for shelters will be issued beginning on Saturday January 23rd. Permits are issued to Residents Only. Residents must bring proof of residency.

Valid proof: Driver's License OR
2 forms of ID with current
address

A lottery system will be used. Beginning at 9am. Residents will draw a number that will determine the order in which park permits are allocated.

January 23

When: Saturday

9am

Where: 500 Wheatfield St.

Cost: \$50 Shelter only

\$60 Shelter with a kitchen

Registration Code: PARKP

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 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**.

Contact List

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

