



Winter Programs

STRIKE UP THE FUN – LEARN TO BOWL!

This four-week instructional bowling program is for ages 5 and up! It is geared toward all bowling levels, from beginner to the more advanced. There will be games, prizes, and awards!

All equipment is provided, shoes and bowling ball, plus 2 games of bowling!

Participants will be grouped by age.

FOR | Ages 5+

WHERE | Kingpin's Alley Family Fun Center,
166 Saratoga Ave., South Glens Falls

FEE | Resident \$42/session; Non-Resident \$52/session

FALL SESSION

WHEN | November 17-December 15 (Fridays)
(No Program 11/24/17)

TIME | 6:00-8:00 pm

WINTER SESSION

WHEN | March 1-22 (Thursdays)

TIME | 5:30-7:00 pm

NOTE:

Your child's shoe size will be needed at registration.

PLEASE NOTE:

For your child's safety, please inform the Department Staff, at the time of registration, of any known allergies that exist for your child.

PROGRAM MAXIMUM:
30

LIL' KIDZ FITNESS & FUN!

Children will explore and play games that promote coordination, agility, and gross motor skills; such as walking, running, and jumping. A variety of activities will enhance fine motor skills — especially hand-eye coordination and reflexes. Children will engage in educational activities through play. This is the perfect combination of play and learning!

Participants will be grouped by age.

FOR | Ages 2-4

WHEN | Tuesdays
Session 1: November 14-December 19
Session 2: January 9-February 13
Session 3: February 27-March 27

TIME | 5:30-6:30 pm

WHERE | Queensbury WHBI School Cafeteria

FEE | Sessions 1 & 2: Resident \$36; Non-Resident \$46
Session 3: Resident \$30; Non-Resident \$40

INSTRUCTOR:

Nicole Enny-Tully,
NYS Certified Teacher

PARENTS:

Parent participation is strongly encouraged!

PROGRAM MAXIMUM:
10

NEW!

Spring Program

JUNIORS PICKLEBALL

This 4-session program will teach pickleball basics and help to develop each player's skill level and game play.

Have your child learn about and enjoy this sport that has been growing in popularity! Kids WILL have a blast!

The equipment is provided for use, so give it a try!

FOR | Ages 14-18

WHEN | May 6-27 (Sundays)

TIME | 1:00-2:30 pm

FEE | Resident \$20; Non-Resident \$30

WHERE | Ridge/Jenksville Park Pickleball Courts,
133 Jenksville Road, Queensbury

CLASS MAXIMUM:

12

The success of our programs often depends on volunteers. We need coaches for:

JR. HOOPERS

If interested, please download and complete the volunteer coach application available on recreation.queensbury.net. Questions? Please call (518) 761-8216.

WE NEED YOU!

WAIT!

There's More!

Additional Youth and Family Programs:

- Introduction to Pickleball for Youth & Families
- Jr. Engineers Camp
- Bridges - Brixology Lego® Workshop
- Fantastic Fliers Workshop
- Ladies Kickboxing (Ages 13+)

Registration Information

Online: recreation.queensbury.net

In Person: Queensbury Parks & Recreation Department
742 Bay Road, Queensbury NY 12804
8:00 am-4:30 pm, Monday-Friday

The Department reserves the right to either cancel, change, or alter any program schedule based on availability of staff, facility, and/or enrollment.



Queensbury
PARKS & RECREATION

742 Bay Road, Queensbury NY 12804 | (518) 761-8216

recreation.queensbury.net

Youth Sports Programs & Lessons

Winter 2018



Queensbury
PARKS & RECREATION

Online Registration Now Available!
recreation.queensbury.net



Winter Programs

BOYS HOOPER BASKETBALL

Boys in Grades 3 & 4 will use the Queensbury Elementary School Gym and Grades 5 & 6 will use the Queensbury 4/5 School Gym. Grades 3-6: 8:00-9:00 am or 9:15-10:15 am. Final games will be played on Saturday, February 3 — the game schedule TBA.

PROGRAM SUPERVISORS:
Doug Fraser, Queensbury Boys Varsity Basketball Coach;
Joel Brown, Queensbury Boys JV Basketball Coach

FINAL GAMES:
FEB. 3, 2018
SCHEDULE TBA

PLAYERS CLINIC: Saturday, November 18

Grades 3 & 4: 8:00-9:00 am

Grades 5 & 6: 9:15-10:15 am

Clinics meet in the Queensbury High School Blue Gym.

Teams to be formed and schedules will be available.

FOR | Grades 3-6

WHEN | November 18-February 3 (Saturdays)
(No Program 11/25, 12/23 & 12/30/16)

TIME | 8:30-11:00 am (depending on schedule)

WHERE | Queensbury Elementary and WHBI 4/5 Gyms

FEE | Resident \$50; Non-Resident \$60

*REGISTRATION DEADLINE | Friday, November 10



Winter Programs

GIRLS HOOPER BASKETBALL

Girls will participate in the Queensbury Middle School RFI Gym. Grades 3 & 4: 8:00-9:00 am, Grades 5 & 6: 9:15-10:15 am. Participation times will change and be determined by a weekly game schedule. Final games will be played on Saturday, February 3 — the game schedule TBA.

PROGRAM SUPERVISORS:
Megan Bethel,
Queensbury Girls Varsity Basketball Coach
Lauren Surber,
Queensbury Girls JV Basketball Coach

FINAL GAMES:
FEB. 3, 2018
SCHEDULE TBA

PLAYERS CLINIC: Saturday, November 18

Grades 3 & 4: 8:00-9:00 am

Grades 5 & 6: 9:15-10:15 am

Clinics meet in the Queensbury Middle School RFI Gym.

Teams to be formed and schedules will be available.

FOR | Grades 3-6

WHEN | November 18-February 3 (Saturdays)
(No Program 11/25, 12/23 & 12/30/17)

TIME | 8:00-10:15 am (depending on schedule)

WHERE | Queensbury Middle School RFI Gym

FEE | Resident \$50; Non-Resident \$60

*REGISTRATION DEADLINE | Friday, November 10

Winter Programs

MAT RAT WRESTLING

The wrestling program will be offered for children in Grades 1-6. The philosophy of Mat Rats is to develop athletic skills through the basics of wrestling. Children must be at least Grade 1 (sorry, not Kindergarten).

PROGRAM SUPERVISORS:
Mark French and Shirley French

SPACE IS LIMITED
REGISTER EARLY!

• **Grades 1 & 2: 9:00-10:30 am, Saturdays;**
6:00-7:30 pm, Tuesdays

• **Grades 3-6: 10:30 am-noon, Saturdays;**
6:00-7:30 pm, Thursdays

FOR | Grades 1-6

WHEN | January 6-February 17

Grades 1 & 2: Tuesdays & Saturdays

Grades 3-6: Thursdays & Saturdays

WHERE | Queensbury High Wrestling Room

FEE | Resident \$50; Non-Resident \$60



TAE KWON DO

Youth to Adults, Families Welcome!

Learn martial arts skills and discipline as you advance in belts. Work together on focus, flexibility, stress, muscle coordination, discipline, self-defense, self-control and positive well-being.

There is a limited quantity of equipment available for the kids. Please join us ... these lessons are being offered for the love of the sport!

FOR | Ages 5+

WHEN | Tuesdays & Thursdays

Session 1: November 7-January 2

(No Program 11/23)

Session 2: January 16-March 8

Session 3: March 20-May 10

TIME | 6:00-7:00 pm

WHERE | Iron Fist, 880 State Route 9 (across from Walmart)

FEE | Resident \$109/session; Non-Resident \$119/session

CLASS INSTRUCTOR:
Master Roger Brown, Owner/
Head Instructor, Iron Fist and
Certified 4th-Degree Black Belt

THE UNIFORM IS
FREE!

***FOR BOYS & GIRLS HOOPERS: An additional \$15.00 fee will be charged after Nov. 10.**



JR. HOOPERS BASKETBALL

The department will once again offer a basketball program for children in Grades 1 & 2. Basic basketball skills will be taught while having fun and introducing the sport.

FOR | Boys and Girls in Grades 1 & 2

WHEN | January 6-February 3 (Saturdays)

TIME | 12:30-1:30 pm

WHERE | Queensbury Elementary School Gym

FEE | Resident \$50; Non-Resident \$60

PROGRAM SUPERVISOR:
David Moses

SPACE IS LIMITED
REGISTER EARLY!