

REGISTRATION 8/1 RESIDENTS
8/8 NON-RESIDENTS

FALL PROGRAMS

ART SPORTS AQUATICS EDUCATION

AFTER SCHOOL PROGRAM

DECEMBER BREAK CAMP

AQUAFIT (16+)

AQUATICS (6 MONTHS +)

BEFORE SCHOOL PROGRAM

CREATIVE KIDS (AGES 3-5)

CROSS COUNTRY (AGES 6-12)

FLAG FOOTBALL (AGES 6-13)

FOUNDATIONS OF FITNESS
(AGES 12+)

LACROSSE (AGES 4-10)

MEN'S BASKETBALL (AGES 16+)

OPREC FUN FRIDAY (AGES 4-10)

PICK-UP SOCCER (AGES 16+)

PRE-K PLAY (AGES 2-5)

SPECIAL OLYMPICS SOCCER
(AGES 6-14)

START SMART FOOTBALL
(AGES 3-5)

TENNIS (AGES 5-10)

VOLLEYBALL (AGES 8-12)

YOUNG ARTISTS (AGES 6-10)

If interested in Aquatic and Non-Aquatic employment, please see our website. Lifeguards must be 15 years old and other program staff must be 17 years old. You may apply to work before you are the minimum age, but must attain the minimum age prior to beginning work. Summer Job Fair - January 2, 2026!

QUESTIONS? EMAIL:
OPREC@ORCHARDPARKNY.GOV
OR CALL 716-662-6450 EXT.1

Register ONLINE for a 10% discount.
20% Senior Discount Applied at
Checkout



Orchard Park
RECREATION

CREATIVE KIDS

- LOOKING FOR THAT TIME TO CREATE A CRAFT TOGETHER AS WELL AS CREATE FUN MEMORIES?
- JOIN OUR CREATIVE KIDS PROGRAM TO MAKE SOME CRAFTS. DANCE WITH YOUR FELLOW PARTICIPANTS. AND BURY YOUR HANDS INTO THE FUN.
- THIS IS A PARENT PARTICIPATION PROGRAM (PARENTS/GUARDIANS MUST REMAIN WITH THE PARTICIPANT)
- \$85 *** AGES 2-5 / (9:30 AM - 10AM)
- COMMUNITY ACTIVITY CENTER
- FRIDAY'S 9/26-11/7



PRE-K PLAY

Join us for months of fun, learning, imagination and crafts! As we explore the world around us during the spring months our participants will also focus on the program goals of ABC's & counting, Fun with friends, Learning from the world, Reading is fun and Nature Exploration!

- M/W (9/8 - 12/10) - 9:00am - 12:00pm
- Fee: \$676
- T/Th (9/9 - 12/11) - 9:00am - 12:00pm
- Fee: \$676
- Community Activity Center 4520 California Rd
- Ages: 2-5 (Must be able to independently use the restroom)



BEFORE-SCHOOL PROGRAM

- Parent drop off begins at 7:00am. Kids will be bused to the OPCSD Elementary Schools at 8:30am. Our trained and talented staff will check the kids on the bus.
- \$14/day - Monday - Friday availability following the OPCSD School calendar
- UPK Students are able to attend; however, parents are responsible for transporting their UPK student to their elementary school from the activity center. Transportation through the school district is not available for UPK students. K-5 only.
- Breakfast is not included (participants may bring food to eat on site)

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AFTER SCHOOL PROGRAM 2025-2026

- Kids will be bused to the Activity Center by OPCSD at dismissal where they will be checked in by our talented and trained staff.
- Pay a \$22 deposit now to reserve your spot for the entire 2025-2026 school year.
- Once registered, OPREC staff will reach out to you to in August to establish a monthly payment plan for the program that will begin September 2025.
- The cost is \$22 per day, per child. You only pay for the days of actual school attendance.



CROSS COUNTRY (XC)

Kids will go through age-appropriate workouts each week and the final class will end with a true cross country race. Kids will have the chance to experience the thrill of cross country and earn ribbons for their placing. All abilities are welcome!

- (Ages 6–12)
- 5:00pm – 5:45pm
- \$120 per participant
- Brush Mtn. Park in Orchard Park
- Tuesdays Sept 2 – Oct 7th

Tennis

OPREC Tennis emphasizes the basic skills of tennis: forehand, backhand, serving, and volleying through fun skills, drills and activities! Each day we will be honing our skills in a structure used and approved by the USTA.

- (Ages 5 – 7) 4:30 – 5:15pm
- (Ages 8 – 10) 5:30 – 6:15pm
- Orchard Meadows Playground Tennis Courts
- Fee: \$100 (6 weeks) Additional \$11 fee for non-residents.
- **Monday's** 9/15/25 – 10/27/25 (No class 10/13)

Lacrosse

This program focuses on passing, catching, shooting, scooping and the rules of play. You **MUST** bring your own goggles, helmet and mouth guard to participate.

- Ages 4–6 @ 5:30 – 6:15pm
- Ages 7–10 @ 6:30 – 7:15pm
- Community Activity Center (4520 California Rd)
- Fee: \$100 (6 weeks) Additional \$11 fee for non-residents.
- **Wednesdays** 10/1–11/15

FLAG FOOTBALL

Flag Football emphasizes the basic football skills of passing, catching, field position through fun skills and drills activities

✓ Saturdays
• 9/27–11/8 (no class 10/11)

Times
• 9:30–10:15am (ages 6–8)
• 9:30–10:15am (ages 9–11)
✓ • 10:30–11:15am (ages 6–8)
• 10:30–11:15am (ages 10–13)
• 11:30–12:15pm (ages 9–11)
• 11:30–12:15pm (ages 6–8)

Fee:
✓ • \$100 – (6 sessions); an additional \$11 fee for non-residents

VOLLEYBALL

Program focuses on fundamental volleyball skills such as passing, setting, serving, hitting and good sportsmanship. Join our amazing coaches to learn the fundamentals and improve your game.

- Community Activity Center (4600 California Rd)
- Tuesday's 9/30–11/4
- Ages 8–10 @ 5:30 – 6:15pm
- Ages 11–12 @ 6:30 – 7:15pm
- Cost: \$100.00 (an additional \$11.00 fee for non-residents)

FOUNDATIONS OF FITNESS

Guidance on Proper form and Injury Prevention, Age Appropriate Strength and Conditioning Workouts, Education on Mobility, Stability, and Recovery

- Ages: 12–16 (Parents/Guardians must remain on site for the program)
- Cost: \$100.00 (an additional \$11.00 fee for non-residents)
- When: Thursdays 9/11 – 10/16 @ 6–6:45pm

ADULT SPORTS

Teams picked each day for pick up games. No organized leagues.

Sportsmanship and team play are stressed. New players welcome! All players will be required to show ID upon entering the Building.

Men's Basketball

- Age: 16 & up
- LOCATION: Activity Center Gym 1
- TUESDAYS: 9/16– 12–9 (no class 11/11)
- 6:30 pm– 8:00 pm
- \$186 (An additional \$11.00 fee for non-residents)

Pick-Up Soccer

- Age: 16 & up
- LOCATION: Activity Center Gym 1
- THURSDAY'S: 9/18– 10/23
- 6:30 pm– 8:00 pm
- \$93 (An additional \$11.00 fee for non-residents)

Foundations of Fitness

- Ages: 17+
- Cost: \$100.00 (an additional \$11.00 fee for non-residents)
- When: Thursdays 9/11 – 10/16 @ 7–7:45pm

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OPREC FUN FRIDAY!!!

Kids can start their weekend off with a bang at OPREC, and give parents a chance for a date night. Here the kiddos will enjoy an evening with their friends/siblings creating a craft, playing games in the gym, game night, and a themed activity for the theme of the Month.

- Location: Community Activity Center
- Friday's: (Each Friday is a separate sign up) October 3rd, November 7th, and December 12th.
- 6pm - 8:30pm
- \$22/day (Additional \$11 fee for non-residents)

DECEMBER BREAK CAMP

Dec 22, 2025 - Jan 2, 2026

- Orchard Park Schools are closed 12/22- 1/2 for Winter Break.
- No School? No Problem!
- Kids will spend the week at the NEW Activity Center and adjacent Brush Mtn. Park enjoying the days with their peers with camp games, gym time, arts and crafts and weather permitting, we will spend time outside sledding, building snowmen, and exploring the outdoors!
- Pack a lunch, snack and a water bottle, and let our outstanding Rec staff do the rest!
- Space is limited! Camp hours run 8:30a-4:30pm
- Register for the Bundle or per day!

Bundle the week or pick your days!!!

YOUNG ARTISTS

- LOCATION: Activity Center (4600 California Rd)
- Thursdays 9/25/25 - 10/30/25
- Ages 6-8 @ 4:30 - 5:15pm
- Ages 7-10 @ 5:25 - 6:40pm
- Cost: \$100.00 (an additional \$11.00 fee for non-residents)

SPECIAL OLYMPICS SOCCER!!!

- Tuesdays: 10/7-11/18 (no class 11/11)
- Time: 5:45pm - 6:30pm
- Ages: 6-14
- Fee: FREE!

• Location: Community Activity Center

START SMART FOOTBALL PARENT & CHILD PROGRAM

- Saturday's: 9/27-11/8 (no class 10/11) Parent/child participation program
 - Time: 9:00-9:30 am
 - Ages: 3-5
 - Fee: \$95.00 (an additional \$11 fee for nonresidents)
 - Location: Community Activity Center Gym located at 4600 California Rd
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Orchard Park
RECREATION

AQUATICS PROGRAM



OPREC Swim Lessons What level is my child?



Parent / Child Lessons* (age 6 months—4 years)

This level is an introduction to a water environment for children.

We use songs, games, and the interactions between parent and child to foster a positive experience in the water.

Each child must be accompanied by an adult in the water.

***Children who are not fully potty trained must wear a swim diaper.**

Bubble Belt

Student must be comfortable in the water without a parent when wearing a flotation device and is able to follow directions reasonably well.

Students will be in the water without mom or dad accompanied by their instructor. Lessons focus on breath control, building comfort level and endurance, alternating arm and leg movement, as well as correct body position in the water and basic pool safety rules. *Each child will wear a bubble belt on their back provided by OPREC that allows them to learn to use their lungs for natural buoyancy.*

Level 1

Students must be willing to get in the water without a parent and without a flotation device attached to their body.

At this level, we will be using flotation aides (ie. pool noodles) to continue to build confidence and endurance while focusing on the fundamentals of swimming such as proper body position, breath control, alternating arm and leg movements, underwater exploration, and pool safety.

Level 2

Students must be able to tread water for at least 5 seconds, put their face in the water, be comfortable floating on their stomachs and willing to try floating on their backs.

At this level we start by using flotation aides with the goal of working toward being able to swim the width of a pool without support. We introduce components of the breast stroke, back stroke, and front crawl, preparing them for Level 3 which will focus more on stroke development.

Level 3

Students must be able to swim the width of a pool without stopping or touching the bottom, be comfortable floating on their backs without assistance, follow complex directions, and tread water for about a minute.

Level three focuses on stroke fundamentals for front crawl, elementary backstroke, backstroke, breast stroke, and sidestroke. We work on diving basics and continue pool safety and swimming survival skills.

Level 4

Students must be able to demonstrate (doesn't have to be perfect) all the strokes, and be comfortable diving and swimming in the deep end.

At this level swimmers focus on stroke finesse. We fine tune each of the strokes to make your swimmer more proficient and confident with each stroke. We introduce the butterfly as well as starts and turns. We continue to work on diving and water safety.

Level 5/6

Students must be able to swim the length of the pool with each stroke without stopping.

In this level we continue to work on endurance, refine the strokes, including the butterfly, flip turns and diving.



Parents and guardians are required to stay during class, in the spectator area.
Children who are not potty trained must wear a swim diaper.

Swimming is an important life skill for all ages. We provide a safe and fun environment, with outstanding instructors, where all our participants can excel.

- **LOCATION:** Orchard Park Middle School (Enter via Rte. 20A doors)
- **Tuesdays and Thursdays**
 - 9/16-12/4 (no classes on 9/25, 11/11, 11/27)
- **5:00-5:55 pm (Co-Ed class)**
- **6:00-6:55 pm (Ladies Only)**
- **Cost: \$285.000 (an additional \$11.00 fee for non-residents)**

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Schedule's are posted on our website at oprec.org.