



January 9, 2012

Hello everyone! January seems to be flying by already for us. Our 3-6 grade basketball program started games on January 7 and they did an excellent job. Everyone is learning and having fun, which is what these programs are all about. We are beginning to plan for February break and for the spring. Below we have listed some of our programs, but keep a lookout for our February newsletter and on the website/facebook!

During the February school break we will be offering family ice skating, family snowshoeing, and archery night for kids. Dates have not been scheduled yet, but we will update our website and Facebook as soon as they are confirmed.

Also, during the February break we will be co-sponsoring an outdoor adventure program with the Clinton County Youth Bureau. Check our website and Facebook for updated information on dates and times. This program is for kids only and will consist of snowshoe instruction, snowshoe hiking, and games.

Winter Fun Runs: We are joining the Clinton County Youth Bureau on January 21, January 28, February 4, February 11 at the Cliff Haven Recreation Park for fun runs. Registration will be at 3 PM and the run will start at 3:15 PM. Participants will be running, climbing, and crawling in snow. The age groups are 6 and under, 7-10, and 11-13. For more information contact us at 562-6860.

Bowling: We started our bowling program at North Bowl Lanes on Sundays at 8:30 AM beginning January 8. This program will run for 8 weeks. Registration will be starting at 8 AM on the first day. The program is for all school aged children who are residents of the Town of Plattsburgh. There is no cost to the participants. Children can bowl up to three games and receive shoe rentals at no charge. For more information, please contact us at 562-6860.

Open Family Swim Night: This program started in November at the Wellness Center, at PARC at 295 New York Road! It will continue each Friday night through March from 7-9 pm. There is a \$2 charge per person for all participants. Children under 18 must be accompanied by an adult. All participants must bring their own towel and may use the locker rooms. There will be Certified Lifeguards on duty at all times. If you have questions, give us a call at 562-6860.

1-2 Grade Basketball: This is an instructional program for kids in grades 1 and 2. The 1-2 grade program will start January 14 and end February 18. It will be every Saturday during that time period from 5:30-6:30 PM at Morrisonville Elementary. Call us for more information at 562-6860.

7-8 Grade Basketball: We are still accepting registrations for our 7-8 basketball program until January 20. To register, download a form from our website or stop in and fill one out. This program is not co-ed and will depend on the number of registrations. If we have enough participants for

this program then we will form a team or teams and have practices. If the county has enough teams then they will plan a game schedule based on the participation.

Zumba Gold:

Our current Zumba instructor Michele Wright is now offering a Zumba Gold class to lead folks of all ages and abilities through the Zumba moves and on to a fun workout while having a great time. Zumba Gold is specifically designed for Senior Citizens and beginners to the Zumba programs. The classes will be held every Thursday evening at the Town Office building on Banker Road from 5:00-5:45pm. Each class costs \$5.00 per night and class size is limited to 40 participants. Classes will begin on January 13th. The regular Zumba class will follow at 6pm for those looking for a more rigorous workout. Register on a class night.

If you have any ideas or questions...we would love to hear from you! You can call or email us at anytime! (Email: rec@townofplattsburghrecreation.com or call 562-6860)

Don't forget to become a fan of us on Facebook! Just search for "Town of Plattsburgh Parks & Recreation Department" and add us.

**Also, don't forget to check our website for frequent updates.
<http://www.townofplattsburghrecreation.com>**

We will continue to update our website with changes or new additions to our schedule!

Town of Plattsburgh Parks & Recreation