Town of Clifton Park
Parks and Recreation

Recreation
Booklet
Fall & Winter
2024-25

Registrations begin August 14, 2024
CliftonPark.org
518-371-6667

Stay up to date with our Facebook page:
Clifton Park - Parks and Recreation
TOWN OF CLIFTON PARK
OFFICE OF PARKS AND RECREATION

IMPORTANT REGISTRATION DATES
Fall Programs/Sports: Wednesday August 14
Fall Basketball: Monday July 1 (open now!)
Winter Basketball (Girls & Boys Rec, Boys Travel): Monday September 9
Winter Programs: Sunday December 1
*All other sessions will open 1 month before program start date*

ALL REGISTRATIONS OPEN AT 12:01 A.M.

EASY REGISTRATION ONLINE
CliftonPark.org --> Online Payments--> Parks and Rec Registration--> parksrec.egov.basgov/CliftonPark

Having trouble logging in or registering for a program? Give us a call at 518-371-6667. We want to help!

REFUND POLICY
All refund requests must be in writing and received at least 10 days prior to the start of the program.
There will be NO refunds after this time.
There will be a $10 non-refundable charge on all refunded registrations.
Submit refund requests to ParksRec@cliftonpark.org
There is a NO REFUND policy on pool memberships, facility and field rentals, golf punch cards and golf gift cards.

REGISTRATION INFORMATION
Registration for all programs and activities will be received by the Office of Parks and Recreation.

OFFICE STAFF
Michael Woerner - Director
Diana Fraser - Assistant Director
Lori Hughes - Program Coordinator
Megan Babendreier - Recreation Leader

SHARE YOUR IDEAS AND TALENT
We are always seeking fresh ideas and talented individuals!
If you have a skill and are interested in leading a program or teaching a class, please reach out to Lori Hughes at 518-371-6667 or email LHughes@cliftonpark.org to discuss your proposal.

HISTORY OF PARKS & RECREATION
The Town of Clifton Park has a rich history of providing parks and recreation programs. The Town was incorporated in 1957, and the Parks and Recreation Department was established in 1963.

CLIFTON PARK - A GREAT PLACE TO PLAY
The Town of Clifton Park is committed to providing a wide range of programs and activities for residents of all ages. From sports leagues to fitness classes, we have something for everyone.

HOW TO CONTACT US
Mail: Office of Parks and Recreation
One Town Hall Plaza
Clifton Park NY 12065
Office Hours: Monday - Friday, 8:00 a.m. to 5:00 p.m.
E-mail: ParksRec@cliftonpark.org
Phone: 518-371-6667
Fax: 518-545-4284
Website: www.cliftonpark.org
Facebook Pages:
- Town of Clifton Park
- Clifton Park - Parks and Recreation
- Clifton Park - Town Pools
- Barney Road Golf Course
## TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barney Road Golf Course</td>
<td>20</td>
</tr>
<tr>
<td>Basketball</td>
<td>13</td>
</tr>
<tr>
<td>Bump in the Night</td>
<td>7</td>
</tr>
<tr>
<td>Car Care Basics</td>
<td>4</td>
</tr>
<tr>
<td>Circl Mobility</td>
<td>19</td>
</tr>
<tr>
<td>Clifton Park Soccer Club</td>
<td>4</td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td>10</td>
</tr>
<tr>
<td>Dog Licenses &amp; Dog Parks</td>
<td>4</td>
</tr>
<tr>
<td>Duathlon</td>
<td>5</td>
</tr>
<tr>
<td>Duck Hunting</td>
<td>4</td>
</tr>
<tr>
<td>Farm Fest</td>
<td>6</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>12</td>
</tr>
<tr>
<td>First Fridays</td>
<td>11</td>
</tr>
<tr>
<td>Fly Tying</td>
<td>15</td>
</tr>
<tr>
<td>Full Moon Hikes</td>
<td>10</td>
</tr>
<tr>
<td>Go Kids</td>
<td>16-17</td>
</tr>
<tr>
<td>GREEN Committee/Recycling</td>
<td>20</td>
</tr>
<tr>
<td>Historic Preservation Committee</td>
<td>11</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>12</td>
</tr>
<tr>
<td>Letters to Santa</td>
<td>8</td>
</tr>
<tr>
<td>Muddy Tots</td>
<td>15</td>
</tr>
<tr>
<td>No School Days</td>
<td>14</td>
</tr>
<tr>
<td>Paper Shredding Day</td>
<td>5</td>
</tr>
<tr>
<td>Park at Dark</td>
<td>9</td>
</tr>
<tr>
<td>Parks and Amenities</td>
<td>22-23</td>
</tr>
<tr>
<td>Passport to Nature</td>
<td>15</td>
</tr>
<tr>
<td>Pickleball</td>
<td>21</td>
</tr>
<tr>
<td>Photo Contest at VFNP</td>
<td>6</td>
</tr>
<tr>
<td>Pumpkin Smash Bash 2024</td>
<td>5</td>
</tr>
<tr>
<td>Search for Betty the Yeti</td>
<td>8</td>
</tr>
<tr>
<td>Strength Training through Pilates</td>
<td>19</td>
</tr>
<tr>
<td>Strong Nation</td>
<td>18</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>18</td>
</tr>
<tr>
<td>Trail Stomping</td>
<td>15</td>
</tr>
<tr>
<td>Trunk or Treat</td>
<td>7</td>
</tr>
<tr>
<td>Walking Tours of First Farms</td>
<td>5</td>
</tr>
<tr>
<td>Winterfest</td>
<td>9</td>
</tr>
<tr>
<td>Yoga</td>
<td>19</td>
</tr>
<tr>
<td>Zumba</td>
<td>18</td>
</tr>
</tbody>
</table>
DUCK HUNTING
Vischer Ferry Nature and Historic Preserve
OCTOBER 12 - 19, 2024

Duck hunting is allowed in designated areas of the Vischer Ferry Nature Preserve in the Town of Clifton Park from October 12-19, 2024. Hunters must register, prior to entering the preserve, in the Town Clerk’s office located at the corner of Clifton Park Center and Vischer Ferry roads, showing hunter’s and driver’s licenses, duck stamp, and car registration. Any questions, please call the Town Clerk’s office at 518-371-6681 during business hours Monday-Friday 9:00 a.m. to 5:00 p.m. and Thursdays until 7:00 p.m.

DID YOU KNOW THERE ARE TWO DOG PARKS IN CLIFTON PARK?
Mary Jane Row Dog Park & Kinns Road Park

A dog park permit can be obtained in the Town Clerk’s office, located in Town Hall. Proof of current rabies vaccination and a New York State Dog License are required. An annual $30.00 fee, per household, allows dogs to be off-leash at both parks. The parks are a wonderful place to take your dog for exercise, playing, and socialization!

Half-price permits are available on July 1, 2024.

IS YOUR DOG REGISTERED WITH TOWN HALL?

New York State requires all dogs four months of age or older to be licensed in the municipality in which they are harbored. Dog licenses are issued at the Town Clerk’s Office, located in Town Hall, at which time proof of rabies vaccination is required and proof if spayed or neutered. Please see CliftonPark.org for more information.

2024 Annual Fee:

- Spayed/neutered dog is $6.00
- Unspayed/unneutered dog is $11.50

CAR CARE BASICS FOR TEENS

Date: Saturday, September 14
Time: 11:00 a.m. - 1:00 p.m.
Site: Clifton Park Highway Garage
Fee: $15
Ages: 15 - 18

Most teens can’t wait to get their driver’s license and the feeling of freedom and independence. If they are old enough to drive, they are old enough to know the importance of keeping a car properly maintained to prevent being stranded alongside the road. Topics to be covered will include: basic vehicle systems, checking brake fluid, tire pressure and windshield wiper fluid, changing tires, jumping car batteries, essential tools and emergency kits.

CAR CARE BASICS FOR ADULTS

Date: Saturday, October 12
Time: 11:00 a.m. - 1:00 p.m.
Site: Clifton Park Highway Garage
Fee: $15
Ages: 18+

This course is designed to equip participants with essential knowledge and skills for maintaining and caring for their vehicles. The course covers a range of topics, including: understanding your vehicle, regular maintenance, tire care, battery maintenance, brake system, emergency preparedness and seasonal tips. The course combines theoretical knowledge with practical demonstrations, ensuring that participants feel confident in performing basic car care tasks independently. Open to adults of all ages!

CLIFTON PARK SOCCER CLUB

The Clifton Park Soccer Club offers 3 different levels of development for soccer players:

1. Recreational, Competitive Club/Travel, and Evolution
2. Recreation is our entry-level program and generally runs two sessions each year (Spring and Fall) at Clifton Common.
3. Competitive Club/Travel runs from November to June for ages U8-U19 and includes tournaments and winter leagues, and travels throughout the Capital District in the spring.
4. Evolution is the most competitive level and runs November to June for ages U8-U19, and includes tournaments and winter leagues, and travels throughout the Capital District in the spring.
5. An Evolution program also runs November to March for U6 players on the Shenendehowa Campus

This Soccer Club is NOT run through the Town of Clifton Park.
Visit us at CliftonParkSoccerClub.com for more information and registration!
CLIFTON PARK PAPER SHREDDING DAY
PROTECT YOUR CONFIDENTIAL INFORMATION!

The Town and its specialized partner, 3N Document Destruction, will be at Clifton Park Center parking lot between Boscov’s and the Saratoga County Department of Motor Vehicles with onsite shredding. This is a free, drive-thru service. Please bring a donation of non-perishables for local food pantries. Limited to 4 huge bags or boxes of papers. Please, no junk mail, binders, plastic carriers or folders, or metal spiral books. All paper will be shredded on site and then recycled. This free service is provided to Town of Clifton Park residents only. Drivers are asked to have their identification available.

Date: Sunday, October 6, 2024
Time: 1:00 p.m. - 3:00 p.m.
Site: Clifton Park Center Mall (near DMV and Boscov’s)
Fee: Free, Clifton Park Residents only

WALKING TOUR OF CLIFTON PARK’S FIRST FARMS

Join Clifton Park Town Historian John Scherer for a guided tour exploring the historic farm sites of Clifton Park’s early Dutch settlers. This informative walk will provide fascinating insights into the lives and practices of the area’s original agricultural communities, highlighting the rich heritage and contributions of these pioneering families. Don’t miss this unique opportunity to step back in time and discover the roots of our local history!

Date: Saturday, September 21
Time: 10:00 a.m.
Site: Whipple Truss Bridge, Vischer Ferry Nature and Historic Preserve (Riverview Road at Van Vranken Road, Rexford)
No fee or registration required!

MOHAWK TOWPATH BYWAY DUATHLON

Sunday, October 20 at 8:30 a.m.

This event is being held at Riverview Orchards, 660 Riverview Road in Rexford, NY. The events are 2 mile run / 12 mile bike / 2 mile run to the finish and is sanctioned by the USA Triathlon. Each year, the Mohawk Towpath Byway Duathlon attracts top regional multi-sport athletes, as well as recreational runners and bikers. The courses are through rural, fall-foliage lined landscapes along the Mohawk Towpath National Scenic Byway. There will be an event clothing item, with a Byway logo for the first 150 registered participants. Participants and volunteers receive a post race feed.

Two person teams are welcome: a runner and a cyclist.

Register now at https://runsingup.com/Race/NY/Rexford/MoTowByDu

Awards for overall male and female first place, and first, second, and third place male and female finish in each ten year increment starting with 19 and under. Awards also for first place male team, female team, and mixed team.

Early Registration is $60/individual, $58/team member
Ages 12-92
Entry fees increase after 5:00 p.m. September 26, 2024

PUMPKIN SMASH BASH!

Don’t trash it ... smash it!

Saturday, November 2 & Sunday, November 3
Instead of letting your old pumpkins haunt the landfill,
    have a fun time smashing it into compost!
Bring pumpkins, jack-o-lanterns, and gourds for a
Smashing Good Time!
You SMASH them and we will COMPOST them!
Hosted by the Town of Clifton Park G.R.E.E.N Committee
Location TBA - check CliftonPark.org closer to the event!
Town of Clifton Park presents:

Vischger Ferry Nature Preserve

PHOTO CONTEST

Submit your best photo taken in or of the Vischer Ferry Nature Preserve!

Submit your photo between August 15 and December 1 to photocontest@cliftonpark.org

Photo should be focused on the preserve or wildlife
No age or residency requirement, or limit on submissions.

Voting will take place online December 9 - December 15
at Facebook.com/TownofCliftonPark
**Things that go Bump in the Night**

**Birds, Bees, Flowers, and Trees of the Northeast**

Embark on an enriching journey through the forest with fellow nature enthusiasts during the Tenth Annual “Things that Go Bump in the Night” event. Our guided walk, spanning approximately 1 mile, offers the perfect opportunity to delve into the captivating world of birds, bees, flowers, and trees. Along the way, engage with informative nature exploration stations, where you can deepen your understanding and appreciation of the local ecosystem. Afterward, gather around the inviting warmth of the campfire to share stories and experiences, accompanied by light refreshments. Join us for an unforgettable evening of exploration, camaraderie, and the wonders of the natural world!

Date: Saturday, October 5 (rain-date October 19)
Time: 5:00 p.m. - 7:00 p.m. (guided hikes start every 30 minutes)
Site: Veteran’s Memorial Park, 697 MacElroy Road
Fee: Free, but pre-registration suggested

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**Trunk or Treat**

Join us on Clifton Common for a hauntingly fun time!

Dress up in your favorite costume and spirit your way from trunk to trunk! Delight in the delicious offerings of free hot dogs, chips, and drinks, courtesy of the generous support from Starpoint Church. The festivities continue with pony rides, a bounce house, and a charming petting zoo, promising an abundance of joy and laughter for all ages.

Come join us for an enchanting afternoon filled with treats, activities, and endless fun!

Date: Friday, October 25
Time: 4:00 p.m. - 6:00 p.m.
Site: Clifton Common, Vischer Ferry Road

Sponsored by Starpoint Church
All Trunk or Treat cars must pre-register at Starpoint.Church/trunkortreat
WHAT’S HAPPENING THIS WINTER

THE SEARCH FOR BETTY THE YETI IN TOWN PARKS WILL BEGIN AGAIN JANUARY 2025.
STAY TUNED FOR MORE DETAILS!

FACEBOOK.COM/CLIFTONPARKPARKSANDRECREATION

Letters to Santa

Calling all children and families!
Santa Claus is eagerly waiting to hear from you this holiday season! Write your letters, and share your wishes, dreams, and holiday cheer with Santa!

How to participate:
Write your letter: Grab some paper and pens, and let your creativity flow! Tell Santa what you wish for.
how you’ve been good this year, or anything else you’d like to share.
Drop off your letter: Bring your letter to our special “North Pole Mailbox” located at Town Hall. The mailbox will be available from December 2 – December 20. You can also mail your letter to Santa before December 18 at:
Attn: “Letters to Santa” 1 Town Hall Plaza, Clifton Park NY 12065.
Get a reply: Make sure to include a self addressed, stamped envelope! Santa’s helpers at Town Hall will ensure you get a personalized reply from Santa himself!
3rd Annual PARK at DARK

Join us for a free, family friendly kick off to Winterfest!

Hot cocoa & s’mores, music, horse-drawn carriage rides, bonfires, and more!

Town Center Park
5:30 p.m. - 7:30 p.m.
Facebook.com/CliftonParkParksandRecreation

Friday, January 31

Taste of Clifton Park
Outdoor Story Time
Touch-a-Truck
Community Groups
Ice Skating
Ice Fishing
Outhouse Races
Indoor Family Festival
& so much more town-wide!

Saturday, February 1
FAMILY MOONLIGHT CROSS COUNTRY SKI
(All ages welcome)
Join us for our free Family Moonlight Cross Country Ski! Ski, snowshoe, or (if no snow) hike! These evening events will be held at either the Vischer Ferry Nature Preserve or Garnsey Park (depending on snow conditions) on the above dates when snow conditions permit. Everyone is invited to participate and must bring their own ski equipment. A limited number of headlamps will be available. There will be a warm-up fire and the Shenendehowa Nordic Club will provide hot drinks and marshmallows. Consult facebook.com/groups/ShenNordic to where to meet at 7:00 p.m. For more information, call 518-371-6667 before 5pm, or visit www.shennordic.org/events

Dates: Thursdays
November 14, December 12, January 9, February 6, March 6, April 10

Time: 7:00 p.m.
Site: Vischer Ferry at Whipple Bridge or Gamsey P
Fee: Free, no registration required!

FULL MOON HIKES
(All ages welcome)
View nature in a new light and discover the beauty of nature illuminated by moonlight, as we walk Clifton Park trails and preserves under the full moon. Enjoy peaceful trails and a unique perspective on the wilderness after dark. Whether you’re a seasoned hiker or new to nighttime adventures, these hikes promise beautiful moments in nature. Don’t miss out – immerse yourself in the magic of the full moon with us!

Each hike will be of easy to moderate difficulty, child friendly, and will last approximately 45 minutes. Please dress appropriately for the weather, wear sturdy shoes/boots, and bring flashlights or headlamps. Pre-registration is required. Event may be cancelled in poor weather.

Fall 2024
Tuesday September 17 - Harvest Moon
7:00 p.m. at Gamsey Park
1481 Route 146, Rexford

Thursday October 17 - Hunter’s Moon
7:00 p.m. at Gamsey Park
1481 Route 146, Rexford

Winter 2025
Monday February 10 - Snow Moon
6:00 p.m. at Gamsey Park
1481 Route 146, Rexford

Wednesday March 12 - Worm Moon
7:00 p.m. at Kinns Road Park
624 Kinns Road, Clifton Park

FAMILY MOONLIGHT CROSS COUNTRY SKI
(All ages welcome)
Join us for our free Family Moonlight Cross Country Ski! Ski, snowshoe, or (if no snow) hike! These evening events will be held at either the Vischer Ferry Nature Preserve or Gamsey Park (depending on snow conditions) on the above dates when snow conditions permit. Everyone is invited to participate and must bring their own ski equipment. A limited number of headlamps will be available. There will be a warm-up fire and the Shenendehowa Nordic Club will provide hot drinks and marshmallows. Consult facebook.com/groups/ShenNordic to where to meet at 7:00 p.m. For more information, call 518-371-6667 before 5pm, or visit www.shennordic.org/events

Dates: Thursdays
November 14, December 12, January 9, February 6, March 6, April 10

Time: 7:00 p.m.
Site: Vischer Ferry at Whipple Bridge or Gamsey P
Fee: Free, no registration required!

CROSS COUNTRY SKI LESSONS
(All ages welcome)
The Town of Clifton Park, in cooperation with the Shenendehowa Nordic Club, will hold beginner Cross Country Ski Lessons. Classes are offered as snow conditions allow. Weather dependent site also include Kinns Road Park and Gamsey Park. All ages and families are welcome. Pre-registration is required. Bring your own equipment.

Dates: Thursdays
January 16, January 23, February 13, February 20, February 27, March 13, March 20, March 27

Time: 6:30 p.m. - 8:00 p.m.
Site: Clifton Park Senior Community Center
Fee: $12 per person, per lesson
HISTORIC PROGRAMS

FIRST FRIDAYS AT HISTORIC GROOMS TAVERN
Check out these free, family friendly presentations at Historic Grooms Tavern!
The Tavern is located at the corners of Grooms and Sugarhill Roads in Clifton Park. Parking is off of Grooms Road to the rear. Please enter the building from the back entrance. Presentations typically run 1-2 hours, and all have a chance to explore the Historic Tavern afterward. All programs are free, require NO registration, and are open to the public.
Questions? Contact Parks and Recreation Department at 518-371-6667 or email parksrec@cliftonpark.org.

NEW YORK BIGFOOT SOCIETY

Date: Friday, September 6, 2024
Time: 7:00 p.m.
Are you fascinated by the mysterious world of cryptids and the legendary Bigfoot? Don’t miss this unique opportunity to hear from Gary Rubusto, the renowned founder of the New York Bigfoot Society and the Tri-City NY Paranormal Society. With 25 years of dedicated paranormal research under his belt, Gary has become a leading figure in the field, sharing his expertise on prominent platforms such as the Discovery Channel, Destination America, and international television.
Gary’s passion for the outdoors, combined with his skills in mountaineering and understanding animal behavior, drives him to conduct hands-on field research. His logical and realistic approach to gathering possible evidence and information sets him apart as a credible and compelling speaker. During this captivating talk, Gary will delve into the intriguing world of cryptids, focusing on the enigmatic presence of Bigfoot in New York State.
Whether you are a seasoned believer or a curious skeptic, this event promises to be an enlightening and thought-provoking experience. Join us for an evening of adventure, mystery, and scientific inquiry with the New York State Bigfoot Society!

TRI-CITY PARANORMAL SOCIETY

Date: Friday, October 4, 2024
Time: 7:00 p.m.
Join the Tri-City NY Paranormal Society for an Evening of Spiritual Investigation at the Historic Grooms Tavern! Have you ever wondered about the mysteries that lie beyond our physical world? Are you intrigued by tales of spirits and the paranormal? This is your chance to experience a night of spiritual investigation with the experts from the Tri-City NY Paranormal Society.
Learn about the compelling evidence and intriguing stories uncovered by the Tri-City NY Paranormal Society during their ongoing investigations at the Tavern. Discover the rich history of the site and the spirits believed to linger there. Hear captivating accounts of other local paranormal investigations conducted by the Society. Gain insight into the methodologies used in their research and the fascinating experiences they’ve encountered. Step into the world of paranormal research and experience the thrill of investigating potential hauntings in a historic setting.
Whether you’re a skeptic or a believer, this event offers a unique opportunity to learn about the techniques used in paranormal investigations and the history of the Grooms Tavern. Connect with like-minded individuals who share an interest in the paranormal. Exchange stories, theories, and experiences in a supportive and curious community.
Join us and delve into the unknown with the Tri-City NY Paranormal Society. Who knows what spirits you might encounter?

DISCOVER CLIFTON PARK’S HERITAGE SQUARE, WITH JOHN SCHERER

Date: Friday, November 1, 2024
Time: 7:00 p.m.
Join us for an enlightening presentation about Clifton Park’s Heritage Square, a unique collection of historic buildings that encapsulate the rich history and architectural beauty of our community.
Learn about Grooms Tavern, a well-preserved 19th-century establishment, which once served as a bustling hub for travelers and locals alike. Gain insight into the charming tavern and store, and imagine the lively conversations and transactions that took place within its walls. Adjacent to the tavern, the Blacksmith Shop highlights the essential craft of metalworking that supported the local economy and daily life. Discover the vital role blacksmiths played in shaping our town through fascinating historical accounts. The Mohawk Valley Grange Hall reflects the agricultural roots of Clifton Park. Understand how the Grange Hall served as a center for community gatherings, agricultural discussions, and social events, fostering a sense of unity and cooperation among local farmers. Our presentation will delve into the history of these structures and their significance to Clifton Park’s overall history. We will also explore the exciting potential for designating a new historic district in the area, ensuring the preservation and restoration of these valuable buildings for future generations. Discover how these historic sites can be repurposed and utilized in ways that honor their past while enriching our community today.
Don’t miss this opportunity to connect with Clifton Park’s heritage and envision the future of our historic landmarks through an engaging and informative presentation.

HISTORIC PRESERVATION COMMISSION

The Town of Clifton Park, together with the Historic Preservation Commission, is committed to protecting and preserving the Town’s history. The Clifton Park Historic Preservation Commission is a volunteer body appointed by the Town Board with the purpose of preserving and enhancing Clifton Park’s historic resources. They provide technical assistance to owners of historic properties, advise the Town Board and Planning Board on matters of preservation and educate the residents of Clifton Park on the treasures of their heritage. The Commission meets at Historic Grooms Tavern at 7:00 p.m. on the third Thursday of each month. Town residents interested in serving on the Commission can contact us at parksrec@cliftonpark.org.
**FIELD HOCKEY**

These programs offer an opportunity for beginning field hockey players to learn and develop skills and for the more experienced players to be taught the more advanced skills that they will need for their school teams. These programs will feature highly qualified local coaches.

All field hockey programs will take place at Clifton Common in front of the ice arena. Field hockey equipment will be available to rent on the opening day of each camp for a small fee. All girls will need a stick and shin guards. Mouth guards are required and will be on sale for $6. A security deposit is required for all equipment rentals.

<table>
<thead>
<tr>
<th>Program</th>
<th>Grades</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn-to-Play - Grades K-3</td>
<td></td>
<td>This program is for beginners and is set in a fun, hands-on and positive environment. The emphasis is on fun!</td>
</tr>
<tr>
<td>Girls Beginner/Novice - Grades 4-10</td>
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<td>This program is for girls who are beginner or novice players who need to sharpen their basic skills while being introduced to more advanced techniques.</td>
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<tr>
<td>Girls Intermediate/Advanced - Grades 8-12</td>
<td></td>
<td>This program is for intermediate &amp; advanced skill level players who have been playing field hockey for a while and have a good deal of skill. These players want to refine their skills while being introduced to more advanced techniques.</td>
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<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Session 1 (Learn to Play Grades K-3)</td>
<td>September 10 - October 8</td>
<td>Tuesdays 5:30 p.m. - 6:30 p.m.</td>
<td>$125</td>
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<tr>
<td>Fall Session 2 (Beginner/Novice/Advanced Grades 4-12)</td>
<td>September 10 - October 8</td>
<td>Tuesdays 5:30 p.m. - 7:00 p.m.</td>
<td>$150</td>
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**LACROSSE**

FOR GIRLS AND BOYS

These programs offer an opportunity for beginning lacrosse players to learn and develop skills and for the more experienced players to be taught the more advanced skills that they will need for their school teams. The girl’s programs will feature highly qualified local coaches. The boy’s programs will highlight former Shen coaches Gary Weiss and Chad Finck.

All lacrosse programs will take place at Clifton Common in front of the ice arena. Lacrosse equipment will be available to rent on the first night for a small fee. Co-ed players will only need a stick. All other girls will need a stick and goggles. All other boys will need a stick, helmet, gloves, arm pads and shoulder pads. A security deposit is required for all equipment rentals. All players except co-ed will need mouth guards, which are required and will be on sale for $6.

<table>
<thead>
<tr>
<th>Program</th>
<th>Grades</th>
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<tr>
<td>Co-Ed Non-Contact (Stick only) Learn-to-Play - Grades K-5</td>
<td></td>
<td>This program is for beginners and is set in a fun, hands-on and positive environment. A puffball will be used, and no contact is allowed. The emphasis is on fun!</td>
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<tr>
<td>Girls Beginner/Novice - Grades 3-10</td>
<td></td>
<td>This program is for girls who are beginner or novice players who need to sharpen their basic skills while being introduced to more advanced techniques. Players will be separated by age and skill levels.</td>
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<tr>
<td>Girls Advanced - Grades 6-9</td>
<td></td>
<td>This program is for intermediate &amp; advanced skill level players who have been playing lacrosse for a while and have a good deal of skill. These players want to refine their skills while being introduced to more advanced techniques, so they can capture a starting position on their high school’s team.</td>
</tr>
<tr>
<td>Boys Elementary Level - Grades 2-5</td>
<td></td>
<td>This program is for all levels of players who want to learn how to play lacrosse the right way. Players will sharpen their existing skills while being introduced to advanced tactics.</td>
</tr>
<tr>
<td>Boys Beginner &amp; Novice Program - Grades 6-10</td>
<td></td>
<td>This program is for the players who want to learn how to play lacrosse and for the player who has played lacrosse for a year or two and want to sharpen their existing skills while being introduced to more advanced tactics. Players will be separated by age and skill levels.</td>
</tr>
<tr>
<td>Boys Advanced Skill Program - Grades 4-9</td>
<td></td>
<td>These programs are for advanced players who want to take their game to the next level. Our staff will use a fast-paced skills and drill format similar to the one they use with their high school teams. Players will be divided by positions and by age groups when appropriate. Two years of experience is required.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Session 1 (Co-Ed Learn to Play Grades K-5)</td>
<td>September 10 - October 8</td>
<td>Tuesdays 5:30 p.m. - 6:30 p.m.</td>
<td>$125</td>
</tr>
<tr>
<td>Fall Session 2 (Beginner/Novice/Advanced Grades 3-10)</td>
<td>September 10 - October 8</td>
<td>Tuesdays 5:30 p.m. - 7:00 p.m.</td>
<td>$150</td>
</tr>
</tbody>
</table>

(Players will be separated by age, gender, and skill levels)
Join us for another year of our very popular Town of Clifton Park Fall Basketball Program, run by the same directors from our Winter Rec Basketball. The league will be held on the Clifton Common outdoor basketball courts, with league referees (except for Grades 2-3, which are run as clinics rather than games.) We play on both Saturdays and Sundays. Please use the 2024-25 school year when registering for this program! REGISTRATION IS OPEN NOW!

**DATES:** Saturdays and Sundays, September 7 - October 6

**Directors:** Barry McCabe at bmccabe150@gmail.com
Frank Massa at mrhoops@nycap.rr.com

**Fee:** $80

**BOYS WINTER RECREATION BASKETBALL**
(Grades 2 - 12)

In our 29th year, our program emphasizes instruction, recreation and fun! No tryouts - all boys are placed on teams. Must live in the Shenendehowa School District or Town of Clifton Park and not be playing on a “grades 8 & younger” travel team, to be eligible to play. Some first graders may be accepted if they can compete with 2nd and 3rd graders. Space is limited and it is filled on a first-come, first-served basis, so please register as early as possible (by October 12 is highly recommended).

**DATES:** Saturdays, November 2 - March 30

**Director:** Barry McCabe at bmccabe150@gmail.com

**Fee:** $110 grades 2-9
$145 grades 10-12 (with adult referees)

**REGISTRATION WILL OPEN SEPTEMBER 9, 2024**

**BOYS WINTER TRAVEL BASKETBALL**
(Grades 9 - 12)

Boys High School Travel Program will compete against other teams throughout the area. Must live in Shen School District, or Clifton Park/Rexford. High School travel players are eligible to also participate in Winter High School Rec Basketball. There will be 2 tryouts. You must pre-register on the CliftonPark.org website, in order to attend the tryouts. Please plan on attending the tryouts on both days to be considered for a team. The league fee of $350* will be due upon selection of a team. Season will run from mid-November to early March. Games will be on Friday nights, Saturday’s, and/or Sunday nights. Tryout times and dates will be posted on CliftonParkHoops.com

**Questions? Contact:** Frank Massa at mrhoops@nycap.rr.com, 518-877-6258

**REGISTRATION WILL OPEN SEPTEMBER 9, 2024**

**GIRLS WINTER RECREATION BASKETBALL**
(Grades 2 - 12)

Now under the same directors who have successfully run the boys program for 28 years. Our program emphasizes instruction, recreation, and fun! No tryouts - all girls are placed on teams. Must live in the Shenendehowa School District or Town of Clifton Park to be eligible to play. Some first graders may be accepted if they can compete with 2nd and 3rd graders. Space is limited and it is filled on a first-come, first-served basis, so please register as early as possible (by October 12 is highly recommended).

**DATES:** Saturdays, November 2 - March 30

**Times:**
Grades 2-3: 9:30 a.m. - 6:00 p.m. at Karigon
Grades 4-5: 9:30 a.m. - 6:00 p.m. at Skano
Grades 6-7: 9:30 a.m. - 6:00 p.m. at Chango
Grades 8-9: 5:30 p.m. - 8:30 p.m. at Gowana/Koda
Grades 10-12: 12:00 p.m. - 9:00 p.m. at HS West

**REGISTRATION WILL OPEN SEPTEMBER 9, 2024**

**GIRLS WINTER TRAVEL BASKETBALL**
(Grades 2 - 8)

The travel program will be holding tryouts this year on the weekend of September 14 - 15. Please plan on attending BOTH DAYS. The registration fee is $400. Online registration only. Tryout location TBA. Tryout times will be as follows*:

**Saturday, September 14 & Sunday September 15**
Grades 2-4: 11:30 a.m. - 12:30 p.m.
Grades 5-6: 12:45 p.m. - 2:15 p.m.
Grades 7-8: 2:30 p.m. - 4:00 p.m.

**Questions? Contact:** Serita Holland at cliftonparkgirlsbasketball@gmail.com or Anthony Battuello at tbat78@yahoo.com

**There will be NO refunds after October 1.**
SAFETY DAY
(Grades 2-5)

Kids want to have fun, but parents know that safety has to come first! This program brings in professionals to teach your elementary-age child the importance of behaving responsibly. Topics include, but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of miscellaneous emergencies, such as power outages and fires. Kids will meet first responders, and participate in safety-related crafts and games. Please bring a lunch, water bottle, and snacks.

Date: Thursday, December 5 (Shen Conference Day)
Time: 9:00 a.m. to 3:00 p.m.
Site: Jonesville Fire Station 1, 953 Main Street
Fee: $45
Grades: 2nd to 5th
Instructors: First Responder Professionals from Clifton Park-Halfmoon Ambulance, Town of Clifton Park, Saratoga County Sheriff’s Office, and Jonesville Fire Department.

WINTER POTTERY ADVENTURE
(Grades 1-5)

Date: Friday, December 6 (Shen Conference Day)
Site: Locust Lane Clubhouse
Grades: 1st to 5th
Instructor: Arts & Glass staff

Session 1
Time: 9:00 a.m. to 12:00 p.m.
Fee: $58
Welcome winter with an assortment of fun crafts and pottery projects. Young artists will enjoy designing their own hot cocoa mug, winter snack dish and plaque. They’ll use a variety of techniques and washable, non-toxic glazes to make their designs on these functional and food-safe works of art.

Session 2
Time: 1:00 p.m. to 3:00 p.m.
Fee: $38
Get set for the holiday season with these fun crafts and pottery projects. Young artists will enjoy designing their own snowman utensil holder and a winter-themed photo frame. They’ll use a variety of techniques and washable, non-toxic glazes to make their designs on these

Pottery will be glazed and fired after the program and ready for pick up one week later. The studio is located at 19 Clifton Country Road in Clifton Park, a few doors down from Hannaford. Children signed up for both programs will be dismissed at noon and may return at 1:00 p.m. for the second program; participants may not stay at the location between programs.

GO KIDS - LEGO SCHOOL BREAK CAMPS
(Ages 4-10)

Go Kids Lego School Break Camps were designed to keep brains moving in a different way than the traditional Go Kids programming. Each child will be given an individual challenge as well as small group challenges throughout the camp morning. They will sketch, build and present their finished work to their peers. No supplies are necessary; all Legos will be provided by Go Kids. Due to the structure of this class, all students must be able to build their Lego creations independently. Weather permitting, we will take a break to play outside.

Time: 9:00 a.m. - 12:00 p.m.
Site: Locust Lane Clubhouse

Session 1: Thursday, October 3 (Rosh Hashanah)
Fee: $30
Session 2: Monday, November 11 (Veteran’s Day)
Fee: $30
Session 3: Thursday, December 26 - Friday, December 27
Fee: $60
Session 4: Monday, December 30 - Tuesday, December 31
Fee: $60
Session 5: Monday, January 20 (Dr. Martin Luther King Jr. Day)
Fee: $30
Session 6: Wednesday, January 29 (Lunar New Year)
Fee: $30
Session 7: Monday, February 17 - Friday, February 21
Fee: $150
NATURE PROGRAMS

PARENT & CHILD TRAIL STOMPING
(All ages)

Come explore Clifton Park’s Open Spaces!
A nice morning out for young children and parents/caregivers who are looking to get outdoors this fall and winter. Each hike will last approximately one hour. Some of the walks will be “jogging-stroller friendly” but a child backpack or front carrier is recommended, dependent upon the age of the child participants. Please dress appropriately for trail conditions. Hike may be cancelled in poor weather conditions.

Dates: Tuesdays
October 1 - Hayes Nature Park, Moe Road
October 8 - Kinnis Road Park, 624 Kinnis Road
October 15 - Veterans Memorial Park, 697 MacElroy Road
October 22 - 41-Acre Park, 591 Riverview Road
October 29 - Garnsey Park, 1481 Route 146
November 5 - Dwaas Kill Nature Preserve, Pierce Road
November 12 - Mohawk Landing, 640 Riverview Road
November 19 - View of Lock 7, Vischer Ferry Nature Preserve
November 26 - Ferry Drive, Vischer Ferry Nature Preserve
December 3 - Whipple Bridge, Vischer Ferry Nature Preserve
December 10 - Clute’s Dry Dock, Vischer Ferry Nature Preserve
December 17 - Town Center Park, Maxwell Drive entrance

Time: 9:30 a.m.
Fee: Free, but pre-registration is suggested
Instructor: Megan Babendreier

MUDDY TOTS
(Ages 2-5)

This program will provide a unique opportunity for young children to engage in learning through outdoor play at the beautiful Veterans Memorial Park & Mooney Carrese Forest. We will focus on nature-based arts and crafts, various book themes, and exploring the forest. Hands will get dirty, clothes will get muddy, and all participants will have an opportunity to soak up nature in our own backyard!

Please dress appropriately for weather conditions. Parent/adult participation required.

Dates: Thursdays
September 5 - October 17 (rain date October 24)
Time: 9:30 a.m. - 10:15 a.m.
Site: Veterans Memorial Park & Mooney Carrese Forest, 697 MacElroy Road, Ballston Lake
Fee: $25, $20 for additional siblings
(younger siblings below the class age are welcome to come play)
Instructor: Megan Babendreier

INTRO TO FLY TYING
(Ages 13 and up)

The first session covers tools, safety and hands-on instruction on knots used in fly tying. Students should bring any fly tying tools they have to the first class. Students MUST provide their own tools. There is a break between the first and second sessions to allow the students to obtain the required tools. At the end of 8 sessions, each student should have an understanding of basic fly construction and will have over 50 flies to fish with. This class will cover Streamers, Nymphs, Wet Flies, Dry Flies, and Terrestrials.

Dates: (Wednesdays) 1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12 (3/26 makeup)
Time: 7:30 p.m. - 9:30 p.m.
Site: Locust Lane Clubhouse - 5 Locust Lane, Clifton Park
Fee: $85
Instructor: Members of Capital District Fly Fishers
Contacts: Tom Passarelli - tpassare@yahoo.com (518)-765-3389
Evan Lubin - evan.Lubin@gmail.com

ARE YOU AN EXPLORER? DO YOU LIKE TREASURE HUNTS? TRY LETTERBOXING!

Following clues to find a hidden box while making observation in a discovery booklet will make exploration of Clifton Park nature preserves and parks more fun! “Letterboxes” have been hidden on ten of our properties. By following clues listed in the Passport to Nature Discovery Booklet, you can seek out the hidden letterboxes, while learning about nature in your own backyard! Visit the Office of Parks and Recreation for your Passport to begin your journey. Once you have all ten stamps in your Passport, bring it in receive a pin to commemorate your nature experience!

Park locations include:
Hayes Nature Park, Kinns Road Park, Mohawk Landing, Veterans Memorial Park, Garnsey Park, Dwaas Kill Nature Preserve, and 4 locations within Vischer Ferry Nature and Historic Preserve!
Go Kids, the Capital Region’s only multi-sport and exercise program specifically designed for children aged 2-5. Go Kids’ sports and fitness activities teach preschoolers the fundamentals of 7 different sports in a social, team-based, non-competitive environment. Go Kids seeks to promote a healthy lifestyle, help develop a lifelong passion for physical activity, decrease childhood obesity, increase confidence and prepare children for participation in school and the broader community.

Site: Collins Park / Locust Lane Clubhouse

**GO KIDS**

**(Ages 2-5)**

**Wednesdays**

<table>
<thead>
<tr>
<th>Session 1: September 4 - October 23</th>
<th>Fee: $128</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 2: October 30 - December 18</td>
<td>Fee: $128</td>
</tr>
<tr>
<td>Session 3: January 8 - February 26</td>
<td>Fee: $112 (no class 2/19)</td>
</tr>
</tbody>
</table>

Ages 2-3: 10:00 a.m. - 10:45 a.m.
Ages 3-5: 11:00 a.m. - 11:45 a.m.

**Thursdays**

<table>
<thead>
<tr>
<th>Session 1: September 5 - October 24</th>
<th>Fee: $128</th>
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</thead>
<tbody>
<tr>
<td>Session 2: October 31 - December 19</td>
<td>Fee: $112 (no class 11/28)</td>
</tr>
<tr>
<td>Session 3: January 2 - February 27</td>
<td>Fee: $128 (no class 2/20)</td>
</tr>
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</table>

Ages 2-3: 10:00 a.m. - 10:45 a.m.
Ages 3-5: 11:00 a.m. - 11:45 a.m.

**Saturdays**

<table>
<thead>
<tr>
<th>Session 1: September 7 - October 26</th>
<th>Fee: $112 (no class 10/12)</th>
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</thead>
<tbody>
<tr>
<td>Session 2: November 2 - December 19</td>
<td>Fee: $112 (no class 11/30)</td>
</tr>
<tr>
<td>Session 3: January 4 - February 22</td>
<td>Fee: $128</td>
</tr>
</tbody>
</table>

Ages 2-3: 9:00 a.m. - 9:45 a.m.
Ages 2-3: 10:00 a.m. - 10:45 a.m.
Ages 3-5: 11:00 a.m. - 11:45 a.m.
Ages 3-5: 12:00 p.m. - 12:45 p.m.

**LIL’ ROOKIES**

**(ages 18 months - 24 months)**

Our Lil’ Rookies program is a great introductory to sports class. Each week, children will be able to explore the sports of our multi-sport program in an open play setting. Each session ends with a structured activity such as the obstacle course or parachute and, of course, a sticker and stamp.

Time: 9:00 a.m. - 9:45 a.m.
Site: Collins Park / Locust Lane Clubhouse

**Dates:**

- Session 1: September 5 - October 24
- Session 2: October 31 - December 19
- Session 3: January 2 - February 27

Fee: $40/session

**MTB**

**(ages 3-5)**

This program will be taught on balance bikes provided by Go Kids. All Riders MUST have their own helmet. This is a drop off program. 1st day of the program will be an assessment of the registrant’s skill level at Collins Park. The instructor will then choose a park for that skill level, where the program will be held for the remaining weeks.

**Dates:**

- Mondays September 16 - October 28 (no class 10/14)

Time:

- Session 1: 12:30 p.m. - 1:30 p.m.
- Session 2: 1:30 p.m. - 2:30 p.m.

Fee: $120/session

Site: Week 1 will be at Collins Park
Weeks 2-6 TBA after Week 1

**Please note: this is a drop-off program.**

**DROP-N-PLAY**

**(Ages 3-9)**

Need extra time for running errands, shopping, or dinner around Clifton Park without the kids? We’ve got you covered! Drop your little ones off for some Go Kids fun! Children will have the opportunity to play games, do arts and crafts, build LEGO’s, and more, all while you get extra time to cross things off your list. These events will run monthly through the end of the school year. Space is limited - pre-registration and payment required. Not a drop-in program.

**Dates:**

- Fridays (October 4, November 1, December 6, January 3, February 7)

Time: 4:30 p.m. - 7:00 p.m.
Site: Locust Lane Clubhouse
Fee: $30/night

**NEW!**
**STRONG KIDS**
(Ages 6-9)

Join Coach Dan for fitness fun! Kids will experience sports-based movements while learning about fitness concepts like strength, power, agility, and mobility. Strong Kids helps children of all ability levels be safer and more efficient in any sport they choose!

**Dates:**
- **Session 1:** September 4 - October 23
  - Time: 4:30 p.m. - 5:15 p.m.
  - Site: Collins Park / Locust Lane Clubhouse
  - Fee: $80
- **Session 2:** October 30 - December 18
  - Fee: $80
- **Session 3:** January 8 - February 26
  - (no class 2/19)
  - Fee: $70

**JUST FOR KICKS**
(Ages 4-7)

Join Coach Emmie for this soccer-specific class! Each week, players will be challenged with developmentally appropriate activities focused on building a foundation of skills for the future. No experience is necessary! All players must wear shin guards, cleats/sneakers, bring a water bottle and come ready to have fun!

**Dates:**
- **Session 1:** September 16 - October 21 (no class 10/14)
- **Session 2:** October 28 - December 2 (no class 11/11)
- **Session 3:** January 6 - February 10 (no class 1/20)
- **Session 4:** February 24 - March 24
  - Time: 4-5 year olds: 4:45 p.m. - 5:30 p.m. at Collins Park / Locust Lane Clubhouse
  - 6-7 year olds: 6:00 p.m. - 6:45 p.m. at Collins Park / Prince of Peace Church
  - Fee: $60

**ALL SPORTS**
(Ages 6-9)

The Go Kids All-Sports Program was created for kids who love to be active and enjoy playing sports/games with their peers. During class, participants will be on the move, competing in recreational classics like Capture the Flag, Four Square, as well as variations of basketball, soccer, etc. Children of all skill and fitness levels are invited to play. Go Kids strives to provide an atmosphere in which children of varying ages can come together and learn skills that will lead them to a lifetime of health, fitness and fun.

**Dates:**
- **Session 1:** September 18 - October 23
  - Time: 5:00 p.m. - 6:00 p.m.
  - Site: Collins Park / Locust Lane Clubhouse
  - Fee: $72

**LEGO CLUB**
(Ages 4-10)

LEGO Club was designed to keep brains moving in a different way than the traditional Go Kids programming. Each child will be given a challenge to complete during their class time. They will sketch, build, and present their finished work to their peers. No supplies are necessary; all LEGOos will be provided by Go Kids. Due to the structure of this class, all students MUST be able to build their LEGO creations independently.

**Sites:**
- Locust Lane Clubhouse

**Fee:** $48/session

**Dates:**
- **Session 1a:** September 19 - October 24
  - Time: 4:30 p.m. - 5:15 p.m.
- **Session 2a:** November 7 - December 19 (no class 11/28)
  - Time: 4:30 p.m. - 5:15 p.m.
- **Session 3a:** January 2 - February 6
  - Time: 4:30 p.m. - 5:15 p.m.
- **Session 4a:** February 13 - March 27 (no class 2/20)
  - Time: 4:30 p.m. - 5:15 p.m.
- **Session 1b:** September 19 - October 24
  - Time: 5:30 p.m. - 6:15 p.m.
- **Session 2b:** November 7 - December 19 (no class 11/28)
  - Time: 5:30 p.m. - 6:15 p.m.
- **Session 3b:** January 2 - February 6
  - Time: 5:30 p.m. - 6:15 p.m.
- **Session 4b:** February 13 - March 27 (no class 2/20)
  - Time: 5:30 p.m. - 6:15 p.m.
ADULT PROGRAMS

**ZUMBA FITNESS®**
*(Ages 13 and up)*

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? YES! Super fun? YES!

A total workout, combining all elements of fitness — cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Wear supportive sneakers with minimal tread to allow for pivoting. Bring a towel.

**Time:** 6:00 p.m.
**Site:** Clifton Park Senior Community Center  
**Instructor:** Anna Riveloc, Licensed Zumba® Instructor  
**Mondays**

<table>
<thead>
<tr>
<th>Session 1: September 9 - October 21</th>
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<tbody>
<tr>
<td>Fee: $56/7 classes</td>
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<table>
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<tr>
<th>Session 2: November 11 - December 16</th>
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<tbody>
<tr>
<td>Fee: $48/6 classes</td>
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<table>
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<tr>
<th>Session 3: January 6 - February 10</th>
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<tbody>
<tr>
<td>Fee: $48/6 classes</td>
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<table>
<thead>
<tr>
<th>Session 4: February 17 - March 24</th>
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<tbody>
<tr>
<td>Fee: $40/5 classes (no class 3/17)</td>
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</table>

**Wednesdays**

<table>
<thead>
<tr>
<th>Session 1: September 4 - October 16</th>
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<tr>
<td>Fee: $56/7 classes</td>
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<tr>
<th>Session 2: November 13 - December 18</th>
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<td>Fee: $48/6 classes</td>
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<tr>
<th>Session 3: January 8 - February 12</th>
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<tr>
<td>Fee: $48/6 classes</td>
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<tr>
<th>Session 4: February 19 - March 26</th>
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<tbody>
<tr>
<td>Fee: $40/5 classes (no class 3/19)</td>
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**STRONG NATION™**
*(Ages 13 and up)*

**Stop counting the reps. Start training to the beat.**

STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you’ll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG Nation™ instructors change up the music and moves frequently to make sure you’re always challenged to the max. The instructor will show modifications for all levels; this class can be done by beginners or it can challenge even the most conditioned athlete. STRONG Nation™ class is an hour-long session that works your entire body. It’s ideal for hitting your ultimate fitness goals — and then making new ones. Come prepared with the

**Dates:** Tuesdays  
**Time:** 6:00 p.m. - 7:00 p.m.  
**Site:** Clifton Park Senior Community Center  
**Instructor:** Anna Riveloc, Licensed STRONG Nation™ Instructor

<table>
<thead>
<tr>
<th>Session 1: September 3 - October 15</th>
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<tbody>
<tr>
<td>Fee: $56/7 classes</td>
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<tr>
<th>Session 2: November 12 - December 17</th>
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<tr>
<td>Fee: $48/6 classes</td>
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<tr>
<th>Session 3: January 7 - February 11</th>
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<tr>
<td>Fee: $48/6 classes</td>
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<table>
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<tr>
<th>Session 4: February 18 - March 25 (no class 3/18)</th>
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<tbody>
<tr>
<td>Fee: $40/5 classes</td>
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**TABLE TENNIS**
*(Ages 18 and up)*

Table Tennis is a sport for all, and a sport for life! It’s great for developing hand-eye coordination, improving aerobic fitness, enhancing flexibility, boosts concentration, awareness and mental strength. Join fellow “Clifton Park ping pong players” as a beginner, novice or expert, all season long! Registration in person only, by cash or check, at Locust Lane Clubhouse at the times and dates below.:

**Time:** 7:00 p.m. - 10:00 p.m.  
**Site:** Locust Lane Clubhouse (5 Locust Lane, Clifton Park)

**FALL SEASON**

<table>
<thead>
<tr>
<th>Dates: September 3 - December 19</th>
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<tr>
<td>Fee: $60 per season / $5 per guest per night</td>
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**WINTER SEASON**

<table>
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<tr>
<th>Dates: January 7 - April 24</th>
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<tr>
<td>Fee: $64 per season / $5 per guest per night</td>
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</table>
ADULT PROGRAMS

STRENGTH TRAINING THROUGH PILATES
(Ages 16 and up)

Pilates is a low impact method of exercise for all ages. Pilates uses resistance from your body weight to challenge your muscles. See the difference it will make in your strength and flexibility. With lots of smiles and laughter, this class will help you achieve a stronger, more flexible body, greater energy with increased metabolism and stress relief. Pilates works to integrate and increase greater physical and mental awareness of how the body moves and feels. Mat-based Pilates class consists of controlled movement, in a series of exercises that strengthen and stabilize the body while using proper breath control. Each class will work on all muscle groups with emphasis on the core muscles to tighten and tone the abdominal region. You will feel strong, centered, and relaxed when you finish class. Please bring a yoga mat, water, and light weights. Wear clothing that allows for easy movement. All levels welcome!

Highmark & MVP can be used cover class costs.

Dates: Mondays
Session 1: September 23 - December 2 (no class 11/4)
Session 2: January 13 - March 17

Time: 6:30 p.m. - 7:30 p.m.
Site: Locust Lane Clubhouse, 5 Locust Lane
Fee: $90/session
Instructor: Kristie Marsden, Certified Pilates Instructor

YOGA
(Ages 16 and up)

This traditional Hatha yoga class is suitable for all levels and experience. It provides a stress-free, intimidation-free workout to stretch and strengthen the body gradually while building awareness of the breath and the body. Traditional poses are practiced at a slower pace with attention to alignment, embodiment and detail. Every session will include breath techniques (pranayama), physical poses (asana), rest (savasana) and stillness/meditation. The only requirement is the ability to safely get to and get up from the floor. Bring mat, water, and lots of smiles!

Highmark & MVP can be used cover class costs.
Contact Cox@nycap.rr.com for insurance details.

Dates: Thursdays
Session 1: September 19 - November 21
Session 2: January 9 - March 13

Time: 6:30 p.m. - 7:30 p.m.
Site: Clifton Park Senior Community Center
Fee: $90/session
Instructor: Kristie Marsden, Certified RYT 500 Yoga Instructor

CIRCL MOBILITY®
(Ages 13 and up)

CIRLC Mobility® focuses on functional movement and is designed to improve the body’s ability to perform daily activities effectively and efficiently. Functional movements are exercises that train your muscles to work together, often mimicking common movements that you might do at home, at work, or in sports. These exercises typically use multiple muscle groups at the same time, improving coordination and balance.

Breathwork is another essential component of this holistic fitness program. By consciously controlling the breath, practitioners can influence their mental, emotional, and physical state, reducing stress, improving cardiovascular performance, and enhancing mental clarity.

Finally, mobility exercises focus on improving the movement of specific joints. Mobility work can improve athletic performance, decrease the risk of injury, and improve the body’s ability to move without pain or restriction. Please bring a yoga mat.

NOTE: portions of the class may be on your knees.

Dates: Tuesdays
Session 1: September 3 - October 15
Fee: $35/7 classes
Session 2: November 12 - December 17
Fee: $30/6 classes
Session 3: January 7 - February 11
Fee: $30/6 classes
Session 4: February 18 - March 25 (no class 3/18)
Fee: $25/5 classes

Time: 7:00 p.m. - 7:30 p.m.
Site: Clifton Park Senior Community Center
Instructor: Anna Rivelo
The Town of Clifton Park welcomes all golfers to the Barney Road Golf Course. Built in 1966, this 9-hole executive par 3 course features 1,331 yards of golf from the longest tees for a par of 28. The course rating is 32.5 and it has a slope rating of 90. Our short layout will reward good shots and provide a fun golf outing for everyone. This course has sloping greens and tree-lined fairways. A practice putting green is located on site. This course is excellent for beginner golfers, golfers up to challenging their short game, golfers with limited time and golfers with limited energy.

The Barney Road Golf Course is open 7 days a week beginning in April and ending in October/November, weather permitting. The course will open and close at varying times throughout the season dependent on weather. In cases of overnight frost, heavy rainstorms, etc., alternative hours or closings may be posted at the course. To avoid damaging the course, please adhere to the hours posted. Please visit www.cliftonpark.org to learn about upcoming special programs and events.

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2024 Rates

| Cart Rental | $2 |
| Gift Cards (2 rounds of golf) | $25 |
| Punch Cards | $130 |
| Punch Cards for seniors and student | $120 |
| (*Buy ten rounds and get two free (valid for current season only)* |

Punch cards and gift cards may be purchased at the starter shedor at Town Hall in the Parks and Recreation office.

Golf balls, tees and beverages are also available for purchase.

Recycle at the Clifton Park Transfer Station
217 Vischer Ferry Rd, Rexford, NY (518-371-6669)

NO PERMIT REQUIRED for RECYCLING

Before you throw your old stuff in the trash, consider bringing it to the Clifton Park Transfer Station - one-stop for most recycling needs!

The Transfer Station accepts items below for free except where noted:

Car batteries | Scrap metal (appliances) | Leaves and brush
Plastic bags | Used motor oil and filters | Fireplace ashes
Tires * | Electronic recycling * | Used antifreeze (in a non-reusable container)
Paint | construction and demolition materials | Clothing, shoes, textiles (sheets, blankets, towels) - items do not need to be in wearable condition.
Habitat for Humanity Dropoff - appliances, building materials, furniture, cabinets, plumbing, lighting, flooring, doors, and windows | Single stream recycling: glass bottles and jars, paper, cardboard, newspaper, plastic bottles, tubs, metal cans, empty aerosol cans

*Fee may apply for some items

For more information on the above items go to: https://www.cliftonpark.org/departments/transfer-station.html

Promoted by the Clifton Park GREEN Committee
Community Education Program 2024

- Aquatics – Including Learn-to-Swim
- Painting - Oil & Acrylic
- Language & Culture
- Knitting/Crochet Classes
- Health & Personal Growth
- Ballroom Dance - Zumba Dance
- Guitar Lessons
- Fitness & Recreation Classes
- Parent/Child Classes
- Retirement Planning & More!

https://sites.google.com/shenschools.org/community-ed-svc/home/community-education
KINNS ROAD PARK
Moe Road, near Thoroughbred Way
This 64-acre park provides nature and cross-country ski trails. Moe Road. Includes a network of compacted, stone dust pathways through woods, stream corridors and open uplands. Accessible pedestrian entrances from Moe Road, Thoroughbred Way and Liberty Way. Steeper, footpath access from Huntwood Drive. The easy-going trails are family-friendly and ideal for walking, hiking, nature enjoyment, and cross-country skiing.

NORTH WOODS NATURE PRESERVE
Between 38 & 40 Shadow Wood Way
80 acres on the south side of Shadow Wood Way, this woodlands site is the former Village of Round Lake reservior, with streams and a pond, and offers nature trails for hiking, snowshoeing and wildlife enjoyment.

MOHAWK LANDING
640 Riverview Road
The six-acre nature preserve is located on Riverview Road adjacent to Riverview Orchards. This park contains nature trails, a scenic river overlook, small picnic area, kayak/canoe access to the Mohawk River, and streams.

DWAAS KILL NATURE PRESERVE
Entrance midway on Pierce Road
This 250-acre nature preserve area has a wide range of wetlands and woodlands and the confluence of 3 streams. Fishing trail access on north side of Dwaas Kill. Rugged, uneven terrain for hikers and mountain bikers.

GARNSEY PARK
NYS Route 146, just east of Nott Road & Wing Road
Beautiful 153-acre parkland with hills, meadows and wetlands, can be explored via a nature trail through meadows and woods. A large unpaved parking lot is near the trailhead kiosk.

KINNS ROAD PARK
across from 625 Kinns Road
This 64-acre park provides nature and cross-country ski trails. There is also a picnic area with charcoal grills. The park’s trails extend south across a stream to the Sherwood Forest neighborhood. This park allows dogs to be off leash, with a permit obtained at the Town Clerk’s office at Town Hall.

WILLIAM K. COLLINS, JR. PARK
525 Moe Road
Located near the intersection with NYS Route 146, this 8-acre park provides a ball field, playground, nature trail, picnic areas, volleyball net, pavilion and “open space” areas for a variety of sporting activities and family gatherings. The all-new Adventure Challenge Ropes Course was opened Spring 2024. Reservations for field, pavilion, and ropes course may be made by visiting the Office of Parks and Recreation.

TOWN CENTER PARK
499 Moe Road
Our newest Town Park is a 37-acre public park, with a 12-foot-wide paved walking path, with pedestrian lights, benches and bike racks. There are 2 main entrances with parking lots, off Maxwell Drive and Moe Road. Future phases include nature trails looping off this main trail, and a vision for interconnections to other locations.

CLIFTON COMMON
7 Clifton Common Blvd
Located on Vischer Ferry Road, this park is on 81 acres and offers baseball, softball, and soccer fields. There are also outdoor basketball courts, a new playground area, an outdoor stage and 2 indoor skating arenas. The Clifton Park Senior Community Center is also located in the Clifton Common.

MARY JANE ROW DOG PARK
30 Ray Road
Dedicated dog run area located within view of Vischer Ferry Road, to be used with permit only. This park is open from 5:30 a.m. - 10:00 p.m. Permits are available at the Town Clerk’s Office.

VETERANS MEMORIAL PARK & MOONEY CARRESE FOREST AT ELKS TRAIL
697 MacElroy Road
This 216-acre park provides two softball fields, ten new pickleball courts, a pavilion, and informal walking paths. Reservations for fields and pavilion can be made by visiting the Office of Parks and Recreation. Pickleball courts are first come, first served. Beautiful wetlands with a hiking trail that extends to the Mooney Carrese Forest.

VISCHER FERRY NATURE & HISTORIC PRESERVE
Riverview Road & Van Wranken Road
Located adjacent to the Mohawk River, this 600+-acre preserve offers hiking, fishing, cross-country skiing, and bird-viewing opportunities. The towpath trail along the historic Erie Canal extends from the end of Ferry Drive to the Whipple Bridge. *Closed one week in October during duck hunting season.

HISTORIC GROOMS TAVERN
290 Sugar Hill Road
The Town of Clifton Park owns three historic buildings that echo the history of the town. All three buildings, including the Tavern, Blacksmith shop and Grange Hall are located in the rural hamlet of Grooms Corners. The renovated Grooms Tavern is used for various town committee meetings and events, including a recent Archeological “Dig”, paranormal sessions, tag sales, art shows, antique and collectible shows. The Friends of Historic Grooms Tavern meets monthly to restore and conserve the complex as an educational, cultural, and social center.
# Parks and Amenities

**Rental Information**

Outdoor Facilities open mid-April and close at the end of October.

Facility rental is open to residents and local community or business organizations only.

The Indoor and Outdoor Permit Applications are available for download at www.cliftonpark.org. Facilities will be reserved, and permits issued, once a completed form and payment is received.

Field rentals and pavilion rentals are separate costs.

**Rental Fees for pavilions and fields (Veterans Memorial Park and William K. Collins Park)**

- **Town Residents/Not for Profit Organizations - $12/hour Monday to Thursday & $15/hour Friday to Sunday**
- **Town Business - $17/hour Monday to Thursday & $20/hour Friday to Sunday**

**Rental Fees for Indoor Facilities (Locust Lane Clubhouse and Historic Grooms Tavern)**

- Not for Profit Organizations - no charge for meetings (deposit is required)

Town Residents and Businesses - $25-$50/hour, see Indoor Facility Use Request form for full details.

### Parks and Preserves

- **Adventure Challenge Ropes Course**
- **Baseball/Softball Fields**
- **Basketball Courts**
- **Canoe/Kayak Launch**
- **Cross Country Ski Trails**
- **Off-Leash Dogs Allowed** (permit required)
- **Fishing Access**
- **Grills**
- **Multi-Purpose Field**
- **Pavilion**
- **Pickleball Courts**
- **Picnic Tables**
- **Play Equipment**
- **Rest Rooms** (S-seasonal, P-port a john)
- **Skateboarding**
- **Soccer Fields**
- **Trails/Walking Paths**
- **Volleyball Court**

### Parks and Preserves Amenities

- **Town Center Park**
- **Clifton Common**
- **Action Park**
- **Mary Jane Row Dog Park**
- **Gamble Park**
- **Veterans Memorial Park & Moonie Crack Forest**
- **William K. Collins Park**
- **Deans Kill Nature Preserve**
- **Hayes Nature Park**
- **Mohawk Landing**
- **North Woods Nature Preserve**
- **Kims Road Park**
- **Vischer Ferron Nature & Historic Preserve**

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<td>80</td>
<td>64</td>
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  - 37
  - 81
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### Pesticide Free

- **PESTICIDE FREE**
Residential
Postal Customer

Town Board
Philip C. Barrett, Supervisor
Anthony F. Morelli, Deputy Supervisor & Councilman
Lynda M. Walowit, Councilwoman & Parks and Recreation Co-Liaison
Agatha Reid, Councilwoman & Parks and Recreation Co-Liaison
Zabed Manir, Councilman