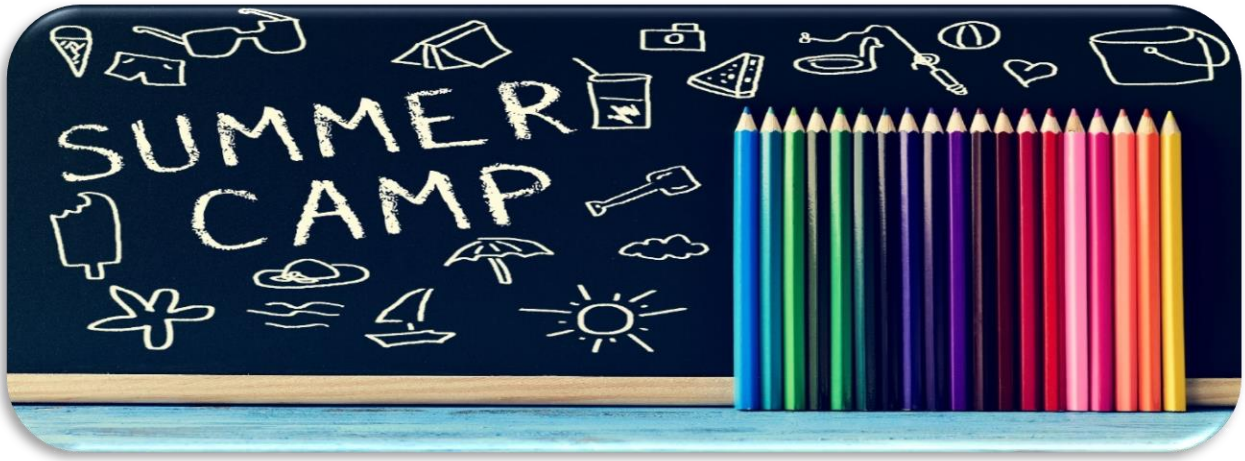


# **Lansing Parks & Recreation 2023 Summer Programs**







## **Myers Park Summer Day Camp**

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.

**Location:** Myers Park, 1 Lansing Park Road, Lansing, NY 14882 (Pavilion B)

**Session 1:** June 26<sup>th</sup> – June 30<sup>th</sup>



**Session 2:** July 3<sup>rd</sup> – July 7<sup>th</sup> (Holiday, Tuesday, July 4<sup>th</sup>)



**Session 3:** July 10<sup>th</sup> -July 14<sup>th</sup>



**Session 4:** July 17<sup>th</sup> – July 21<sup>st</sup>



**Session 5:** July 24<sup>th</sup> – July 28<sup>th</sup>



**Time:** 10 AM – 3PM

**Ages:** 5 Years (must have completed kindergarten) through age 12.

**Fee:** \$150/session

\$120 (session 2)

**Before and After Camp Care:** Offered from 7:30AM until 5:30PM for a fee of \$60/week. You may also use before camp only OR after camp only, at a cost of \$30 for either. Scholarships are NOT available for before or after camp care and MUST be paid for in full at the time of registration.

**Medical/Immunization records must be submitted to be “officially” registered!**

Come to beautiful Myers Park and enjoy one of the longest 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've traveled to visit the Sciencenter, Hanger Theater, Farm tours, mini golf, swimming and even enjoyed water sports adventures with Paddle-N-More located at Myers Park.

# Summer Band & Orchestra Camp

Carlen Myers, Nick Olesko, Lyn Weil, Marissa Winiarski

**Place:** Lansing Middle School: Music wing/auditorim (use back entrance to middle school)

**Dates:** July 17<sup>th</sup> – July 21<sup>st</sup>

**Time:** 8:30AM – 4:00PM

**Friday Concert:** 4:00PM-5:00PM

**Ages:** Students entering 5<sup>th</sup> – 9<sup>th</sup> grade, Fall 2023

**Fee:** \$225

**Before Camp:** \$15/day Monday – Friday, for any portion 7:30AM - 8:30AM

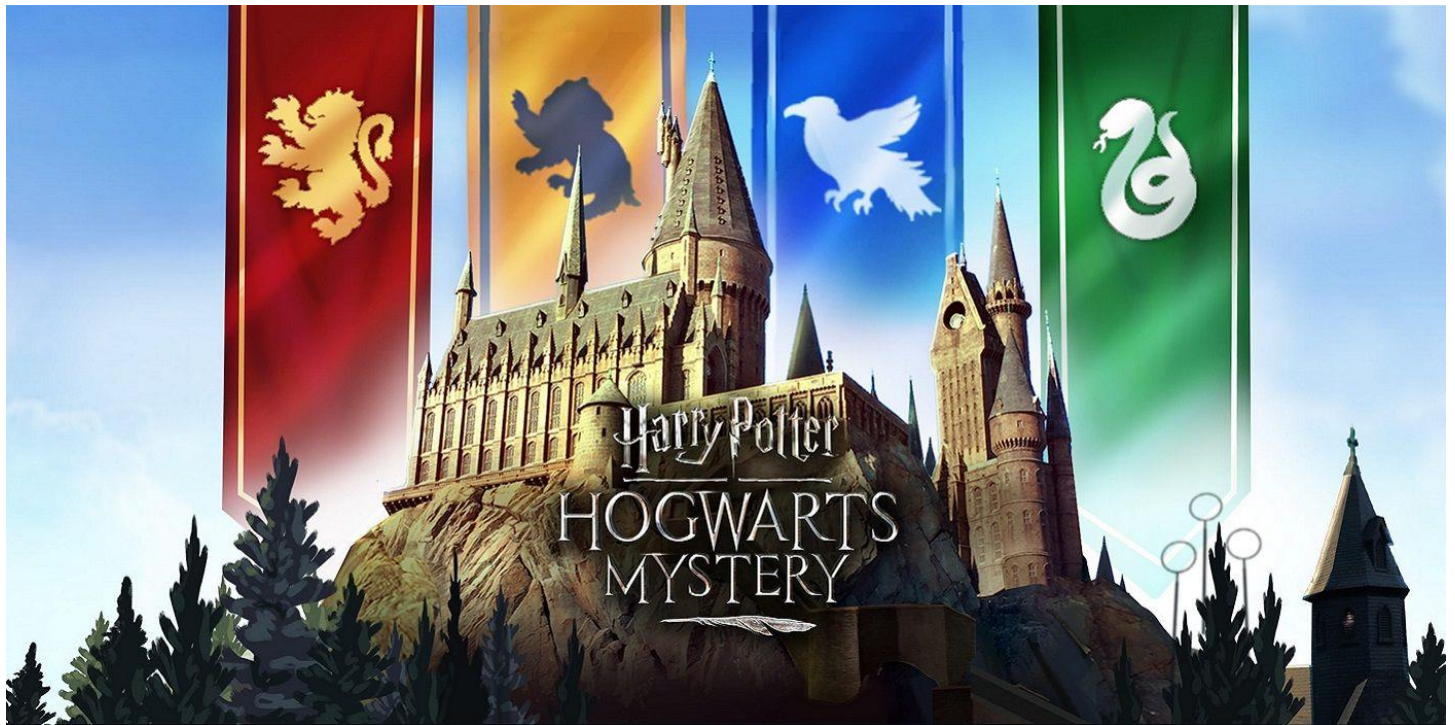
**After Camp:** \$15/day Monday – Friday, for any portion 4:15PM – 5:15PM

**\*\*Before/After Camp Must be paid for at the time of registration\*\***

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! Mrs. Weil, Mr. Olesko, Ms. Myers, Mrs. Winiarski 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. 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!







## The School Before Hogwarts

Come and attend The School Before Hogwarts for one magical week this summer where you will get a wonderful glimpse into life at Hogwarts. Once there you can attend classes like potions and care of magical creatures. You can play games of quidditch and take trips to Hogsmeade. So come, be sorted into your house and win the House cup!!

Director: Sophie Scanlon

Session 1: July 17<sup>th</sup> – July 21<sup>st</sup>



Session 2: August 14<sup>th</sup> -August 18<sup>th</sup>



Where: Lansing Community Center, next to the Library

Time: 9:30AM – 4:00PM

Ages: Rising 3<sup>rd</sup> – 5<sup>th</sup> grade

Fee: \$100, includes daily snack & t-shirt. Lunch is not provided

CIT Program (6<sup>th</sup>/7<sup>th</sup> grade):

Fee: \$40, includes daily snack and t-shirt. Lunch is not provided. (Will be expected to assist counselors)

CIT, Session 1:

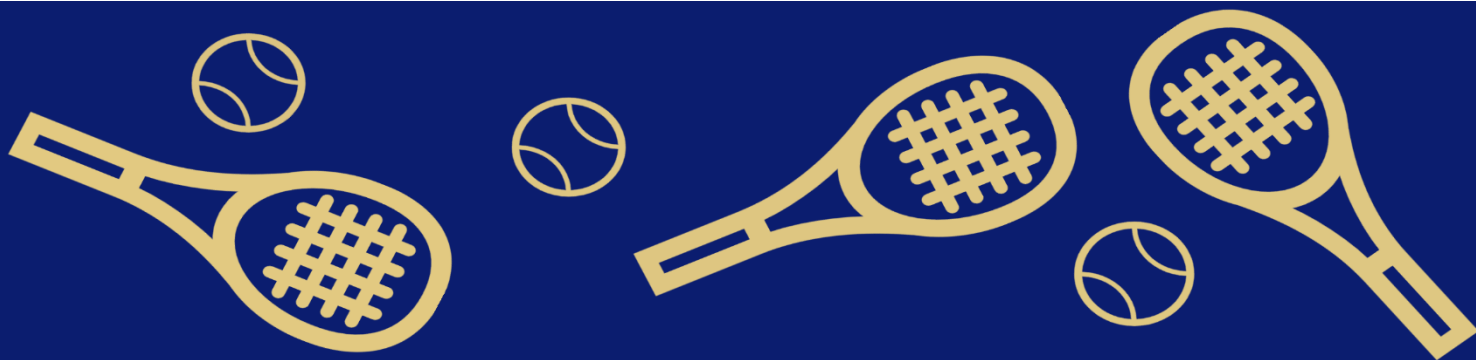


CIT, Session 2:



Pre-camp forms and notices will be sent out before camp. We ask that each child (CITs included) only sign up for ONE of the two sessions in an effort to increase opportunity for others to enjoy a week.





# XTREME FITNESS TENNIS CLINIC

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**June 26<sup>th</sup> – June 29<sup>th</sup> (Rain date, June 30<sup>th</sup>): Ages 6-12**

**July 10<sup>th</sup> – July 13<sup>th</sup> (Rain date, July 14<sup>th</sup>): Ages 6-12**

**Where: Lansing High School Tennis Courts**

**Time: 10:30AM – 12:30PM**

**Cost: \$75**

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

**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.**

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



**June**



**July**







# ADAM HECK

## SOCCER CAMP

**Ages: Boys & Girls entering grades K -10**

**Location: Lansing Town Ballfields**

**Time: 8:30AM -4:30PM (Grades 4-10)**

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

**Cost: \$150/Full Day**

**\$75/ Half Day**

**7-11**

**AUGUST**

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 nine 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



**K-2**



**4-10**



# ROBOTICS CAMP

Camp Director: Jeremy Richardson

Who: Students entering grades 6-8 in the fall. You **MUST** be within this age group, no exceptions.

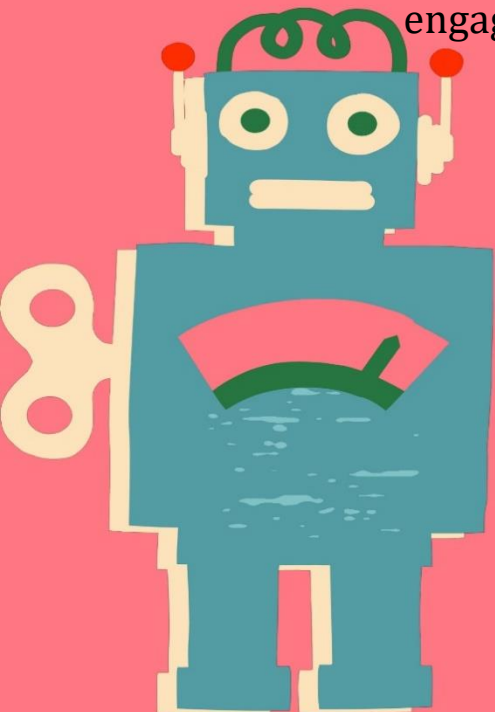
Dates: July 31 -August 4<sup>th</sup>

Where: Lansing High School, room 115

Fee: \$150

Time: 9:00AM-2:30PM

Come join students from the Lansing High School engineering program for a week of discovery and excitement! Campers will learn the basics of engineering in the context of various robotics and automation challenges. Over the week, campers will work in teams to construct and program robotics devices, designed to solve different mechanical problems and navigate obstacles. We are looking for campers who are interested in robotics and are focused learners. We hope to promote a fun, and engaging learning environment for the week.



Who: Students entering 6, 7, or 8th grade in the fall.

Dates: July 31st – August 4th

Where: Lansing High School, Room 115

Fee: \$150



# Boys & Girls Basketball Camp

Date: July 17<sup>th</sup>-21<sup>st</sup>

Time: 9:00AM – 4:00PM

Location: Lansing High School, Middle School, Elementary Gyms

Grades: 4<sup>th</sup> -8<sup>th</sup> (fall 2023)

Cost: \$150

Cap: 80 Students



## Boys & Girls Basketball Mini Camp

Date: July 17<sup>th</sup>-21<sup>st</sup>

Time: 9:00AM – 12:00PM (Noon)

Location: Check-in at High School Gym, campers will be taken to other gyms after check-in.

Grades: 1<sup>st</sup> -3<sup>rd</sup> (fall 2023)

Cost: \$90

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 to have appropriate shoes and to bring their own lunch and water bottles.

Each camper will receive a t-shirt. In order to guarantee your shirt size, be sure to register before July 1<sup>st</sup>.



# GIRLS BASKETBALL CAMP

When: July 31<sup>st</sup> – August 4<sup>th</sup>

Time: 9:00AM – Noon

Grades: 1<sup>st</sup> -6<sup>th</sup> Grade

Place: Elementary and High School Gym, check in at High School

Fee: \$65

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 to have appropriate shoes and to bring their own water bottles.

Each camper will receive a t-shirt. In order to guarantee your shirt size, be sure to register before July 1<sup>st</sup>.





# SPORTS ACADEMY 2023

**ALL SPORTS  
ALL DAY!!!**



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, bocce ball), 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](http://www.lansingrec.com)

Date: July 10-14, 2023

Time: 9am-3pm

Location: Lansing Elementary School

Ages: 8-14 years old (we will have three levels)

Fee: \$200/camper

Gift: All campers will receive a camp gift

Camp Director: Billie Downs

What to Bring: Lunch & snacks (we will provide pizza on Friday), water bottle, swimwear, sneakers, sunscreen, and extra clothes. Sporting equipment will be provided, but campers are welcome to bring their own baseball glove. 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 Meetings

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





# FOOTBALL SUMMER TRAINING CAMP

Football Summer Camp Training (Kids entering K-8<sup>th</sup>, Fall 2023)

Place: Town Hall Ballfields (Field X) Located behind the Town Hall

Dates: July 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>

Time: Half Day (K-2<sup>nd</sup>): 9AM – 12PM (Noon)

Full Day (3<sup>rd</sup> -8<sup>th</sup>): 9AM -3:30PM

Fee: Half Day \$40, Full Day: \$75

Instructors: Brett Hotchkiss, Varsity staff members, past and current Varsity football players and 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 Starts July 31<sup>st</sup>.\*** Registration is available.

This is for your child to learn basic football related skills and encourage participation within the sport. Each session will include time for instruction as well as game time. Instruction and games will be held in a non-contact setting. We will be teaching proper stretching techniques and doing football specific drills, as well as learning the basic playbook and scrimmaging. Campers will receive a t-shirt at the end of the week.

Mouthpiece, a full water bottle, and lunch are REQUIRED, cleats are recommended.



K-2



3-8





# Lansing Recreation: Small Fry Tackle Football

**Ages:** Grades 3/4 Jr Team & 5/6 Sr Team

**Dates:** Practices will begin Monday, July 31<sup>st</sup>. Equipment handout July 28<sup>th</sup>

**Time:** Practice times begin (Summer- 6PM; School Year: 5:30PM)

**Place:** HS practice field or TBA. Games will be played on Sunday afternoons.

**Player Fee:** \$75

**All JR & SR team players MUST be registered by July 24<sup>th</sup>.**

**Weigh-in:** August 12<sup>th</sup> 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 31<sup>st</sup> and the season ends October 15<sup>th</sup>. Specific dates and details will be announced by the coaches and Recreation Department. Summer practice times will be 6PM-8PM during the summer and 5:30PM-7:30PM when school begins. Practice is held rain or shine. The transportation of players to practice and games must be timely and consistent. Attendance at all practice session 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. Times for issuing player's equipment is to be announced.



**Birth Certificates are REQUIRED at registration.**



# FLAG FOOTBALL



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 at 12PM (Noon) with one potentially on a Saturday.

Practice will begin July 31<sup>st</sup>.

Grades K-2 | Fee: \$35







# 2023 Summer Camps & Training Sessions

**Mark your calendar!**

July 10—July 14

**Summer Camps for ages 7-12 year olds—Co-Ed**

**9:00AM—3:00PM**

**Fee: \$300, if paid in full by May 10, 2023**

**\$325, if paid in full after May 10, 2023**

Our programs are designed for athletes at every age and ability. We provide exceptional skill instruction in a fun, positive atmosphere.

Our programs run outdoors at The Lansing Community Recreation Complex and indoors at The Community Recreation Center—our summer programs run daily rain or shine!



We are former **NCAA** players and coaches

## **Our goals are...**

1. To provide a variety of activities, skill building drills and games for ages 7 to 12 so that students will have an opportunity for participation.
2. To provide students in this program with coaching, equipment and facilities that will ensure the safety of all participants.
3. To conduct the program in a manner that encourages the personal development of responsibility, self-discipline, sportsmanship, leadership and respect for others.
4. To conduct the program in such a manner as to develop and foster student morale and pride in the students community.
5. To offer a program that allows students to discover the value of collaborating or working together to achieve a common goal.
6. To offer activities that allow the students opportunities to develop self-confidence and enhance ones desire to achieve.
7. To provide students with a meaningful opportunity to discover the relationship between hard work, personal sacrifice and achievement.
8. To offer students the opportunity to experience the value of personal physical fitness.
9. To encourage students to be responsible for their behavior on and off the field.
10. To foster good citizenship and personal growth through athletic competition.
11. To show students how to **DO** all of the above while having **FUN!!**



LANSING RECREATIONAL

Summer

CHEER

CAMP

ONE WEEK CAMP PROGRAM  
JULY 24TH-28TH 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:  
\$40/PERSON  
INCLUDES CHEER  
T-SHIRT**

**QUESTIONS EMAIL  
LANSINGCHEER1@GMAIL.COM  
COACHING &  
INSTRUCTION  
FROM COACHS LISA AND  
JOLEE**

**TRY IT JOIN THE FUN:**

**[LANSINGREC.RECDESK.COM/COMMUNITY/HOME](http://LANSINGREC.RECDESK.COM/COMMUNITY/HOME)**





Lansing Recreational  
Football

# CHEER

\$50.

August  
2023

Srs Mondays,  
Wednesdays,  
Fridays  
6-7:30 pm

sign up: [www.lansingrec.recdesk.com/community/home](http://www.lansingrec.recdesk.com/community/home)

Flag-k-2, Jr. Tackle 3rd-4th, Sr. Tackle 5th-6th



*Competitions*



Flag  
Tuesdays &  
Thursdays  
5:30-6:30 pm  
Jrs 6-7:30 pm

Questions [lansingcheer1@gmail.com](mailto:lansingcheer1@gmail.com)

## Ready to be a Bobcat

## Cheerleader



# SUMMER ART CAMP

Have fun exploring art and the natural environment in Myers Park. Create drawings, paintings, and sculptures inspired by Cayuga's shores. Each camper will personalize a collection bag for found treasures to be used in projects.

Bringing imagination, wacky 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

**SESSION 1:  
JULY 31 - AUGUST 4**

**SESSION 2:  
AUGUST 7 - 11**

**SESSION 3:  
AUGUST 14 - 18**



**Session 1:**



**Session 2:**



**Session 3:**

**Camp Director: Mary Fedorka**

**Fee: \$90**

**Time: 9:00AM -12:00PM (Noon)**

**Where: Pavilion A**





# **Klein's Summer Archery Camp:**

Place: Lansing Ballfield Pavilion

Dates: July 24-July 28

Session 1 (Beginners): 9:00AM-10AM

Session 2 (Advanced & Beginners) 10:30AM-11:30AM

Ages 9-14 Years

Fee: \$65

The perfect way to experience archer. All equipment is provided for beginners (free). Includes 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 explore the sport further. This year we will be offering an advanced class for archers with their own equipment. Joe will work with you to improve technique and work on hunting situations.



**Beginner**



**Beginner/Advanced**



# *Summer* **BOWLING**

**Date: August 7<sup>th</sup>- 11<sup>th</sup>**

**Time: 1:00-3:00PM**

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

**Fee: \$75**

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



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





# FLYING HIGH FARMS RIDING CAMP

Session 1: July 3<sup>rd</sup> – July 7<sup>th</sup> (No camp July 4<sup>th</sup>)

Session 2: July 10<sup>th</sup> -July 14<sup>th</sup>

Session 3: July 17<sup>th</sup> -July 21<sup>st</sup>

Session 4: July 24<sup>th</sup> – July 28<sup>th</sup>

Session 5: August 8<sup>th</sup> -August 11<sup>th</sup> (No camp August 7<sup>th</sup>)

Session 6: August 14<sup>th</sup> – August 18<sup>th</sup>

Session 7: August 21<sup>st</sup> – August 25<sup>th</sup>

Session 8: August 28<sup>th</sup> – September 1<sup>st</sup>

Fee: \$225

Sessions 1 & 5: \$180

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. Limit of 6 riders per session.

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 Farms reserves the right to allow a child to participate in the program who is not abiding by camp rules and safety procedures.

Camp will begin at 8:30AM. Child MUST be on time. Camp will end at Noon.

Please feel free to contact flying high farms with any questions or concerns.

Chastity Howe-Nixon: 607-347-4710

Flying High Farms is located at: 184 Lower Creek Road, Ithaca



Session 1



Session 2



Session 3



Session 4



Session 5



Session 6



Session 7



Session 8



# LANSGING WATER CATS

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**GOLD GROUP: MONDAY - THURSDAY 6:00PM - 7:45PM**  
**COST: \$195**

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This group is for swimmers with previous competitive experience who are interested in becoming faster. Participants should know all four competitive strokes and be able to swim at least 2,500 yards in a practice. If you're new to the program, please email Coach Kate at [Katherine.hovey@cortland.edu](mailto:Katherine.hovey@cortland.edu) prior to registration.



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**SILVER GROUP: MONDAY - THURSDAY 6:30PM - 7:45PM**  
**COST: \$140**

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Our experienced coaches will teach swimmers the competitive strokes and help them develop good workout habits, all while having fun in the pool! Participants **MUST** be able to swim 2 lengths of the pool, each of front crawl and backstroke. Participants **MUST** also be comfortable swimming 32-40 lengths over the course of an hour.







# SWIM LESSONS

## OUR GROUPS

Level 1: Comfortability in Water

Level 2: Motion in Water

Level 3: Endurance in Water

Level 4: Learning Swimming Strokes

### Session Times:

4:45PM-5:15PM

5:20PM-5:50PM

Weekly sessions (Monday - Thursday): June 26<sup>th</sup> - July 27<sup>th</sup>

6 students per level. Sign up for as many weeks as you'd like.

**Children MUST be potty trained.**

## Level 1

If your child cannot go underwater and needs assistance floating this level is for them. If your child/ren can do both, we recommend moving to level 2.



## Level 2

If your child cannot swim both on their front/ back or will not jump in the pool, we recommend this level for them. If your child/ren can, we recommend moving to level 3.



## Level 3

If your child cannot swim the length of the pool or is not able to tread water for 1 minute, we recommend this level for them. If your child/ren can we recommend moving to level 4.



## Level 4

If your child cannot swim a full lap down/ back and is not able to swim front crawl, backstroke, dolphin & breaststroke, we recommend this level for them.





# **COACH FUSILLI'S TRAINING SESSIONS**

## **WHAT WE OFFER:**

1 hour training sessions, this could include: basketball training, weight room/outdoor training to help improve the student in their sport, and learning how to lift. Diet plans can be provided from any athlete to take the leap.

About Training: High impact, low prices. These sessions are for any young athlete looking to take their skills to the next level.

Basketball Focuses: Shooting, footwork, ball handling/dribbling, IQ

Weight Room Focuses: Stronger, faster, quicker and more explosive.

Coach Fusilli's background: 3 sport high school and collegiate athlete. Basketball 1,000+ point scorer, 2-year all-state selection, MVP of league. 3 years' experience as a head coach, 7 years of lifting/weight training.

**FEE: \$25/HR**  
**CONTACT COACH FUSILLI TO SCHEDULE YOUR**  
**SESSION: JAKEFUSILLI81@GMAIL.COM**  
**315-777-0593**







**DATES: JULY 17TH - JULY 20TH (RAIN DATE  
JULY 21ST)**

**TIME: 6PM-8PM**

**LOCATION: 25 ARMSTRONG ROAD, LANSING**

**COST: \$75**

**AGES: 10 YEARS -ADULTS**

**(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 patters 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.



# **WEDNESDAY ADULT SAILING: HURF SHELDON**

Dates: Wednesdays, July 5th- August 30th

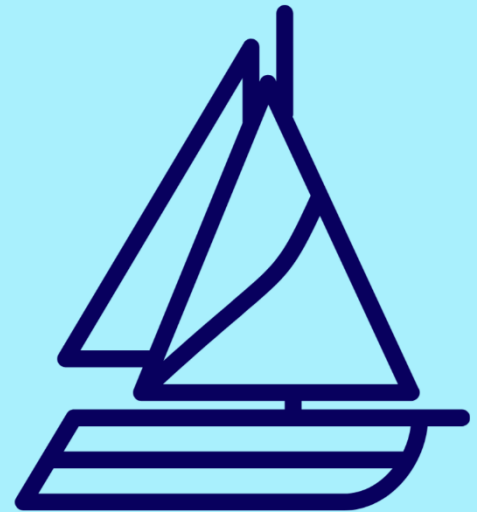
Ages: 14+

Time: 5:30PM - 8PM

Cost: \$50/Student, \$65/Adults, \$85 Family

Place: Myers Park ( By sailing rack)

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



**Must be at a level 2 swimming level, students  
must be entering 5th grade at a minimum.**

**Must have water shoes (NO flip flops)**



# KING FERRY GOLF CLUB



**1309 CLEARVIEW ROAD**

**KING FERRY, NEW YORK 13081**

**315.364.7343 OR KINGFERRYGOLFCLUB.COM**

## Summer 2023 Golf Camp for Kids!

We are delighted to have local amateur player and coach Ted Zakour instruct two youth golf camps in July 2023. Born and raised in Ithaca, Ted is an accomplished golfer having competed in the New York Amateur Tournament, Ithaca City and county tournaments and provides golf instruction to youth and adults in the local area. His priority is to make learning the fundamentals of golf fun while cultivating a lifelong passion for the game. He and his wife Nancy live in King Ferry where they raised their daughter Sarah. Ted connects well with young people and enjoys sharing his love of sports.

**Two sessions will be offered:**

**Session 1:        July 11 – 14 (*Tuesday - Friday*)**

**Session 2:        July 24 – 27 (*Monday – Thursday*)**

- There will be a maximum of 12 campers per session.
- The four-day schedule runs from 8:30 am to 1:30 pm
- Differentiated instruction allowing for a range in age from students in elementary (minimum age of 8 years), middle and high school interested in learning how to play and/or strengthen their game.
- Cost for each session is \$150.00 per camper.
- Pre-Registration and payment are required to reserve your space at the camp.

### Learn how to play!

- Morning lessons on the driving range and putting green including swing instruction, ball striking, short game, club selection, rules, tactics, strategies, games, contests, and etiquette.
- Students will play golf on the course each day with continued instruction.

To find out more information visit [www.kingferrygolfclub.com](http://www.kingferrygolfclub.com) or contact Ted Zakour at # 607-379-0020 or [tzakour@gmail.com](mailto:tzakour@gmail.com) for a brochure and registration information.



# LIGHTHOUSE 5K & 1 Mile Fun Run

**SATURDAY, AUGUST 26<sup>TH</sup>**  
**@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](http://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](http://lansingxctf.weebly.com)



LIGHTHOUSE 5K & 1 Mile Fun Run  
 SATURDAY, AUGUST 26<sup>TH</sup> @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) \_\_\_\_\_





## **We're GEARING UP FOR AN EPIC SUMMER READING PROGRAM!**

**Join us for our movie night kickoff on  
Saturday, June 17 at 6:00 in Town Hall!**



**Stay tuned throughout the summer for a  
variety of engaging and educational  
programs which include the REV Theatre,  
PowerHouse with Cornell Cooperative  
Extension, Tanglewood Nature Center,  
and so much more!**

**Follow us on Facebook or view  
our website at [www.lansinglibrary.org](http://www.lansinglibrary.org) for  
our upcoming summer calendar of events!**

27 Auburn Road Lansing, NY 14882

Email: [info@lansinglibrary.org](mailto:info@lansinglibrary.org)

Phone: 607.533.4939



**2023**

# LANSING RECREATIONAL CHEERLEADING CAR SHOW

**3RD ANNUAL**

**Show Entry  
Fee: \$10.00  
ADMISSION:  
FREE**

FIRST  
50  
CARS  
GET A  
DASH  
PLATE!



**8am-1pm**

**Sunday June 4th**

**WHERE:** Myers Park Lansing NY 14882

Our 12 Sponsored CLASSES will be ~ Best in Show,  
Cheerleaders Choice, BEST Ford,  
Mopar, Bike, Jeep, Corvette, Truck, Chevy, Import, Most  
Unique and Oldie But Goodie!

(Children must be supervised at all times.)

**1st, 2nd & 3rd Place Trophies in all CLASSES!!!**

**50/50**

**ALSO INCLUDING:**

**Vendors  
DJ, Icecream  
Truck,  
FOOD FOR SALE  
and more...**

**CONTACT:**

**COACH LISA MUNRO**

**LANSINGCHEER1@GMAIL.COM**

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# Life is better on the water!



SUP - KAYAK - CANOE - SAIL - WINDSURF - WAKEBOARD - WAKESURF

## 2023

**Welcoming ages 5-16**  
Summer Camp Programs:



- Wind-N-Waves
- Wind-N-Waves Junior
- Boardsports
- ... and, more!

**Jump start your child's  
summer trough watersports!**



## Camp spots are limited!

For details and registration visit: [flxadventurecamp.com](http://flxadventurecamp.com)

Finger Lakes Adventure Camp at Paddle-N-More - Myers Park, Lansing



# MUSIC IN THE PARK



*July 6 | The Ampersand Project | 6:30PM*

*July 13 | Tailor Made | 6:30 PM*

*July 20 | City Limits | 6:30 PM*

*July 27 | Chasing Neon | 6:30PM*

*August 3 | The Destination | 6:30PM*

*August 10 | Bad Alibi | 6:30 PM*

*August 17 | 5th Gear Overdrive | 6:30PM*