



OPREC Summer 2018 non-camp YOUTH PROGRAMS



10% discount when you register online! www.oprec.org. Registration now open!

Learn to Canoe (age 8+) Thursdays, 7/5—8/2 at Green Lake

An introduction to canoeing in a safe environment for first timers and those brushing up on their skills.

Fee: \$65 for 5 classes
Time: 5-6:30 pm
Location: Green Lake
(meet at Guard House)

Students must pass swim test to participate in OPREC boating courses.



Sailing (ages 10+) Thursdays, 6/29—8/17 at Green Lake

Beginner: 9 am-10:30 am

Our beginner course is an introduction course for anyone using the S.T.A.R. method.

Intermediate: 10:45 am-12:15 pm

Our intermediate course will begin with a review of the basics and move on to the more technical aspects of sailing including sailing rigs, points of sailing, sail trimming, nautical words and phrases. Prerequisite- Must have taken the beginner course through OPREC or another program.

Fee: \$102 for 7 classes
Location: Green Lake (meet at Guard House)

Paint, Paste, and Play

Children will enjoy a variety of social activities, organized play, crafts, songs, and stories.

Ages: 2 1/2—6 (must be potty trained)
Days: Fridays
Time: 9:30 AM—11:30 AM
Dates: 6/29—8/10
Tuition: \$74.37 (7 classes)
Location: Orchard Park Recreation Bldg.

10% off when you register online



Pro Golf (ages 13+)

Fundamental skills : stance, grip, swing, chipping, and putting. All skill levels welcome. Student must provide own equipment (rentals available).

Location: Bob-o-Link Golf Course

Course A: Mon., 6/4 - 6/25, 6:30-7:30 pm

Course B: Mon, 6/4 - 6/25, 7:30-8:30 pm

Course C: Sat, 6/2 - 6/23, 9:30-10:30 pm

Course D: Sat, 6/2 - 6/23, 10:30-11:30 pm

Instructor: Reynold Jennetti
PGA Member

Fee: \$100 per course



Start Smart Programs (ages 3-5)

START SMART is the critically acclaimed program from the National Alliance for Youth Sports that helps kids get ready for organized sports without the threat of competition or the fear of getting hurt. Parents work one on one with their child focusing on motor skills that gradually build confidence while children have FUN!

START SMART SPORTS DEVELOPMENT



Each week covers a different theme.

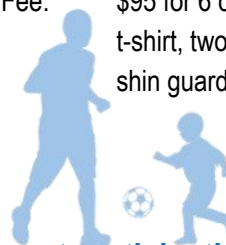
Location: Birdsong Park
Dates: Saturdays 7/7—8/11
Time: 9:30 am- 10:30 am
Fee: \$85 for 6 classes includes t-shirt and Start Smart Manual

START SMART SOCCER



Fun games to introduce soccer skills.

Location: Birdsong Park
Dates: Saturdays 7/7—8/11
Time: 10:30 am—11:30 am
Fee: \$95 for 6 classes, manual, t-shirt, two soccer balls, shin guards & cones



START SMART Programs are parent participation programs.



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SOCCER

Basic skills including dribbling, passing, shooting, and goal-tending are taught. Fundamentals and teamwork are the focus.

Shin guards are required.

Location: Birdsong Park

Ages 5-7: 5:30-6:30 PM

Ages 7-10: 6:30-7:30 PM

Dates: Wednesdays, 6/20—8/8
(no class 7/4)

Fee: \$75 for 8 classes



Track & Field

Each week will focus on a different aspect of a track event and a field event. This is a fun way for children to learn about the sport

Location: So. Davis Track

Ages 5-11 6:00—7:15 PM

Dates: Thursdays 6/28 - 8/2

Fee: \$80 (6 classes)



Train for 5K

This 8-week program will help you become physically and mentally fit to run a 5K.

Location: So. Davis Track

Ages 15+ 6:00—7:15 PM

Dates: Thursdays 6/28 - 8/16

Fee: \$90 (8 classes)

Lacrosse



This program focuses on passing, catching, shooting, scooping and the rules of play.

Helmet and mouth guard are required

Location: Birdsong Park

Ages 5-8: 5:00—5:55 PM

Ages 9-12: 6:00—6:55 PM

Dates: Tuesdays 6/19—8/7

Fee: \$75 for 8 classes

VOLLEYBALL

Fundamental skills & drills and scrimmaging. Equipment is provided.

Location: Orchard Meadows Playground

Ages 8-10: 5:30-6:30 pm

Ages 10-13: 6:30-7:30 pm

Dates: Mondays, 6/25—8/13

Fee: \$80 for 8 classes

BASKETBALL

Fundamentals, team work, skills & drills and pickup games! *Equipment is provided.*

Location: Courts @ Green Lake

Ages 5-8: 6:00—6:55 PM

Ages 8-10: 7:00—7:55 PM

Dates: Mondays 6/18—8/6

Fee: \$75 for 8 classes

TENNIS

All equipment provided

at OPHS Courts (*unless otherwise noted)

Youth Beginner (T/TH)

Session 1 6/26—7/19 \$75 (8 classes)

Session 11 7/24—8/9 \$75 (8 classes)

Ages 5-8: 9-10 am

Ages 9+ : 10-11 am

Advanced Beginner (M/W)

Session 1 6/25—7/18 \$100 (7 classes)

Session 2 7/23—8/8 \$93.60 (6 classes)

Ages 11-16: 9-10:30 am

Youth Beginner (Mon. evening)

6/25—7/30 \$60 (6 classes)

Ages 6-11: 6-7:00 pm

Youth Intermediate (Wed. evening)

6/27—8/1 \$90 (6 classes)

Ages 8-13: 6-7:30 pm

Adult Beginner 17+ (Thurs.)

6/28—8/2 6:00-7:15 pm

Fee: \$85 (6 classes)

Adult Intermediate 17+ (Thurs.)

6/28—8/2 7:15-8:30 pm

\$85 (6 classes)

Match Play—High School Players*

6/26—8/7 Tuesdays 6-7:30 pm

Fee: \$100 (7 classes)

**younger players with advanced skills, please call if interested*



NEIGHBORHOOD TENNIS \$40 for 5 classes

at Orchard Meadows Playground* 6/26—7/24 Tuesdays

Ages 6-8 5:30-6:20 pm / Ages 9-11 6:30-7:30 pm

at Burmon Playground* 6/30—7/28 Saturdays

Ages 6-8 9-9:50 am / Ages 9-11 10-11 am

Free Tennis Play Days!

Saturday, June 2 and July 14, 9-11 am

at the OPMS Tennis Courts

Complete details at www.oprec.org.

Registration is required.

Orchard Park Recreation Dept., 200 North Lake Drive, Orchard Park, NY 14127

www.oprec.org ; 716-662-6450 oprec@orchardparkny.org

A Great Value in Your Own Home Town—

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