

Lansing Parks & Recreation



2025 SUMMER PROGRAMS



WWW.LANSINGREC.RECDESK.COM



MYERS PARK

SUMMER DAY CAMP

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 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.

Session 1: June 30th-July 3rd

Session 2: July 7th-July 11th

Session 3: July 14th- July 18th

Session 4: July 21st-July 25th

Session 5: July 28- August 1st

Location: Myers Park, Pavilion B

Time: 10am-3pm

Ages: 5 through 12

(must have completed Kindergarten)

Fee: \$185/session

Week 1: \$165-No camp on Friday

July 4th

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 Edmiston Central School

Register at: Lansingrec.recdesk.com



ADAM HECK SOCCER CAMP



Dates: August 4th-8th

Time: 8:30am-4:30pm (Grades 4-10)
9:00am-12pm (Grades K-3)

Ages: boys and girls entering grades K-10

Location: Lansing Town Ballfields

Cost: \$165.00/ Full Day
\$85.00/ Half Day

REGISTER AT:
WWW.LANSINGREC.RECDESK.COM

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 IS 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 ELEVEN 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 CAMP T-SHIRT. REGISTRATIONS AFTER JULY 17TH ARE NOT GUARANTEED A SHIRT.



FLYING HIGH FARMS RIDING CAMP

- Session 1: July 7-10
- Session 2: July 15-18
- Session 3: July 21-25
- Session 4: July 28-Aug 1
- Session 5: Aug 4-8
- Session 6: Aug 11-15
- Session 7: Aug 18-22
- Session 8: Aug 25-29

Fee: \$275

(Session 1 & 2: \$220)

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 6-8 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



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 experience Wizarding School! It's full of magic, games and adventure!

Director: Sophie Scanlon

Dates: July 21-July 25th

Where: Lansing Community Center

Time: 9:30am-4:00pm

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

Fee: \$150.00 (Includes daily snack, activities and a T-shirt!)

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

CIT Program: available for rising 6th and 7th graders

Fee: \$70.00 (includes a daily snack and a T-shirt)

****will be expected to assist counselors****

Please bring a lunch and a water bottle.

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

Register at: lansingrec.recdesk.com

BOYS & GIRLS BASKETBALL CAMP

... JULY 21ST-25TH ...

BASKETBALL CAMP: FULL DAY	GRADES
	4-8 (fall 2025)
	TIME:
	9am-4pm
	LOCATION
	Lansing High School Gym Lansing Middle School Gym
COST:	
	\$150.00

BASKETBALL CAMP: 1/2 DAY	GRADES
	1-3 (fall 2025)
	TIME:
	9am-12pm
	LOCATION
	Lansing Elementary School Gym
COST:	
	\$90.00

The Lansing Recreation Basketball Camp is back this summer. We are pleased to have Joey Volpicelli and Brian Bowman, the Lansing Varsity and JV boys' basketball coaches as well as ex-JV coach Casey Crandall administering the camp. 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.

Camper's are responsible to have appropriate shoes, and to bring their own lunch and water bottle.

Camper's should also bring a swimsuit and towel as we will have pool time daily.

Each camper will receive a T-shirt! Please register by July 1st to guarantee your shirt size.



REGISTER
AT: LANSINGREC.RECDESK.COM

Summer Band & Orchestra 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 Monday, July 7th.

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 mwiniarski@lcsd.k12.ny.us. We look forward to seeing you at camp!

Place: Lansing Middle School

Dates: July 14th- July 18th

Time: 8:30am-4:00pm

Friday concert: 4-5pm

Ages: Students entering 5th-9th grade, fall 2025

Fee: \$230.00

Before/after camp care:

Before camp: \$10/day Monday-Friday (7:30-8:30am)

After camp: \$10/day Monday -Thursday (4:15-5:15pm)
(pay with registration)

Register at: www.lansingrec.com

Magic Explorers

with Mike Stanley

The students (magic explorers) will use Magic Activity Packs which will include one magic trick and lesson for each of the five days of this program. Each pack will provide a creative mixture of magic, arts and crafts, and educational content that will teach a magic lesson trick which they get to keep, take home and share with family and friends.

The magic motto for the classes is "I make it fun, I think of others and I give my best because I care"

Each class and packet will include some amazing jokes, the name of the daily magic tricks, detailed instructions on how to create, prepare and perform the magic trick as well as additional "Did You Know" information and an extra picture puzzle Help Us Find fun game.

Each student will receive ONE magic pack per day.

For additional information, or if you have any questions, please contact Mike Stanley at 607-273-5015 or email Mike at mikestanley@gmail.com.

About Mike Stanley

Mike has been a magician for 34 years. He is currently president of the Finger Cub Ring 140 of The International Brotherhood of Magicians where he has been president for the last 11 years. He is also Vice-president of the society of American Magicians Assembly in Big Flats New York.

Mike has taught magic at numerous local pre-schools, elementary schools, after school programs and camps in the region, as well as at the Hanger Theatre Next Generation School of Acting. He has also taught a magic elective at Ithaca College Academy of Music Summer Program. Mike has performed magic in the local area, as well as in other states and countries. He has created and performed with the Cayuga Wizards, a group of young adults whom he has taught to perform magic in school assemblies, at the Racker Center and at other local and state venues.

Location: The Savage club's Lansing Area
Performace Hall (1004 Auburn Rd, Lansing NY)

Dates: August 11th-August 15th

Time: 4pm-5pm

cost: \$125.00

Ages: 5-8 years old

Please bring a water bottle and a snack if desired

Register at: lansingrec.recdesk.com



INTRODUCTION TO THE ART OF MAGIC

with Mike Stanley

Students will work with and learn magic with everyday objects and simple props such as newspaper, paper, rubber bands, paper clips, straws, corks, dice, and playing cards. They will also learn money magic with coins and dollar bills. Students will work on puzzles, deductive and inductive reasoning, and thinking outside the box.

Students will also learn how to interact and entertain an audience by using eye contact, and patter and stories to go along with learning the mechanics and how to of each magic trick or illusion.

Students will learn 10-15 magic tricks during the five-day program and receive instruction sheets and a folder in which to keep their magic and instruction sheets. They will have the opportunity to perform and practice each trick.

Location: The Savage Club's Area Performance Hall
(1004 Auburn Rd, Lansing, NY)

Dates: August 11th-August 15th

Time: 6pm-7:30pm

Ages: 9-13 years

Cost: \$175.00

Please bring a deck of cards if you have one and a water bottle and snack if desired.



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Register at: lansingrec.recdesk.com



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The School of Rock is a “Learn It and Do It” camp that teaches any student how to play music with other people. It is a free camp open to all singers, all instruments (including guitars, horns, woodwinds, strings, and egg shakers) and all abilities.

Students learn basics on how to jam with others, how to form a band, how to choose songs, how to rehearse, and how to perform. Band members from the Motown group the X'Plozionz will provide instrument clinics on singing, guitars, drums, keyboards, and horns. Students will form small combos and learn one or two songs by the end of the week.

At the end of the week, there will be a free Friday evening concert at the Savage Club's Lansing Area Performance Hall (1004 Auburn Rd, Lansing) for those students who would like to perform a song for their family and friends.

The Motown band, The X'Plozionz will then perform at the end of the concert, and a graduation reception will follow.

Location: The Savage Club's Lansing Area Performance Hall
(1004 Auburn Rd, Lansing NY)

Dates: July 7-July 11th

Times: 1-5pm

Ages: 12-18 years

Cost: There is no charge to participate!

Light afternoon snacks will be provided by program volunteers.
Students should bring water bottles and their musical instruments.
Drum kits will be provided.
For more information go to makingmusicfun.org

Brian Wansink (PhD) is a member of the Savage Club, a retired Cornell professor, and saxophonist with the Motown band, The X'Plozionz.

Brian has played in a dozen different bands, is a member of professional music orgs (NAME, NYSMMA, NASA, and APME), and his three daughters play or played in the Lansing High School Band or Orchestra.

Brian and his daughters perform in memory care units at local nursing homes under the name, Classic Generations.

The background is a textured olive green. On the left, there are three vertical columns of arrows. The top column has three arrows pointing up, the middle column has three arrows pointing down, and the bottom column has three arrows pointing up. In the upper right, there is a large target with concentric rings, and an arrow is shown hitting the bullseye. Several other arrows are scattered in the background, some pointing in different directions.

Klein's Summer Archery Camp

The perfect way to experience archery. 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. We will be offering an advanced sessions for archers with their own equipment, and Joe will work with them to improve technique and work on hunting situations.

Location: Lansing Ballfield Pavilion

Dates: July 21st to July 25th

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

Art & Nature 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.

Camp Director: Mary Fedorka

Fee: \$95.00

Time: 9am-12pm

Ages: 7-12 years old

Location: Myers Park, pavilion A



Session 1:

July 28th-August 1st

Session 2:

August 4th-August 8th

Session 3:

August 11th- August 15th



Register at: www.lansingrec.recdesk.com

JOIN TYLER ENGELS FOR A BEGINNERS CLINIC ON BASIC FUNDAMENTALS AND RULES OF THE GAME, AREAS OF THE COURT, AND PRACTICE ON PROPER STROKE TECHNIQUE. THE GOAL IS TO HAVE FUN AND HELP YOUR PLAYER FEEL MORE CONFIDENT!

TYLER IS A LANSING GRAD AND A 4-YEAR VARSITY TENNIS STARTER. HE HELPED ANDREW GROSS RUN THE CAMP AS AN ASSISTANT BEFORE RUNNING THIS SAME CLINIC LAST YEAR. WHILE NEW TO COACHING, HE ISN'T NEW TO WORKING WITH KIDS! HE HOLDS HIS BACHELORS IN EDUCATION AND IS A KINDERGARTEN TEACHER AT SOUTH HILL ELEMENTARY.

PLEASE REACH OUT TO TYLER AT TENGELS44@GMAIL.COM WITH ANY QUESTIONS.



SUMMER TENNIS CLINIC

FEE
\$75

JULY 7 - JULY 10 <small>*RAIN DATE JULY 11</small>	10:30AM - 12:30PM	AGES 6-12
JULY 28 - JULY 31 <small>*RAIN DATE AUGUST 1</small>	10:30AM - 12:30PM	AGES 6-12

LANSING HIGH SCHOOL TENNIS COURTS

REGISTER: [HTTPS://WWW.LANSINGREC.RECDESK.COM/](https://www.lansingrec.recdesk.com/)



2025

SUMMER CAMP

The fun starts.....

Day Camp Session

July 14 to July 18

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\$300.00

Register before May 2 and Pay ONLY

.....\$275.00

SAVE \$25.00!

REGISTER ON LINE

www.lansingrec.com

Session Rate Discount Expires on May 2, 2025. You must register prior to May 2, 2025 to receive Summer session booking discount. All Rights Reserved.



WEDNESDAY ADULT SAILING

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 2nd through August 20th

Ages: 14+

Time: 4:30-8pm

Cost: \$70/Student

\$90/ Adult

\$110/ 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.



Register at: lansingrec.recdesk.com

Summer Bowling

Dates: July 28-August 1st

Time: 1:00-3:00pm

Fee: \$85.00

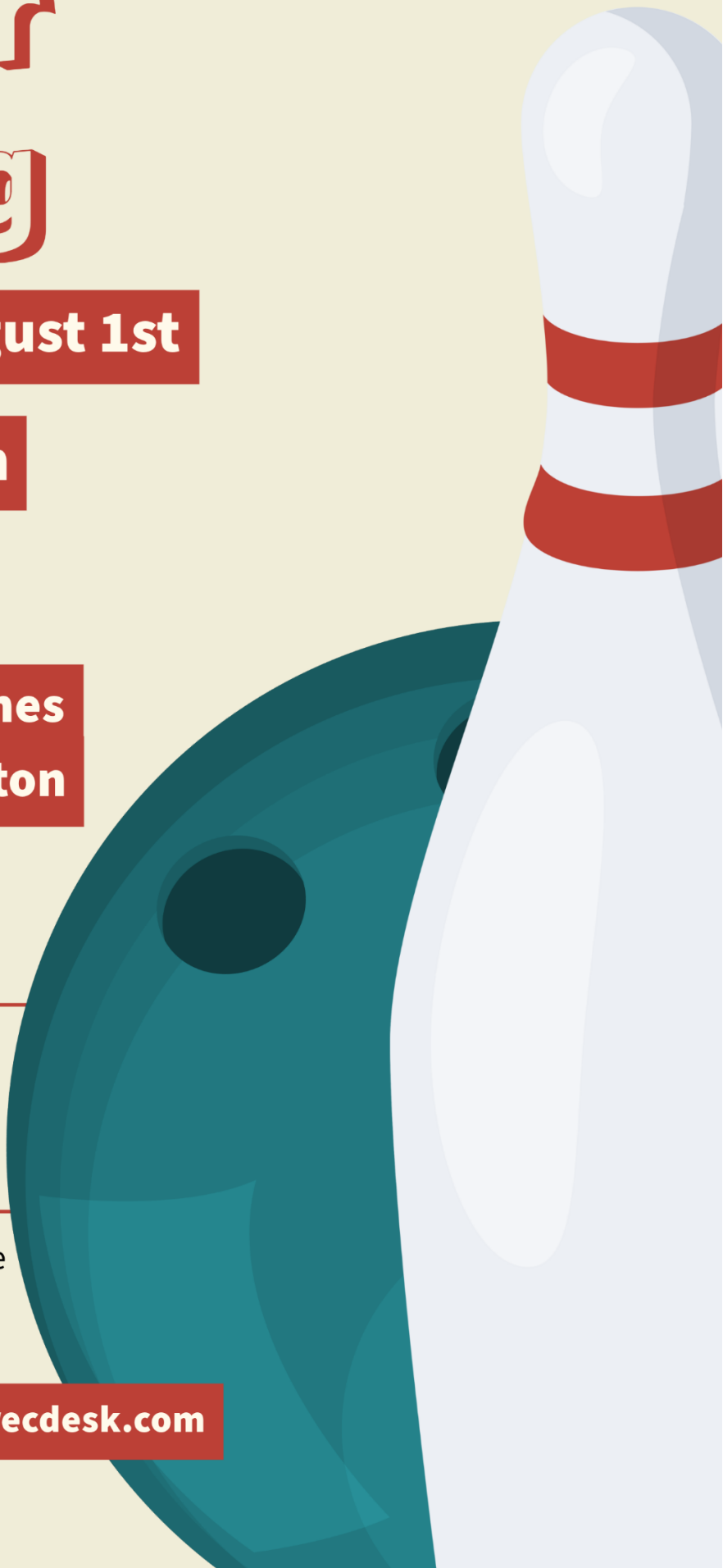
**Location: Memory Lanes
196 Main Street, Groton**

Ages: 10-18

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



Lansing Recreation

SMALL FRY TACKLE FOOTBALL

Grades: 3 / 4
Jr Team

Grades: 5 / 6
Sr Team

The Small Fry Football Program will run two teams consisting of Juniors (grades 3 & 4) and Seniors (grades 5 & 6). Practices start Monday, August 4th and the season goes until October 11th. Specific dates and details will be announced by the coaches and the Recreation Department. closer to the start of the season. 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.

Dates: Practice begins Monday, August 4th .
Practice times: TBA
Location: Town Barn Fields
Games will be played on Sunday afternoons
Fee: \$85.00

REGISTER AT:
LANSINGREC.RECDESK.COM



FLAG FOOTBALL

Grades: K-2

Dates: 8/4-10/12

Practice Days: TBD

Time: TBD

Location: Town Ballfields on field X

Fee: \$45

Game Days: Sundays

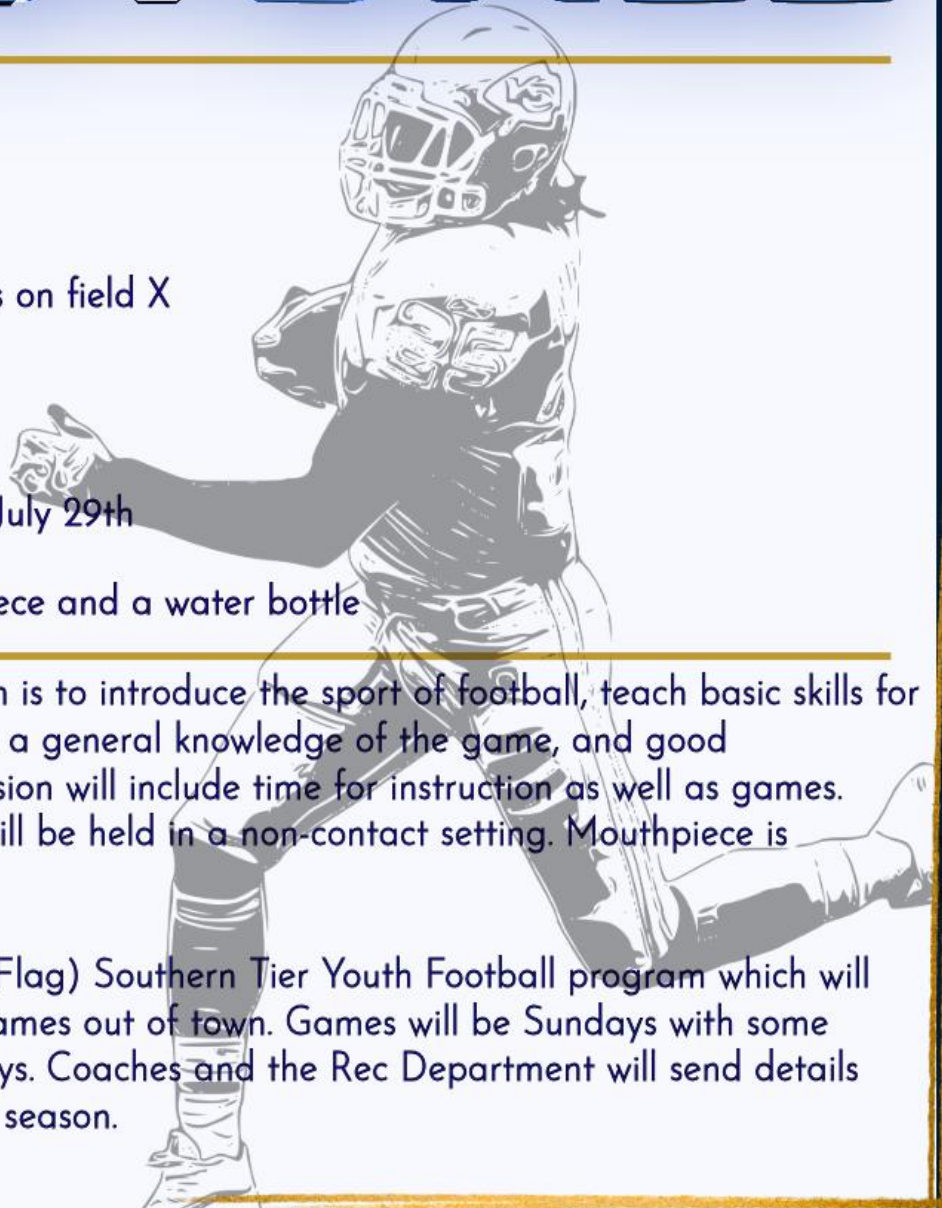
*Please sign up prior to July 29th

*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 with some taking place on Saturdays. Coaches and the Rec Department will send details closer to the start of the season.

Register at: lansingrec.recdesk.com





LIGHTHOUSE 5K & 1 Mile Fun Run

SATURDAY, AUGUST 23rd @
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/FEES

Fun Run: FREE

5K: \$20 for early registration
\$25 after 8/1

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 23RD @ MYERS PARK IN LANSING, N.Y.

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)

Small - Medium - Large - 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) _____

COLOR OUR WORLD™



Lansing Community Library's Summer Reading Program:

Explore our exciting lineup of children's summer programs! Mark your calendars and join the fun!



JUNE
21

Summer Reading Kickoff with Circus Culture!

SATURDAY

10:30 AM: Summer Reading Registration.
11:00 AM: Circus Culture!

CIRCUS
CULTURE

JULY
31

Tanglewood visits LCL

THURSDAY

10:30 AM: Meet some amazing animals
& discover fascinating facts about them!



JULY
01

The Ithaca Physics Bus visits LCL

TUESDAY

10:30 AM: An eccentric science
museum on wheels for curious kids!



AUGUST
07

Sciencenter visits LCL

THURSDAY

10:30 AM: Get ready for exciting
hands-on activities with the Sciencenter!



JULY
08

Color Our World Teen/Tween Watercolor Workshop

TUESDAY

10:30 AM: Teens/tweens explore watercolor
techniques with artist Lee O'Connell.



AUGUST
09

Family Movie Night

SATURDAY

6:00 PM: The movie vote takes place in
April, so be sure to cast your vote at LCL!



JULY
12

REV Theatre Performance

SATURDAY

11:00 AM: *Rumpelstiltskin Unspun*

REV

AUGUST
14

End of Summer Reading Celebration

THURSDAY

10:30 AM: Featuring Carol Hockett with
the Johnson Museum of Art.

JOHNSON
MUSEUM

JULY
17

Mythical Colors & Martial Arts with Guro Annie Sheng

THURSDAY

10:30 AM: Train as warriors to restore
color to mythical creatures!



AUGUST
23

Camping Story Time Before Sunset

SATURDAY

6:30 PM: Bring a blanket and join us
behind Lansing Town Hall. More info TBA.



JULY
24

Brian Has a Uke!

THURSDAY

10:30 AM: Enjoy a presentation of music
and songs with Brian and his Ukelele.



Community Foundation
of TOMPKINS COUNTY

COMMUNITY ARTS PARTNERSHIP



Spring 2025

FABULOUS SPRING FITNESS

Certified Instructors: Marcia Larsen & Tami Tabone

Location: Lansing Community Center (2nd floor)

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

Dates: May: 1, 5, 8, 12, 15, 19, 22, (27 Tues) 29

June: 2, 5, 9, 12, 16, 19, 23, 26, 30

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 (VISA, Master, Discover): _____ Exp: _____ Code: _____

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

MUSIC

IN THE PARK

6:30PM

July 10th- City Limits

July 17th- Tailor Made

July 24th- Ampersand

July 31st- Bad Alibi

August 7th- Destination



● MYERS PARK, LANSING NY ●