



**Recreation Department Programs**

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**Programs: Basketball, Tennis, Volleyball and Others**

**Afternoon Athletes**

This is an after school gym program for elementary school children. Different group games and activities will be played: Dodge ball, soccer, kickball, capture the flag and more. For further information, please email [bignaszak@amherst.ny.us](mailto:bignaszak@amherst.ny.us) or call 631.7132 ext. 7519.

**Men's Basketball**

This program is intended for adults ages 18+ to enjoy several "pick-up" style full court games at the Clearfield Community Center. Pre-registration is required as space is limited. For more information, please email [bignaszak@amherst.ny.us](mailto:bignaszak@amherst.ny.us) or call 631.7132 ext. 7519.

**Adult Tennis**

For more information, please email [alorenzo@amherst.ny.us](mailto:alorenzo@amherst.ny.us) or call 631.7132 ext. 7517.

**Adult Volleyball**

For more information please email, [alorenzo@amherst.ny.us](mailto:alorenzo@amherst.ny.us) or call 631.7132 ext. 7517.

**Pre-K Program**

A drop-off program for children ages 3 & 4 who are fully potty trained. This program will include a variety of daily activities such as athletics, arts and crafts, music and dance and story time. This program is designed to foster children's physical development, self-esteem, and to encourage peer socialization in a recreational setting. For more information, please email [jreed@amherst.ny.us](mailto:jreed@amherst.ny.us) or call 631.7132 ext. 7518.

**Toddler Tune-Up**

A pre-school gym program for children ages 1-4. This program will include games, songs, and athletic activities that foster the children's physical development, coordination skills and self-esteem. Parents stay and participate with their children. For more information, please email [jreed@amherst.ny.us](mailto:jreed@amherst.ny.us) or call 631.7132 ext. 7518.

**Children's Tennis Clinic**

For more information, please email [alorenzo@amherst.ny.us](mailto:alorenzo@amherst.ny.us) or call 631.7132 ext. 7517.

## **Recreation Programs for Individuals with Disabilities**

### **Adult Program Youth Program**

For more information, please email [lehrenreich@amherst.ny.us](mailto:lehrenreich@amherst.ny.us) or call 631.7132 ext. 7522.

### **Badminton Programs**

Please contact the Recreation Department at 631.7132 for more information.

### **Toddler Open Gym**

This is a pre-school gym program for children ages 1 to 4. Parents will be required to stay with their children. Please email [jreed@amherst.ny.us](mailto:jreed@amherst.ny.us) or call 631-7132 ext. 7518.

**Programs: Summer**

**Summer Playground Program**

This seven week program offers a variety of activities for youth ages 12 and under, including games, arts and crafts, athletics, and special events. All playgrounds will be open Monday thru Friday. Playgrounds open daily, weather permitting. Children 5 and under must be supervised by someone 13 years or older at all times. For more information, please email [jreed@amherst.ny.us](mailto:jreed@amherst.ny.us) or call 631.7132 ext. 7518.

**Summer Playmobile**

Specialized crafts and sporting activities are provided for children 12 and under. Children 5 and under must be supervised by someone 13 years or older at all times. For more information, please email [jreed@amherst.ny.us](mailto:jreed@amherst.ny.us) or call 631.7132 ext. 7518.

**Summer Sports Playmobile**

Specialized sporting activities are provided for children 12 and under. Children 5 and under must be supervised by someone 13 years or older at all times. For more information, please email [jreed@amherst.ny.us](mailto:jreed@amherst.ny.us) or call 631.7132 ext. 7518.

**Summer Sports Clinic**

Several series of ½ day, weeklong sports clinics for children ages 6-13. These clinics are intended for children of all ability levels. Each weekly session will include discussion of rules and strategies, basic beginning drills, skill training and game play. For more information, please email [bignaszak@amherst.ny.us](mailto:bignaszak@amherst.ny.us) or call 631.7132 ext. 7519.

**Summer Tiny Tots Tennis Program**

A starter tennis program for children ages 5-7. The classes are smaller and the skill progressions are designed to take into account the developmental capabilities of this age group. For more information, please email [alorenzo@amherst.ny.us](mailto:alorenzo@amherst.ny.us) or call 631.7132 ext. 7517.

**Summer Team Tennis**

The Team Tennis program is designed to allow the players of intermediate to advanced skills a chance to participate in a competitive team program. Players will participate in team conditioning, agility drills, drill practice sessions and challenge matches in preparation for competition with other sites. There are four team sites, which will compete against each other. Each team will develop a hierarchy of players with the top 7 considered Varsity players and other players Junior Varsity. Teams are co-ed and players must be ages 14-17. Exceptions are made if younger players show appropriate skills. For more information, please email [alorenzo@amherst.ny.us](mailto:alorenzo@amherst.ny.us) or call 631.7132 ext. 7517.

### **Summer Inline Hockey Program**

Four 1-week sessions of inline roller hockey for children ages 7-16. All youth age groups will meet every day for one week for 1 hour and 45 minutes of hockey instruction, conditioning, and games. All games will be played "pick-up" style and body checking will not be allowed for any age group. For more information, please email [bignaszak@amherst.ny.us](mailto:bignaszak@amherst.ny.us) or call 631.7132 ext. 7519.

### **Junior Golf Program**

A concentrated three day golf camp that runs Monday thru Wednesday. Instruction, rules and etiquette, safety and par 3 play will be covered daily. Lunch will be provided at the clubhouse as well. There will be a tournament for those who want to participate at the end of camp. For more information please e-mail [lmehrenreich@amherst.ny.us](mailto:lmehrenreich@amherst.ny.us) or call 631.7132 ext 7522.

### **Recreation Programs for Individuals with Disabilities –Adult and Youth**

For more information please e-mail [lmehrenreich@amherst.ny.us](mailto:lmehrenreich@amherst.ny.us) or call 631.7132 ext 7522.

## **Programs: Swim**

### **Toddler splash time**

Designed specifically for children 6 months to 3 years old. This program will include skills and games that will introduce the children to the water. A parent or guardian will be required to stay and participate with their child. For more information please e-mail [bkawczynski@amherst.ny.us](mailto:bkawczynski@amherst.ny.us) or call 631.7132 ext 7516.

### **Family Splash time**

For families with children under 7 years of age to use the Splash Park ONLY. A parent or guardian must accompany child(ren). There is no less instruction. For more information please e-mail [bkawczynski@amherst.ny.us](mailto:bkawczynski@amherst.ny.us) or call 631.7132 ext 7516.

### **Swimming Lessons for the Intimidated Swimmer**

Designed specifically for children 7 years old and up who are extremely frightened or timid of the water. This program will be individualized to meet the child's personal needs. The main focus of this course will be to develop association with aquatics and understanding of water safety. For more information please e-mail [bkawczynski@amherst.ny.us](mailto:bkawczynski@amherst.ny.us) or call 631.7132 ext 7516.

### **Adult Swimming Lessons**

Designed specifically for adults who would like to either conquer their fear of the water or simply brush up on their stroke development. This class is limited in number and the class will focus on survival skills, stroke development, and water safety. This program will also be personalized to meet the needs of each individual. For more information please e-mail [bkawczynski@amherst.ny.us](mailto:bkawczynski@amherst.ny.us) or call 631.7132 ext 7516.

### **Water Exercise**

Designed to improve flexibility, increase range of motion, stimulate circulation, and firm muscles. The exercises can be therapeutic for people suffering with arthritis. The water resistance can favor either low or high impact depending on personal preference. For more information please e-mail [bkawczynski@amherst.ny.us](mailto:bkawczynski@amherst.ny.us) or call 631.7132 ext 7516.

### **Synchronized Swimming**

Learn the basics of synchronized swimming, including sculling, egg beater, basic figures and a routine. Participants must be able to complete two width of the pool. For more information please contact [lmehrenreich@amherst.ny.us](mailto:lmehrenreich@amherst.ny.us) or call 631.7132 ext 7522.

### **Summer Lap Swim**

For complete schedule please see brochure and for more information please call 631.7132.

## **Summer Senior Swim**

For complete schedule please see brochure and for more information please call 631.7132.

## **Summer Swim Team**

A recreationally based swim team. All participants must be able to swim two lengths (50 yards) of the pool to be eligible to join. The swim team will practice three times a week and will have the opportunity to participate in several local swim meets. The competition age groups for the meets are as follows, ages 10 and under, 11-12, 13-14, and ages 15 and up. For more information please e-mail [bkawczynski@amherst.ny.us](mailto:bkawczynski@amherst.ny.us) or call 631.7132 ext 7516.

## **American Red Cross Learn to Swim Program - Various Levels Offered**

- **Level I (Introduction to Water Skills)**  
Help students feel comfortable in the water. Focuses on creating a foundation for water safety and basic swimming skills.
- **Level II (Fundamental Aquatic Skills)**  
Give students success with fundamental water skills such as locomotion and floating without support.
- **Level III (Stroke Development)**  
Increase skill competency with guided practice. Coordinate front and back crawl and introduce elements of the butterfly as well as fundamentals of treading water.
- **Level IV (Stroke Improvement)**  
Designed to develop confidence and competency in strokes and safety skills. Students continue working on butterfly and are introduced to the elementary backstroke, breaststroke and elements of the sidestroke.
- **Level V (Stroke Refinement)**  
Students will refine the performance and increase endurance of all the strokes. Flip turns on the front and back introduced.
- **Level VI (Swimming and Skill Proficiency)**  
Designed to refine strokes so students swim with ease, efficacy, power and smoothness over greater distances. Other aquatic skills are introduced to help students prepare for other advanced swimming activities such as Lifeguard Training, Water Safety Instruction and competitive swimming.

For more information please e-mail [bkawczynski@amherst.ny.us](mailto:bkawczynski@amherst.ny.us) or call 631.7132 ext 7516.