

Lansing Parks and Recreation

**2024
SUMMER
PROGRAMS**



MYERS PARK

SUMMER DAY CAMP

Come to beautiful Myers Park and enjoy one of the largest running Day Camps in the area. Sign up with your friends or meet new friends at the camp; sign up for as many sessions as you'd like! Enjoy traditional camp games, new games and activities, sports, crafts, picnic lunches, quiet reading time under the trees and field trips. In the past we have traveled to visit the Sciencenter, Hanger Theater, farm tours, mini golf, swimming, and even enjoyed water sports adventures with Paddle-N-More located within the park.



Location: Myers Park, Pavilion B
Ages: 5-12 (must have completed Kindergarten)
Time: 10am-3pm
Fee: \$165/session
(Week 1: \$145)

Week 1: July 1st-July 5th
(no camp July 4th)

Week 2: July 8th-July 12th

Week 3: July 15th-July 19th

Week 4: July 22nd-July 26th

Before and After Camp: Offered from 7:30am until 5:30pm for a fee of \$80/week. You may also use before camp OR after camp only at a cost of \$40 for either. Scholarships are not available for before or after camp care, and care must be paid for in full at the time of registration.

Medical/Immunization records must be submitted to be "officially" registered!

Director: Dan Cheatham-Long time Day Camp staff and camp director. Former Lansing High School staff, multi-sport Lansing coach and ski program advisor. Dan is currently a LMSW SSW/ School Counselor at Edemston Central School

Register at: Lansingrec.recdesk.com

Summer Band & Orchestra Camp

Place: Lansing High School

Dates: July 15th-19th

Time: 8:30am-4:00pm

Friday Concert: 4:00-5:00pm

Ages: Students entering 5th-9th grade, fall 2024

Fee: \$225

Before/After Camp: \$10/day Monday-Friday
7:30-8:30am (before camp) 4:15-5:15pm (after camp)

Join us for an exciting week of exploration as we discover new music together. Our week will include large ensemble rehearsals, small ensemble rehearsals, composition, games, swimming and more. Our culmination concert on Friday afternoon will showcase the incredible progress we have made in just one week! Mr. Olesko, Ms. Myers, Mrs. Winiarski, Ms. Crocker and high school counselors will lead campers through a variety of music as we work together to improve our musicianship, all alongside our friends. Daily snacks and camp T-shirts will be provided. Registration deadline is July 5th.

Each camper is responsible for bringing his or her musical instrument, water bottle, lunch, swimsuit and towel. If you have any questions, please contact a music teacher. We look forward to seeing you at camp!

Register at: www.lansingrec.recdesk.com

WIZARDING SCHOOL



Join us for one magical week this summer where you will get a wonderful glimpse into life at the famous school of witchcraft and wizardry. Once there you can attend classes like Potions and Care of Magical Creatures. Come and experience Wizing School! Its full of magic, games and adventure!



Director: Sophie Scanlon

Dates: July 22nd-26th

Where: Lansing Community Center

Time: 9:30am-4:00pm

Ages: Rising 3rd, 4th & 5th graders

Fee: \$150 (includes daily snack, many activities, and a T-Shirt!

Campers are responsible for bringing their own lunch and a water bottle.

CIT Program (Available for rising 6th & 7th graders


Fee: \$40.00 (includes daily snack and T-shirt)

Will be expected to assist counselors

Pre-Camp forms and notices will be sent out before the start of camp



Register at: lansingrec.recdesk.com



ADAM HECK SOCCER CAMP

Former camp director, Adam Heck, was Lansing's long time boys' varsity soccer coach. Entering his 21st season as the varsity coach and 19 straight winning seasons, Coach Heck passed away suddenly on August 27, 2016, while on a preseason trip with his team in Albany, NY. Coach Heck will always be remembered for his passion and dedication to his family, players, the Lansing community and to the sport of soccer around the state.

Carrying on the 20+ year tradition of this camp will be Coach Eric Stickel and a host of former Lansing soccer players. Coach Stickel is the current head coach of the Lansing Girls Varsity Soccer Team where he's been at the helm for the past ten seasons. He also serves as President of the Lansing Soccer Club and Director of the Winter Soccer Program. Coach Stickel holds an Advanced National Diploma through United Soccer Coaches as well as a US Soccer D License.

This year's staff will consist of highly qualified coaches and players who have coached and played at the high school and collegiate level. Many of these coaches return year after year to deliver consistent, high-quality instruction! We've included goalkeeper training and some of the area's collegiate coaches will also be in attendance to provide technical and tactical sessions.

The camp offers young players the chance to improve their overall game in an environment suitable for all skill levels.

All campers should bring a water bottle and lunch. At the end of the week, each camper will receive a T-shirt.



Dates: August 5th-9th

Ages: Boys & Girls entering grades K-10

Location: Lansing Town Ballfields

Time: 8:30am-4:30pm (Grades 4-10)

9:00am-Noon (Grades K-3)

Cost: \$150/Full Day

\$75/ Half Day

Register at: www.lansingrec.recdesk.com

BOYS & GIRLS **BASKETBALL** **CAMP**

JULY 15TH-19TH

BASKETBALL CAMP: FULL DAY

Grades: 5-8 (fall 2024)

Time: 9am-4pm

Location: Lansing High School Gym

Cost: \$175

Cap: 40 students

BASKETBALL MINI CAMP: 1/2 DAY

Grades: 1-4 (fall 2024)

Time: 9am-12pm

Location: Lansing Elementary Gym

Cost: \$95

Cap: 40 students

THE LANSING RECREATION BASKETBALL CAMP IS BACK AGAIN THIS SUMMER. WE ARE PLEASED TO HAVE CASEY CRANDALL, LANSING'S JV BOYS' BASKETBALL COACH AS THE HEAD OF THE PROGRAM. THE GOAL OF THE CAMP IS TO TEACH THE FUNDAMENTALS OF THE GAME AS WELL AS FOR EACH CAMPER TO HAVE A POSITIVE EXPERIENCE. WITHIN EACH FULL DAY OF BASKETBALL, THERE WILL BE A GUEST SPEAKER FROM AREA COLLEGES AND HIGH SCHOOLS.

CAMPERS ARE RESPONSIBLE FOR HAVING APPROPRIATE SHOES AND BRINGING THEIR OWN LUNCH AND WATER BOTTLES.

EACH CAMPER WILL RECEIVE A T-SHIRT! PLEASE REGISTER BEFORE JUNE 24TH TO GUARANTEE YOUR SHIRT SIZE.

Register at: lansingrec.recdesk.com



GIRLS BASKETBALL CAMP

*When: July 29-August 2nd
Where: Elementary & High School Gym
Instructor: Meghan McVey
Time: 9am-12pm
Grades: 1-6
Fee:\$75*

Join us for our first Girls Recreation Basketball Camp this summer.

We are pleased to have Meghan McVey, Lansing's Varsity girls' basketball coach as the head of the program. The goal of the camp is to teach the fundamentals of the game as well as for each camper to have a positive experience.

Campers are responsible for bringing appropriate shoes and their own water bottle. Check-in will be at the High School Gym.

Each camper will receive a T-Shirt! In order to guarantee your shirt size, please register by July 1st.

Register at: lansingrec.recdesk.com

Xtreme Fitness Tennis *Clinic*

**JULY
15-18**

Rain date, July 19th

**10:30
AM-
12:30
PM**

**AGES
6-12**

**JULY 29-
AUG 1st**

Rain date, Aug 2nd

**10:30
AM-
12:30
PM**

**AGES
6-12**

**Lansing High School
Tennis Courts**

Cost: \$85.00

This Clinic will focus on basic fundamentals, rules of the game, areas of the court and a variety of drills to reinforce proper stroke technique. My goal is to enhance everyone's confidence in the game! You will hit lots of balls and have loads of fun! Each player will receive a complimentary Xtreme Fitness water bottle.

Coach: Andrew Gross, Owner of Finger Lakes Xtreme Fitness Clinic, LLC based in Lansing. Former NCAA DIII & High School coach, 5 years Nike Tennis Camp Instructor in Gettysburg, PA

For specific questions, please contact
Andrew at 607-342-0111

**Register at:
www.lansingrec.recdesk.com**



SPORTS ACADEMY 2024

ALL SPORTS - ALL DAY
Learning Life Lessons Through Sports



Brought to you by Future FocusED

For kids that LOVE sports and love to be active, Sports Academy is THE place for them! Players will participate in a variety of games including a blend of traditional sports (basketball, softball, soccer, volleyball), PE favorites (kickball, capture the flag), lawn games (cornhole, kan jam), team competitions (Field Days, Olympics), lifetime sports (pickleball, golf), water sports (paddleboard, kayaking, swimming), team-building challenges, sports-related crafts, and more!

Register @ www.lansingrec.com

Date: July 8-12

Time: 9am-3pm *Friday 9am-12pm

Location: Lansing Elementary School

Grades (Levels): Current 2-3, 4-5, and 6-7 graders

Fee: \$200/camper

Gift: All campers will receive a camp t-shirt

Camp Director: Billie Downs

What to Bring: Lunch & snacks, refillable water bottle, swimwear, sneakers, sunscreen, and extra clothes. Sporting equipment will be provided. Please LABEL everything!

Camp Coaches: High school and college student-athletes will serve as coach-mentors. We will provide targeted training for our student coaches on the art of coaching and mentoring to ensure every camper has an **AMAZING week!**

SAMPLE DAY

8:45-9:00 - Sign-In

9:00-9:15 - Whole Camp Welcome

9:15-9:30 - Team Time

9:30-10:15 - PE Favorites

10:15-11:15 - Team Competitions

11:15-11:45 - Lunch

11:45-12:45 - Sports Rotations

12:45-1:30 - Team Sports: Round 1

1:30-1:45 - Snack & Team Time

1:45-2:30 - Team Sports: Round 2

2:30-2:50 - Team Challenges

2:50-2:55 - Whole Camp Closing

2:55-3:00 - Pack up & Sign-Out w/ Parent



2024

SUMMER CAMP

The fun starts.....

Day Camp Session

July 15 to July 19

Daily

9 am to 3 pm

Rain or Shine

Total Baseball Training Camps provide one of the most comprehensive and fun baseball experiences in the region. Our well known, high energy staff made up of former NCAA players and coaches, delivers quality instruction in an active and fun environment.

Our camps are held at The multi-field Lansing Recreation Complex. In the event of rain, we move the camp to our 40,000 sq ft indoor turf facility just a few short miles down the road.

Our camps are for boys and girls ages 7 to 12. The camps are designed to provide introductory level experiences for those just starting to play and advanced skill development for those young players wanting to get better.

We offer a wide range of drills and games aimed at helping our young participants build self confidence and become better athletes.

Games played daily.

Participants must bring lunch.

Camp Shirt and Hat included with registration.

Session 1 Cost\$295.00

**Register before May 1 and Pay ONLY
.....\$250.00**

SAVE \$45.00!

REGISTER ON LINE

www.lansingrec.com

Session Rate Discount Expires on May 1, 2024. You must register prior to May 1, 2024 to receive Summer session booking discount. All Rights Reserved.



FLYING HIGH FARMS RIDING CAMP

**SESSION 1: JULY 1-5
(NO CAMP JULY 4TH)
SESSION 2: JULY 8-12
SESSION 3: JULY 15-19**

**SESSION 4: JULY 22-26
SESSION 5: JULY 29-AUG 2
SESSION 6: AUG 5-9**

**SESSION 7: AUG 12-15
(NO CAMP AUG 16TH)
SESSION 8: AUG 19-23
SESSION 9: AUG 26-30**

FEE: \$250

SESSIONS 1 & 7: \$200

TIME: 8:30AM-NOON

**LOCATION: FLYING HIGH FARMS
184 LOWER CREEK ROAD, ITHACA**

Flying High Farm's English riding camps are offered again this year for children ages 7 and older. When students are not riding, they will be learning about basic horse care, training, nutrition, feeding and grooming. Long pants and hard shoes are required. Students will NOT be allowed to wear short pants or sneakers. A farm release form must be signed before the first day of camp. Children MUST be on time.

Limit of 6 riders per session

PLEASE CONTACT FLYING HIGH FARM'S WITH ANY QUESTIONS OR CONCERNS.

CHASTITY HOWE-NIXON: 607-347-4710

Please note: It is very important for the safety of your child that he or she is in good physical fitness and is able to follow directions and pay attention to all instructions at ALL times. Flying High Farm reserves the right to prohibit children from participating in the program if they are not abiding by camp rules and safety procedures.

REGISTER AT: WWW.LANSINGREC.RECDESK.COM





Summer Art Camp

Have fun exploring art and the natural environment in Myers Park. Create drawings, paintings, and sculptures inspired by the shore's of Cayuga Lake.

Each camper will personalize a collection bag for found treasures to be used in projects.

Bring your imagination, artistic spirit, and a bathing suit/towel for cooling off. Please bring a water bottle for hydration (and a snack if desired).

"Great art picks up where nature ends." Marc Chagall

Camp Director: Mary Fedorka

Fee: \$90.00

Time: 9am-12pm

Ages: 7-12

Where: Myers Park, pavilion A

Session 1: July 29th-August 2nd

Session 2: August 5th-August 9th

Session 3: August 12th-August 16th



Register at: lansingrecrecdesk.com



Lansing Fly Fishing School

Dates: July 15th-July 18th

Time: 6pm-8pm

Location: 25 Armstrong Road, Lansing

Cost: \$75

Ages: 10 years-Adult

(Parents/Guardians & Children encouraged)

Jeffrey Dende has been an avid fly fisherman for over 25 years as well as a guide and instructor. Along with angling, he is an accomplished fly tier specializing in the Catskills styles and patterns that were developed in our region and has enjoyed proving success in our Finger Lakes Tributaries. He is eager to pass his knowledge down to the next generation. Jeff started this program with his longtime friend and fellow fly fishing enthusiast, Adam Heck in an effort to introduce you and beginner anglers to the sport of fly fishing and conservation.

Equipment will be provided



Register at: Lansingrec.recdesk.com

Summer Bowling

Dates: July 8th-12th

Time: 1:00-3:00pm

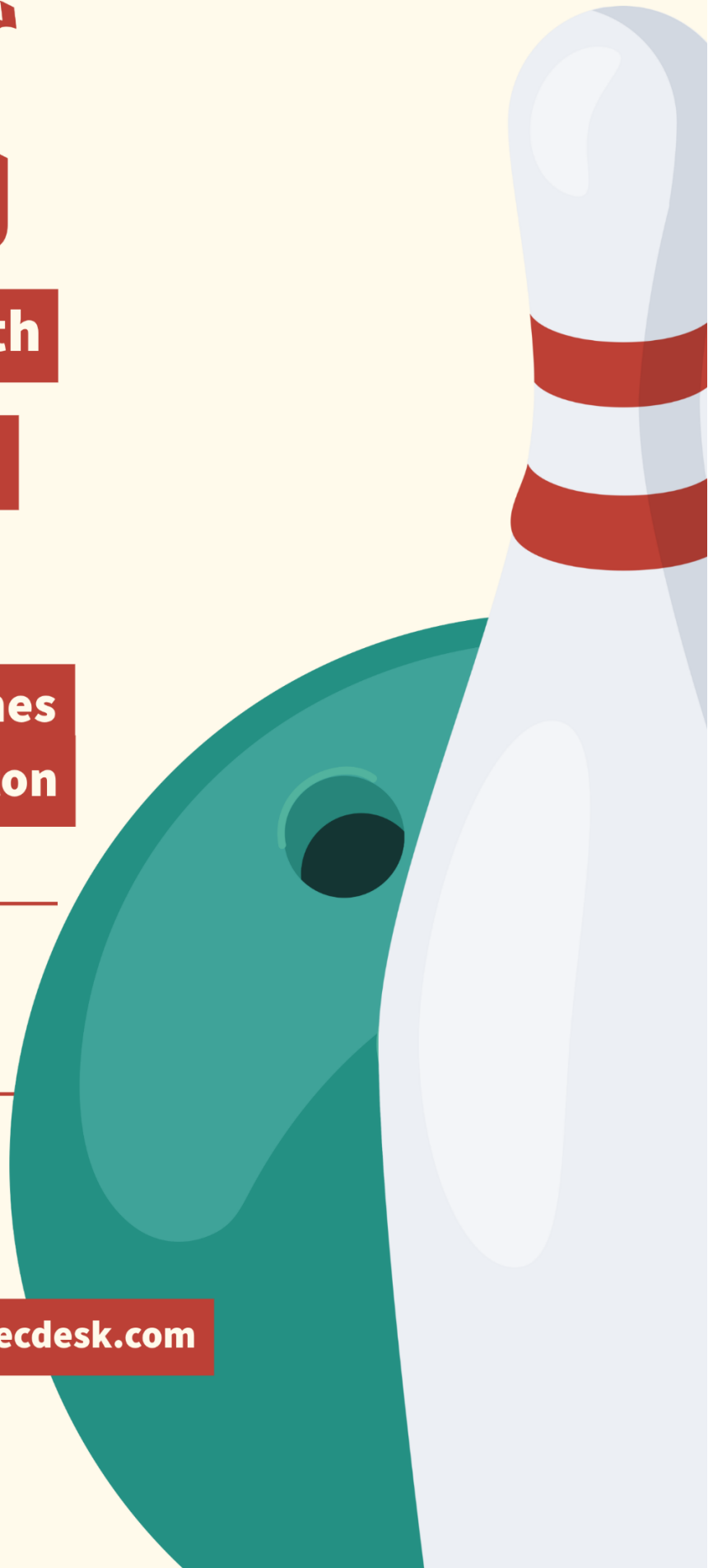
Fee: \$75.00

**Location: Memory Lanes
196 Main Street, Groton**

Join us for another summer of bowling with Lansing's Varsity Bowling Coach, Lee Christopher

Parents/guardians are responsible for drop-off and pick up

Register at: www.lansingrec.recdesk.com





KLEIN'S SUMMER ARCHERY CAMP

The Perfect way to experience archery. All equipment is provided for beginners (free). Includes a brief discussion of history, safety and equipment. Demonstrates different styles of shooting and illustrates ways of enjoying archery. Your instructor then supervises you actually shooting! You are guided through the fun of picking up a bow for the first time and leave with the confidence of having a well rounded introduction, and the resources to further explore the sport. There will be advanced classes for archers with their own equipment. Joe will work with you to improve technique and work on hunting situations.

WHERE: LANSING BALLFIELD PAVILION

WHEN: JULY 29TH-AUGUST 2ND

AGES: 9-14 YEARS

FEE: \$65.00

SESSION 1: (BEGINNERS): 9AM-10AM

SESSION 2: (ADVANCED & BEGINNERS): 10:30AM-11:30AM

SESSION 3: (ADVANCED & BEGINNERS) 12PM-1PM

Register at: lansingrec.recdesk.com



WEDNESDAY ADULT SAILING: HURF SHELDON

Learn to sail and enjoy sunfish sailing at its best from Myers Point in the evening. Skill certification leads to independent use of boats on weekends and evenings.

Dates: Wednesdays, July 3rd through August 28th

Ages: 14+

Time: 4:30-8pm

Cost: \$60/Student

\$75/ Adult

\$95/ Family

Location: Myers Park (by sailing rack)

Must be at a level 2 swimming level, students must be entering 5th grade at a minimum. Must have water shoes--NO flip flops. Please bring a life jacket, or similar form of PFD.



Register at: lansingrec.recdesk.com

FOOTBALL SUMMER TRAINING CAMP

DATES: JULY 24TH, 25TH, 26TH

AGES: KIDS ENTERING GRADES K-8

LOCATION: FIELD X (LOCATED BEHIND THE TOWN HALL)

HALF DAY

GRADES: K-2

TIME: 9AM-12PM

FEE: \$40

FULL DAY

GRADES: 3-8

TIME: 9AM-3:30PM

FEE: \$80

INSTRUCTORS: BRETT HOTCHKISS, VARSITY STAFF MEMBERS, PAST & CURRENT VARSITY FOOTBALL PLAYERS & YFL COACHES.

INDIVIDUALS PARTICIPATING IN OUR FALL TACKLE SMALL FRY PROGRAM (GRADES 3-6) WILL RECEIVE FOOTBALL EQUIPMENT FRIDAY AT THE END OF CAMP.

TACKLE SEASON BEGINS JULY 29TH. REGISTRATION IS NOW AVAILABLE.

THIS CAMP IS MEANT TO TEACH YOUR CHILD BASIC FOOTBALL RELATED SKILLS & ENCOURAGE PARTICIPATION WITHIN THE SPORT. EACH SESSION WILL INCLUDE TIME FOR INSTRUCTION AS WELL AS GAME TIME.

INSTRUCTION & GAMES WILL BE HELD IN A NON-CONTACT SETTING. WE WILL TEACH PROPER STRETCHING TECHNIQUES, FOOTBALL SPECIFIC DRILLS AND WE WILL BE LEARNING THE BASIC PLAYBOOK AND SCRIMMAGING.

CAMPERS WILL RECEIVE A T-SHIRT AT THE END OF THE WEEK.

REGISTER AT: LANSINGREC.RECDESK.COM

Lansing Recreation:

SMALL FRY TACKLE FOOTBALL

Grades: 3/4
Jr Team

Grades: 5/6
Sr Team

Dates: Practice begins Monday, July 29th . Equipment handout will be July 26th

Practice times: August: 6-8pm

Septmeber: 5:30-7:30pm

Location: High School practice field. Games will be played on Sunday afternoons

Fee: \$85.00

All Jr & Sr team players **MUST** be registered by July 24th

Weigh-in: August 10th at Owego, time TBD

The Small Fry Football Program will run two teams consisting of Juniors (grades 3 & 4) and Seniors (grades 5 & 6). Practices start Monday, July 29th. The season goes until October 12th. Specific dates and details will be announced by the coaches and the Recreation Department. Practice is held rain or shine. The transportation of players to practice and games must be timely and consistent. Attendance at all practice sessions is required. Players should wear the appropriate non-metal cleated footwear, athletic cup, and must have a mouthpiece that attaches to the facemask of the helmet.

Register at: Lansingrec.recdesk.com



FLAG FOOTBALL

Grades: K-2

Dates: 7/29-10/10

Practice Days: Monday, Wednesday & Thursday

Time: 6-7:30pm

Location: Practice fields behind the elementary school

Fee: \$45

Game Days: Sundays @ 12pm

Location: Varsity Field and Away (TBD)

***Please sign up prior to July 29th**

***Bring cleats, a mouthpiece and a water bottle**



The goal of this program is to introduce the sport of football, teach basic skills for each position along with a general knowledge of the game, and good sportsmanship. Each session will include time for instruction as well as games. Instruction and games will be held in a non-contact setting. Mouthpiece is required.

We are involved in the (Flag) Southern Tier Youth Football program which will involve travel to some games out of town. Games will be Sundays 12PM with some taking place on Saturdays (TBD)

Register at: Lansingrec.recdesk.com

LANSING RECREATIONAL

Summer

CHEER

CAMP

ONE WEEK CAMP PROGRAM
JULY 22ND-26TH 5:30PM-7:00PM

MOTIONS, JUMPS, GAMES, CHEERS, AND MORE!

All ages welcome

**BEHIND THE BASE BALL
FIELDS**

**BRING A LARGE WATER
BOTTLE, HAIR UP,
SHORTS, TSHIRT AND
SNEAKERS A MUST!**

**REGISTRATION:
INCLUDES A CHEER
BOW**

**QUESTIONS EMAIL
LANSINGCHEER1@GMAIL.COM**

**COACHING &
INSTRUCTION
FROM COACHS LISA AND
CRYSTAL**

TRY IT JOIN THE FUN:

LANSINGREC.RECDESK.COM/COMMUNITY/HOME

Lansing Recreational
Football

CHEER

\$50.

August
2024

sign up: www.lansingrec.recdesk.com/community/home

Jr. Tackle 2nd-4th, Sr. Tackle 5th-6th

Srs Practice
Wednesdays
& Fridays
5:30-7pm

Jrs Practice
Tuesdays &
Thursdays
5:30-7pm



Download
band and add
Lansing Rec
Cheer for more
information



Questions: lansingcheer1@gmail.com

Ready to be a Bobcat

Cheerleader



2024 WELLS COLLEGE GOLF CAMP

ALL PLAYERS WHO PARTICIPATE IN CAMP
WILL RECEIVE AN INDIVIDUAL MEMBERSHIP
FOR THE REST OF THE SEASON!

WHERE: Wells College Golf Club

WHEN: July 8th - 11th 2024

July 15th - 18th 2024

Camp runs from 8:30-1:30 each day

WHO: Ages 8 to 18 (no experience needed)

WHY: Golf is a great game you can play your entire life. Come and learn the game through individual instruction, on course play and games!

Camp is run by Coach Dennis Johnson who has been a P.E. teacher and multi-sport coach for 25 years.

Wells College Golf Camp Registration Form 2024

Camper's Name: _____

Age: _____ Gender: _____ Grade level Fall '24: _____

Camper's email address: _____ Camper's phone: _____

Camper's Address: _____

Parent/Guardian's Name: _____

Parent/Guardian's Email Address: _____ Guardian's Phone: _____

Parent/Guardian's Address: _____

Emergency Phone Number(s): _____

Physician: _____ Phone: _____

Please list any special conditions that Wells College Golf Camp should be aware of: _____

____ Camper will use personal golf clubs

____ Camper will need to rent clubs from WCGC. Circle which hand. Right / Left

Please check one:

____ Session 1: Monday – Thursday: July 8-11, 2024

____ Session 2: Monday – Thursday: July 15-18, 2024

All campers must bring a lunch or they can purchase one at the clubhouse each day.

I have reviewed the camp information on the flyer and allow my child to participate in all activities. I also allow the staff at Wells College Golf Camp to make emergency medical decisions if I can't be reached in sufficient time and authorize the staff of Wells College Golf Camp to contact the above Physician and, if necessary, to transport my child to the appropriate medical facility.

I hereby release and hold harmless: Wells College, Wells College Golf Club, Aurora Golf, LLC, Dennis Johnson, and any other camp staff from any personal liability about my child's well-being, as well as all claims for injury, loss, damage, accident or expense arising from or out of participating at Wells College Golf Camp.

I recognize that the Wells College Golf Club has the right to dismiss my child from the camp if that camper demonstrates continued inappropriate behavior.

Guardian's Signature _____

Payment: Enclosed is a non-refundable payment of \$180.00 per session. Checks should be made payable to Dennis Johnson and can be mailed to Wells College Golf Camp, c/o Dennis Johnson, 2569 Cook Road, Scipio Center, NY 13147. Questions? Please contact Dennis Johnson at #518-929-1963 or djj717@yahoo.com.



LIGHTHOUSE 5K & 1 Mile Fun Run

**Saturday, August 31st @
Myers Park in Lansing, NY**

To benefit the Lansing High School
Cross Country Team

SCHEDULE

7am - 8:15 am: Race day registration
and Packet/Bib pickup
8:30 am: Fun Run
9:00 am: 5K

COURSE

The flat, fast course follows paved and dirt roads
around Myers Park and Salt Point. The race starts
and finishes in Myers Park.

REGISTRATION/FEEES

Fun Run: FREE
5K: \$20 for early registration, \$25 after 8/1
Both men's and women's sizes in performance race
shirts. Shirts guaranteed for early entries.

AWARDS

Ribbons to every Fun Run finisher
Top winners in each age category (Under 10, 11-15,
16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)

SIGN-UP ONLINE! www.runsignup.com (Enter "Lansing Lighthouse 5K")

OR MAIL/BRING ENTRY FORM AND FEE TO: LIGHTHOUSE 5K, Lansing Park & Rec. Dept.,
29 Auburn Rd, PO Box 186, Lansing, NY 14882 / Make checks payable to: Lansing Booster Club/Cross Country

FOR MORE INFORMATION go to our website - lansingxctf.weebly.com

LIGHTHOUSE 5K & 1 Mile Fun Run
SATURDAY, AUGUST 31st @ Myers Park in Lansing, NY

RACE: (Circle One) 1 Mile Fun Run *Free* - 5K Race: \$20 Fee (before 8/1) - \$25 Fee (after 8/1)
Make Checks payable to: Lansing Booster Club/Cross Country

T-SHIRTS: (Circle One Size)

Men's Small - Men's Medium - Men's Large - Men's X-Large

Women's Small - Women's Medium - Women's Large - Women's X-Large

Name (Print Clearly): _____

Address: _____ City, State: _____ Zip _____

Phone _____ Email _____ Age (Race Day) _____ Gender _____

WAIVER: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages which I may have against the Town of Lansing Property owners, Lansing Central School District and its officials, the race, or the race organizers, agents, representatives, successors, and assignees for any and all damages which may be sustained by my competing in or travelling to or from the Lighthouse 5K race. I hereby certify that I have sufficiently trained and am physically fit to compete in this event. I have hereby read the entry information provided and certify my compliance by my signature below. I also hereby give permission for the media to use my name and picture in any newspaper, broadcast, telecast, or any other account of this event with no obligation of anyone to compensate me further.

Signature _____ Date _____



Signature of parent or guardian (if under 18) _____



Interested in Coaching Youth Sports?

Volunteering to coach different youth sports throughout the year is a simple and FUN way to have an impact on your community

Benefits of being a Youth Coach:

- 
- The satisfaction of giving back and helping the kids in your community
 - Get to know your kids friends and parents, and make life-long friendships
 - Learn leadership, communication, and conflict resolution skills
 - The personal impact you can make on a child
 - Help kids get away from screens.
 - Help kids excel and make real connections
- 

You do not need to be an "expert". All you need is a fun & positive attitude. We will provide you with the tools to get started.

Please contact the Lansing Recreation Department for more information: 607-533-7388
or e-mail us at mconley@lansingtown.com



WWW.LANSINGREC.COM



WE'RE GEARING UP FOR ANOTHER EPIC SUMMER READING PROGRAM!

Join us for our summer reading kickoff with Circus Culture on Saturday, June 22 at 11:00 behind Lansing Town Hall!

We have a summer line-up that is jam-packed with a variety of entertaining, educational, and engaging programming which includes the REV Theatre, Tanglewood Nature Center, Carol Hockett from the Johnson Museum of Art, the Sciencenter, plus martial arts, music programs, and more!



Follow us on Facebook, Instagram, or view our website at www.lansinglibrary.org for our upcoming calendar of events!

27 Auburn Road, Lansing NY
Email: info@lansinglibrary.org
Phone: 607.533.4939



FABULOUS SPRING ADULT FITNESS

Spring 2024

Certified Instructors: Marcia Larsen & Tami Tabone

Location: Lansing Community Center (second floor)

Days/Time: Monday, Thursdays 4:30 – 5:30PM

Dates: May: 2, 6, 9, 13, 16, 20, 23, 28(Tuesday), 30

June: 3, 6, 10, 13, 17, 20, 24, 27

Fee: \$40

Get ready for summertime fun with special core and triceps work this session.

You'll soon see a difference!

Program: Fitness components will include cardiovascular, core/muscle strength training, flexibility, and balance. Class will finish with a stretching cool down. Accommodations for all fitness levels.

Please bring a water bottle and personal mat.

Come for Fun, Fitness, and to feel Fabulous!

Name: _____ D.O.B. _____

Address: _____

Home Phone: _____ Cell: _____

Email Address: _____

Signature: _____ Date: _____

By signing this form, I agree not to hold the Town of Lansing, or anyone associated with this program liable for any injury or illness as a result of participating in this program.

For official use only:

Cash _____ Check: _____

CC: _____ Exp: _____ CVV Code _____

***There is a 3% convenience fee with all debit/credit transactions**

MUSIC

IN THE PARK

- July 11 | Darkwine | 6:30
- July 18 | Back Talk | 6:30
- July 25 | Iron Horse | 6:30
- August 1 | Destination | 6:30
- August 8 | Tailor Made | 6:30
- August 15 | Bad Alibi | 6:30
- August 22 | Ampersand | 6:30



Myers Park, Lansing NY