Wheatland Recreation Programs
Winter 2019

The Town of Wheatland New York invites you, your family & friends to take part in these healthy and enjoyable programs! You do not have to be a Wheatland resident to participate.

Program Registration Information
Download program registration forms at www.townofwheatland.org. Simply go to the “Forms & Applications” Web Page under the Services tab, or stop by the Wheatland Municipal Building to pick up registration forms. Complete and Mail the program registration form to: Wheatland Recreation, P.O. Box 15, 22 Main Street, Scottsville, NY 14546 BEFORE the program start date listed below. Be sure to complete the entire program registration form, including the required signature. Fees are due with registration, without payment your place in the program cannot be guaranteed. Make checks payable to: Town of Wheatland. Questions or suggestions? Send an email to recreation@townofwheatland.org or call 889.1553 ext 103.

Gentle Yoga
This program provides a style of yoga that is less strenuous than other forms of yoga. Very useful for seniors, pregnant women, those who are recovering from injury or those looking for a more relaxed workout. Gentle yoga can also be beneficial to those who already fit but who lack the overall flexibility to do more intense yoga poses.

Day/Times: Mondays; 6–7:15; 7:30–8:45
Session #1: 1/28, 2/4, 2/11, 2/25, 3/4, 3/18, 3/25, 4/1
TJ Connor Music Room
Fee: $77 for 8 classes
Instructor: Lourdes Roa

Vinyasa Yoga
This program is a series of poses that moves the practitioner through the power of inhaling and exhaling. Vinyasa movements are smooth flowing, which is why it is sometimes referred to as Vinyasa Flow. It is designed to increase flexibility, build strength and help melt away tensions.

Get both relaxed and energized!
Location: Wheatland Senior Center
Day/Times: Wednesday; 6:15–7:15pm
Session #1: 1/9–2/13
Session #2: 2/27–4/3
Instructor: Kathy Merrill
Fee: $58 per session

Total Body Conditioning
This program combines a warm-up activity with low impact aerobics for cardio and a cool down activity for both strength and flexibility.

Truly a healthy lifestyle!
Location: WCCS High School Library
Days/Times: Mon & Thurs 7:00 – 8:00 PM
Session #1: 1/14 – 2/28
Session #2: 3/4 – 4/11
Instructor: Helen Bilak
Fee per session:
$ 51 - 1 day per week
$ 92 - 2 days per week

Swimming Programs
Space is limited so registration is required!
Location: Wheatland-Chili High School Pool

Group Swim Lessons
Red Cross progressive swim lessons based on ability & confidence level for ages 4 & up (6 classes).
Starts week of 2/25
Sessions (Days/Times):
Mondays 5:30-6PM
Wednesday 6:15-6:30PM
Fee: $55 for 6 classes

1x1 Swim Lessons
For ages 4 years old and over who may need 1:1 assistance learning to swim (6 classes).
Starts week of 2/25
Sessions (Days/Times):
Monday 6:05-6:35PM
Wednesday 6-6:30PM
Fee: $120 for 6 classes

Swim Lesson Prep
For children ages 3 and 4 who are not quite ready for formal level 1 lessons. Focus on basic skills & fun (6 classes).
Starts week of 2/25
Session Days/Times:
Wednesday 6:05-6:35PM
Fee: $55 for 6 classes

Parent & Child Swim
For parents who want to learn how to safely enjoy the water with their young children. Ages 6 months and up.
Starts week of 2/25
Session Days/Times:
Wednesday 5:30-6PM
Fee: $50 for 6 classes

Stroke Refinement
For children who are Level 4 swimmers and above, emphasis on stroke development and fine-tuning (12 classes).
Starts week of 2/25
Sessions (Days/Times):
Monday & Wednesday 6:45 – 7:45PM
Fee: $90 for 12 classes

Open/Family Swim – For families who like to spend time together in the pool. Children under 9 years old must be accompanied by an adult.
Session #1: 2/26, Tuesdays 6 – 7 PM
Fee: $ 60 per family or $ 20 per individual

Lap Swim – For fitness minded adults, great program to work on strengthening the cardio vascular system and toning muscles.
Days: Tuesday and Thursday
Session #1: 2/26 – 4/1(no class
Time: 7 – 8 PM
Fee: $ 40 per session
**Water Walking**

Water walking uses the same movements that people use to walk on land. Water walking can help to relieve stress, but also can improve body posture and balance, increase muscle strength, reduce stress on joints and burn more calories than walking on land.

**Location:** WCCS Swimming Pool  
**Day/Times:** Tuesdays; 7:15 – 8 PM  
**Session #1:** 2/26-4/2  
**Instructor:** TBD  
**Fee:** $ 53 per session

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**Cardio and Weight Training**

This 6 week program provides participants with the ability to use the new Fitness Center at Wheatland Chili MS/HS. 10 new cardio machines and 6 new weight training machines plus a variety of free weights. Registration is required!

**Location:** Wheatland Chili MS/HS  
**Day/Times:** Tuesday, Wednesday, Thursday  
**Session #1:** 1/14 to 2/28  
**Time:** 7 to 9pm  
**Instructor:** TBD  
**Fee:** $ 30 for 6 weeks

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**Youth After-School Karate**

This program provides participants with experienced instruction in learning the physical aspects of martial arts along with discipline, focus and respect for others. All students will take the late school bus home unless otherwise arranged. Parents picking up children must be at the gym before 3:45 PM.

**Location:** TJ Connor Gym  
**Day/Times:** Tuesdays 3:10 – 3:45 PM  
**Session #1:** 3/5 – 4/28  
**Fee:** $ 84 per session

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**Youth Indoor Soccer**

This program provides children with recreational soccer activities designed to help younger participants learn soccer rules, develop game skills, all while having fun. Games are played with a foam core soccer ball for inside, safe use. Open to Kindergarten to 5th grade students.

**Location:** TJ Connor School Gym  
**Day:** Tuesdays, Thursdays  
**Times:** K-2nd grade 6 – 7 PM  
3rd-5th grade 7 – 8PM  
**Session #1:** 1/15 – 2/26  
**Instructor:** Jason Palo  
**Fee:** $ 30 per session

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**Adult Indoor Soccer**

This program consists of pick-up games for the kids in all of us. A fun way to work-out, and keep in touch with friends over the winter months.

**Location:** TJ Connor School Gym  
**Days:** Tuesdays, Thursdays  
**Time:** 8:00 – 9:00 PM  
**Session #1:** 1/15 – 2/26  
**Leader:** Jason Palo  
**Fee:** $ 30 per session

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**Indoor Walking**

This program provides a safe, all-weather indoor walking course, within the Wheatland-Chili MS/HS, for those interested in a low impact fitness activity. Walkers younger than 12 years of age must be accompanied by an adult.

**Location:** Wheatland Chili MS/HS  
**Day/Times:** Tuesdays & Thursdays 7-8 PM  
**Session #1:** 1/3 to 4/11  
(school closed 2/19 and 2/21)  
**Fee:** FREE

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**Candy Bar Bingo**

Fun for ALL ages, children younger than 6 years old must be accompanied by an adult.

**Register by January 11**

**Location:** Wheatland Senior Center  
**Date:** Friday, January 18  
**Time:** 6:30 – 7:30 PM  
**Fee:** $4 per person

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**Sweetheart Dance**

Annual semi-formal, Sweetheart Dance for students in grades K-5 and their families. Fun night of music, dancing and sweet treats with family and friends.

**Location:** TJ Connor Cafetorium  
**Date:** Friday, February 15  
**Time:** 6:30 – 8:30pm  
**Fee:** FREE

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**Roller Skating Party**

(NO PERSONAL SKATES ALLOWED)

**Location:** Wheatland Chili MS/HS Gym  
**Date:** Wednesday, February 20  
**Time:** 6 – 8pm  
**Fee:** TBD

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**COMING SOON!**

“Like” our Facebook page “Town of Wheatland” to see updated class offerings. In 2019, we will be adding Aqua Fitness, Zumba, Art programs and more. Updated information can also be found online at [https://www.townofwheatland.org/recreation-department](https://www.townofwheatland.org/recreation-department)