

All programs are based on grade level for the 2019-2020 school year.

Fall Programs

PIGSKIN FOOTBALL

An instructional flag football program that will focus on having fun and learning basic football skills and concepts (individual and team). This is a non-competitive league.

FOR | Grades 3-6
WHEN | September 11-October 5
FEE | Resident \$50; Non-Resident \$60

PRACTICES:
WHEN | Wednesdays
TIME | 5:30-6:30 pm
WHERE | Queensbury School Athletic Field 5E

GAMES:
WHEN | Saturdays
TIME | 8:45-10:00 am
WHERE | Queensbury School Athletic Field 5E

PROGRAM SUPERVISORS:
Matt Crossman,
Queensbury Varsity Football
Head Coach
John Martin,
Queensbury JV Football Head
Coach, with assistance from the
Queensbury Varsity Football
Team

PLEASE NOTE:
On Monday, September 9,
there will be a Volunteer
Coaches' Meeting at 5:30 pm
in the Queensbury High School
Weight Room. Please use the
QHS Blue Gym entrance.



**WE NEED VOLUNTEER COACHES
FOR SOCCER & PIGSKIN FOOTBALL**

If interested, please call 761-8216.

SOCCER LEAGUE

For boys and girls Grades 1-6. Program will offer instruction as well as game experience with an emphasis on participation and fun. This is a non-competitive league.

FOR | Grades 1-6
WHEN | September 7-October 10
FEE | Resident \$50; Non-Resident \$60

PRACTICES/SKILL DEVELOPMENT:
WHEN | Saturdays
TIME | Grades 1 & 2: 8:30-9:30 am
Grades 3 & 4: 9:45-10:45 am
Grades 5 & 6: 11:00 am-12:00 pm

WHERE | Queensbury High School Boys
Soccer Fields

GAMES:
WHEN | Grades 1 & 2 (Tuesdays)
Grades 3-6 (Thursdays)
TIME | 5:15-6:30 pm
WHERE | Jenksville Athletic Fields

ORGANIZATIONAL CLINIC:
On Saturday, September 7,
there will be an organizational
meeting (all players and volunteer
coaches) held at the Queensbury
School Athletic Fields. All team
assignments & coaches packets
will be distributed at this time.

CLINIC TIMES:
Grades 1 & 2: 8:30-9:30 am
Grades 3 & 4: 9:45-10:45 am
Grades 5 & 6: 11:00 am-12:00 pm

**REGISTRATION DEADLINE:
AUGUST 23**

SOCCER NOTE: An additional \$15.00 fee will be charged after August 23.

Fall Programs

SPARTAN SPIKERS

For girls entering Grades 3-8 for the 2019-2020 school year. The purpose of the program is to introduce younger players to volleyball and to increase their skill level. The girls will participate in skill development drills, including serving and passing the ball, along with some competitive play.

FOR | Girls Entering Grades 3-8
WHEN | September 9-October 28 (Mondays)
(No Program 10/14/19 — Columbus Day)

TIME | Grades 3-6: 3:45-4:45 pm
Grades 7 & 8: 3:00-4:45 pm

WHERE | Grades 3-6: Queensbury High School Blue Gym
Grades 7 & 8: Queensbury High School Gold Gym

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

PROGRAM SUPERVISOR:
Tyler Carey,
Queensbury Girls Varsity
Volleyball Coach

**CLASS SIZE:
30 MAX**



FALL YOUTH GOLF LESSONS

Join us for this fantastic fall activity! This 3-session lesson program will cover golf basics. Whether you are a beginner or a current player that needs a refresher, this course will provide you with the skills that you need to progress.

FOR | Ages 7-17
WHEN | September 7, 14 & 21 (Saturdays)
TIME | 10:00-11:00 am

WHERE | Hiland Golf Club, 195 Haviland Road, Queensbury
FEE | Resident \$65; Non-Resident \$75

PROGRAM SUPERVISOR:
Jim Jeffers,
Golf Pro and Director of Golf,
Hiland Golf Club

**CLASS SIZE:
20 MAX**

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 & Camps

Summer/Fall 2019



Queensbury
PARKS & RECREATION

Online Registration Now Available!
recreation.queensbury.net

Summer Programs



GIRLS FIELD HOCKEY CAMP

FOR | Grades 3-8
 WHEN | July 8-11 (Monday-Thursday)
 TIME | 6:00-7:30 pm
 WHERE | Queensbury School Athletic Field 5W
 FEE | Resident \$75; Non-Resident \$85

PROGRAM SUPERVISOR:
 Jeanne Chirgwin,
 Queensbury Girls JV
 Field Hockey Coach

CAMP SIZE:
 10 MIN | 25 MAX

Required: Sneakers or cleats, water bottle, sticks, shin guards, mouth guards, and protective eye gear (cage).

GIRLS SOFTBALL CLINIC

This clinic will feature instructional and skill-based drills, fun contests, and game-play.

FOR | Grades 4-7
 WHEN | August 19-22 (Monday-Thursday)
 TIME | 8:00-10:30 am
 WHERE | Ridge/Jenkinsville Park Softball Fields
 FEE | Resident \$85; Non-Resident \$95

PROGRAM SUPERVISORS:
 Laura Laramie,
 Queensbury Girls Varsity
 Softball Coach
 Rich Zuccaro,
 Queensbury Girls Modified
 Softball Coach

CLINIC SIZE:
 40 MAX

Required: Sneakers or cleats, glove, bat, helmet & water bottle.

YOUTH GOLF LESSONS

Beginner and intermediate golf lessons will be offered by **Hiland Golf Club**. This 4-session program will cover golf fundamentals. Clubs will be provided for those without equipment.

FOR | Ages 7-17
 WHEN | Session 1: July 9-18 (Tuesdays & Thursdays)
 Session 2: July 23-August 1 (Tuesdays & Thursdays)
 TIME | 9:00-10:00 am or 10:30-11:30 am
 WHERE | Hiland Golf Club, 195 Haviland Road, Queensbury
 FEE | Resident \$75/session; Non-Resident \$85/session

PROGRAM SUPERVISOR:
 Jim Jeffers,
 Golf Pro and Director of Golf,
 Hiland Golf Club

CLASS SIZE:
 6 MIN | 20 MAX

Summer Programs

STRENGTH & CONDITIONING

Students will participate in a strength training program, in conjunction with a conditioning program, to achieve a maximum workout and overall increased body strength, speed, and power. This program is beneficial for athletes and for those seeking to increase total physical fitness and well-being.

FOR | Grades 10-12*, open to Boys & Girls
 WHEN | July 1*-August 9 (Tuesdays-Fridays)
 (No Program 7/4/19 & 7/5/19)
 *Please Note: We will be meeting on Monday, July 1, since we will not be meeting on Thursday, July 4.
 TIME | 7:30-9:30 am
 WHERE | Queensbury High School Weight Room and adjacent field (outdoor conditioning)
 FEE | Resident \$50; Non-Resident \$60

PROGRAM SUPERVISORS:
 Matt Crossman,
 Queensbury Varsity Football
 Coach
 John Martin, Queensbury JV
 Football Coach

*Note: Incoming 9th Graders will need to be assessed for inclusion in the Grades 10-12 Strength & Conditioning program.

INTRODUCTION TO STRENGTH TRAINING

The program is a preparatory course that will lead to a more advanced strength training program. The approach is primarily a body-weight and light-weight introduction to strength training, with age-appropriate progression. This program will achieve overall increased body strength, power, and physical fitness.

FOR | Grades 7-9, open to Boys & Girls
 WHEN | July 1*-August 8 (Tuesdays & Thursdays)
 (No Program 7/4/19)
 *Please Note: We will be meeting on Monday, July 1, since we will not be meeting on Thursday, July 4.
 TIME | 9:30-10:30 am
 WHERE | Queensbury High School Weight Room and adjacent field (outdoor conditioning)
 FEE | Resident \$60; Non-Resident \$70

PROGRAM SUPERVISORS:
 Matt Crossman,
 Queensbury Varsity Football
 Coach
 John Martin, Queensbury JV
 Football Coach

BOYS FOOTBALL CAMP

FOR | Boys Entering Grades 7 & 8
 WHEN | August 19-22 (Monday-Thursday)
 TIME | 9:00-11:00 am; **Report to RFI Gym on first day for equipment issue.**
 WHERE | Queensbury Middle School, Athletic Fields 1E and 2E*
 FEE | Resident \$50; Non-Resident \$60

PROGRAM SUPERVISOR:
 Frank Miller,
 Queensbury Middle School
 Modified Football Coach

*NOTE: Camp will meet in the QMS RFI Gym – Please report there each morning.



Summer Programs



For more information on the following **Rocksport** programs, please see the **Summer 2019 Program Guide** or visit recreation.queensbury.net

HIGH ADVENTURE CAMP – ROCK CLIMBING, HIGH ROPES COURSE & KAYAKING – AGES 11-18

Participants will learn basic skills and techniques of each sport and utilize those necessary skills to participate safely.

WHEN | Session 1: July 15-19 (Monday-Friday)
 Session 2: July 29-August 2 (Monday-Friday)
 TIME | 12:00-4:00 pm (Mondays-Thursdays);
 8:00 am-4:00 pm (Fridays)

PROGRAM SUPERVISOR:
 Robert Livingston,
 Rocksport

WHERE | Various locations
 (Rocksport Indoor Climbing Facility, 54 Carey Road, Queensbury;
 SUNY Adirondack campus, Bay Road; Sacandaga River or Saratoga Lake)

FEE | Resident \$360/session; Non-Resident \$370/session
 NOTE | Please complete waivers at queensbury.recreation.net

PEBBLECRUSHER CAMPS! – AGES 5-8

There will be two days of climbing at the new, state-of-the-art Rocksport facility learning the basics (Mondays and Wednesdays), with two days at the SUNY Adirondack Challenge Course (Tuesdays and Thursdays). On Fridays, we will spend the mornings climbing on one of the crags that surrounds the Lake George basin, followed by a picnic lunch, and some swimming.

WHEN | Mondays-Fridays
 Session 1: July 8-12
 Session 2: July 22-26
 Session 3: August 5-9

TIME | 9:00-11:30 am (M-Th), 9:00 am-2:00 pm (F)

FEE | Sessions 1-3: Resident \$235/session; Non-Resident \$245/session

ROCK TOTS! – AGES 3-5

A new and unique program to foster your child's gross motor skills while having fun! Parents are welcome to tag along; your participation is encouraged, but not required.

WHEN | June 24-July 3 (Mondays & Wednesdays)

TIME | 10:00-11:30 am

FEE | Resident \$110; Non-Resident \$120

PLEASE NOTE: the completion of a Rocksport waiver is required for these programs. To complete, visit rocksportny.com