



TOWN OF ONONDAGA  
**PARKS & REC**



*presents*

# your ultimate program guide

YOUR ONE STOP SHOP FOR UPCOMING FALL & WINTER RECREATION PROGRAMS



# SOCCER PROGRAMS

## START SMART SOCCER

*King Park*

*Saturdays, September 14 – October 19*

Bringing parents and children ages 3 – 5 together to work on a variety of soccer skills. Parents work directly with their children to prepare them for organized soccer in a FUN, non-threatening environment. It offers soccer exercises that become increasingly more difficult as the class progresses and children show improvement. All participants should bring a water bottle, sweatshirt on cold days and shin guards. Fee includes a soccer ball to keep! No cleats allowed. MIN: 12/MAX: 20

**AGES: 3 - 5**

**TIME: 8:30 am – 9:30 am**

**FEE: \$50.00 Town of Onondaga Residents**

**\$60.00 Non-residents**

**ADD \$10.00 FEE after: September 11**

## HOT SHOTS YOUTH SOCCER

*King Park*

*Saturdays, September 14 – October 19*

This Fall Soccer Program is available for boys and girls ages 5 – 8. This is an instructional program where kids learn the fundamentals of the game. They will play games at the end of each session. Bring a water bottle, sweatshirt on cold days, and shin guards. No cleats allowed. MIN: 12/MAX: 30

**AGES: 5 - 8**

**TIME: 9:45 am – 10:45 am**

**FEE: \$55.00 Town of Onondaga Residents**

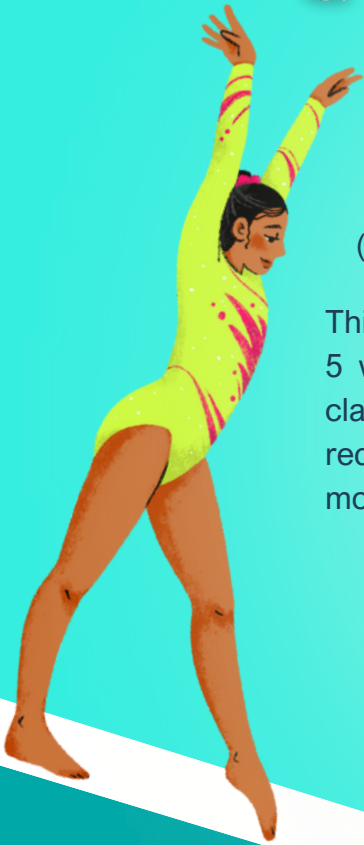
**\$65.00 Non-residents**

**ADD \$10.00 FEE after: September 11**



# GYMNASTICS & TUMBLING

with Parry's Gymnastics



*Split Rock Elementary School – Gym*  
*Tuesdays, September 24 – June 2025*  
(Ongoing – Some exclusion dates apply. Full schedule available from the instructor.)

This is an ongoing basic recreational tumbling class for girls and boys in grades K-5 with no previous experience required! Taught by Chuck Parry's Gymnastics, class includes expert instruction in Tumbling and Vaulting. A one-time fee is required upon registering with the Town, then, a weekly fee of \$20.00 (payable monthly) will be paid directly to Parry's Gymnastics. MAX: 24

**GRADES: K - 5 TIME: 3:15 – 4:00 pm**  
**REGISTRATION FEE: \$50.00 Town of Onondaga Residents**  
**\$60.00 Non-residents**

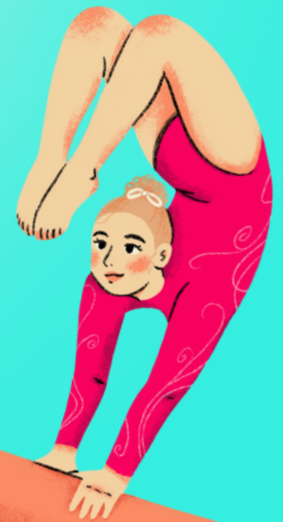
*For any questions call Parry's Gymnastics  
at (315) 458-5365 or visit online at:  
<https://www.parrysgymnastics.com>.*

## yogakids

*Onondaga Senior Center – Multi-use room*  
*AGES: 5 - 12 TIME: 5:30 – 7:00 pm*

Join certified yoga instructor, Trista Phillipson, for a fun and interactive yoga experience. Each week there will be a new theme with yoga poses, crafts, and games. Miss Trista has a passion for teaching children the art of yoga. Yoga can help kids manage everyday stress through meditation and breathing. Yoga can greatly increase your child's confidence while also developing skills such as body awareness and self-regulation. She can't wait to meet you on the mat! MIN: 12/MAX: 18

*Check out Little Yogis by Trista website:  
[www.littleyogisbytrista.com](http://www.littleyogisbytrista.com)*



### **SESSION 1:**

Thursdays, September 12 – October 24  
\$95.00 Town of Onondaga Residents  
\$105.00 Non-residents

### **SESSION 2:**

Thursdays, November 7 - December 19  
(exclude 11/28)  
\$85.00 Town of Onondaga Residents  
\$95.00 Non-residents

*ADD \$10.00 a week before the program starts*



Town of Onondaga  
Parks & Recreation  
**YOUTH DANCE  
IS BACK AGAIN!**

*Onondaga Senior Center - Dance Studio*

Looking to see if your child(ren) ages 3 - 8 are interested in dance? Well, youth Dance Classes are for you! Child must be 3 by 9/16/24.

MIN/MAX PER CLASS: 4/8

### TUESDAY CLASSES

**September 24 - December 17 (exclude 11/26)**

<b>BALLET: AGES: 3-4</b>	<b>TIME: 5:00 pm – 5:30 pm</b>
<b>BALLET: AGES: 3-4</b>	<b>TIME: 5:30 pm – 6:00 pm</b>
<b>BALLET: AGES: 5-6</b>	<b>TIME: 6:00 pm – 6:30 pm</b>

### WEDNESDAY CLASSES

**September 25 - December 18 (exclude 11/27)**

<b>BALLET: AGES: 3-4</b>	<b>TIME: 5:00 pm – 5:30 pm</b>
<b>BALLET: AGES: 3-4</b>	<b>TIME: 5:30 pm – 6:00 pm</b>
<b>BALLET: AGES: 5-6</b>	<b>TIME: 6:00 pm – 6:30 pm</b>
<b>BALLET: AGES: 7-8</b>	<b>TIME: 6:30 pm – 7:00 pm</b>

\$60 Town of Onondaga Residents | \$70 All others

Add \$10.00 fee after:

Tuesday classes: 9/17

Wednesday classes: 9/18





# Makin' It

with Mary

## On the Farm

Onondaga Senior Center – Multi-use room  
Wednesdays, September 25 – October 23  
(exclude 10/16)

Get down on the farm with Ms. Mary during this art session! Create farm animal drawings, learn simple perspective, printmaking goats, and Van Gogh inspired starry night pumpkins! Sure to be fall fantastic fun! MIN: 8 /MAX: 16

**AGES: 7 – 12**

**TIME: 6:00 – 7:00 pm**

**FEE: \$50.00 Town of Onondaga Residents**

**\$60.00 Non-residents**

**ADD \$10.00 FEE after: September 18**

## Art & Literature

Onondaga Senior Center – Multi-use room  
Mondays, November 4 – December 2  
(exclude 11/11)

Pairing read alouds with creativity is always a wonderful cross curricular experience for young artists! Using inspirational children's books Ms. Mary will then give young artists the opportunity to create 2-dimensional art using the characters as influence. MIN: 8 /MAX: 16

**GRADES: K - 2**

**TIME: 5:15 – 6:15 pm**

**FEE: \$50.00 Town of Onondaga Residents**

**\$60.00 Non-residents**

**ADD \$10.00 FEE after: October 28**

**New  
Programs!**



# YOUTH BASKETBALL

## SKILLZ 'N' DRILLZ

Onondaga Hill Middle School – Gym  
Saturdays, November 2 – December 14  
(exclude 11/30)

Looking for a non-competitive skill-building program for children ages 6 – 12? Our Youth Basketball Program focuses on proper dribbling, passing, shooting, and learning to love basketball. Kids will go through a number of game-based drills each day to help them improve their basketball aptitude. We encourage taking Skillz 'n' Drillz before you sign up for Youth Basketball Scrimmages. MIN: 8 /MAX: 20

**AGES: 6 - 8      TIME: 8:30 – 9:30 am**  
**AGES: 9 - 12      TIME: 9:45 – 10:45 am**  
**FEE: \$50.00 Town of Onondaga Residents**  
**\$60.00 Non-residents**  
**ADD \$10.00 FEE after: October 26**

## START SMART BASKETBALL

Onondaga Hill Middle School – Gym  
Saturdays, November 2 – December 14  
(exclude 11/30)

Parents work directly with their children as the Start Smart Basketball Program prepares children, ages 4 & 5, for organized basketball in a FUN, non-threatening environment by developing basic motor skills used in organized sports. Fee includes a basketball for your child to keep. MIN: 8 /MAX: 20

**AGES: 4 & 5      TIME: 11:00 – 11:45 am**  
**FEE: \$60.00 Town of Onondaga Residents**  
**\$70.00 Non-residents**  
**ADD \$10.00 FEE after: October 26**



## BASKETBALL SCRIMMAGES

Onondaga Hill Middle School – Gym  
Saturdays, January 18 – March 22  
(exclude 2/22)

Put your basketball skills to the test as we mix-and-match teams each week and play pick-up games for 8 weeks! Children who participated in the "Basketball Skillz 'n' Drillz, along with anyone else who wants to play, can sign up for this program, and apply what they learned in game-like scenarios, to help further prepare them for organized basketball programs. All participants receive a T-Shirt! We encourage all participants to take Skillz 'n' Drillz before signing up for this program. MIN: 8 /MAX: 20

**AGES: 6 - 8      TIME: 8:30 – 9:30 am**  
**AGES: 9 - 12      TIME: 9:45 – 10:45 am**  
**FEE: \$70.00 Town of Onondaga Residents**  
**\$80.00 Non-residents**  
**ADD \$10.00 FEE after: January 11**

**NO WET SHOES OR BOOTS ALLOWED  
ON GYM FLOOR! PLEASE BRING A PAIR  
OF DRY SNEAKERS TO PLAY.**

*Keep scrolling for Men's Basketball!*





## WOMEN'S VOLLEYBALL

Join our growing group on Monday nights for some fun and light exercise with fellow female volleyball players! MAX: 20 per night

### DETAILS:

Onondaga Hill Middle School – Gym  
Mondays, September 23 – June 9  
(Check website for exclusion dates)

AGES: 18 and up

TIME: 7:30 – 9:00 pm

FEE: \$50.00 Town of Onondaga Residents  
\$60.00 Non-residents

# ADULT SPORTS @ OHMS

### DETAILS:

Onondaga Hill Middle School – Gym  
Thursdays, October 10 – March 27  
(Check website for exclusion dates)

AGES: 18 and up

TIME: 7:30 – 9:00 pm

FEE: \$5.00 drop-in fee each night

If you like exercise and some light competition, our adult basketball program is just what you're looking for. Pick-up games for men ages 18 and up. \*\*Bring one white and one black shirt each night\*\*



## MEN'S BASKETBALL





XXX

# PICKLEBALL

## Programs

XXX

### **INDOOR PICKLEBALL**

*Wheeler Elementary School  
Saturdays, November 2 – April 12  
(Check website for exclusion dates)*

Back by popular demand, Winter Pickleball at Wheeler Elementary! Adults 18 and over. Equipment is available to borrow! (If you have a past punch card from last year, they will still be honored). MAX: 30 per day

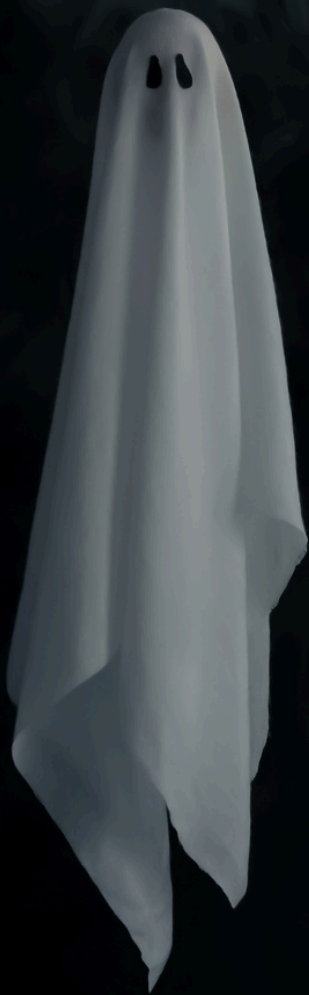
**AGES: 18 and up**  
**TIME: 10:00 am – 12:00 pm**  
**FEE: \$8.00 drop-in fee each week**

### **PICKLEBALL 101 & 102**

*Santaro Park  
Thursdays, September 19 – October 10*

Pickleball 101 & 102 are 4-week programs designed to teach the game of pickleball. Pickleball 101 is designed for beginners and Pickleball 102 is designed for those who know the rules and take their play to the intermediate level. Each class will be an hour of instruction followed by an hour of supervised open play. MIN: 8/MAX: 12

**AGES: 18 and over**  
**PICKLEBALL 101: 10:00 AM - 12:00 PM**  
**PICKLEBALL 102: 12:00 PM - 2:00 PM**  
**FEE PER PROGRAM:**  
**\$60.00 Town of Onondaga Residents**  
**\$70.00 Non-residents**  
*ADD \$10.00 FEE AFTER: September 12*



# LIGHT UP GHOST CRAFT

*Onondaga Senior Center - Multi-use room  
Tuesday, October 8*

Spooky season is ahead of us! But it doesn't have to be so spooky with these fun and creative Light Up Ghosts. Instruction and supplies are provided to make a Ghost. Parent/guardian and child to make this fun Ghost! MIN: 6/MAX: 12

AGES: 5 – 12

TIME: 6:00 pm – 7:00 pm

FEE: \$20.00 Town of Onondaga Residents  
\$30.00 Non-residents

*ADD \$10.00 FEE after: October 1*

# A GATHERING OF GHOSTS

*Onondaga Senior Center – Multi-use room  
Wednesday, October 16*

What should you do if you see a ghost? How do you get rid of one? Here's your chance to study various types of ghosts and hauntings. Hear theories explaining ghostly phenomena and learn ghost-hunting techniques. Instructor Ron Cain also sheds light on famous haunted houses and legends, including tales from Hollywood, the White House, and other countries. The boogeyman, bedsheet ghosts, and poltergeist will also be discussed. Learn about haunted objects like Annabelle the Doll and the Lincoln Ghost Train. Be prepared to share your own ghost stories! (*Ages 16 and over. Ages 16 - 18 should be accompanied by an adult*). MIN: 6/MAX: 16

AGES: 16 and over

TIME: 6:30 pm – 8:30 pm

FEE: \$38.00 Town of Onondaga Residents  
\$48.00 Non-residents

*ADD \$10.00 FEE after: October 9*

# Family CARVING NIGHT

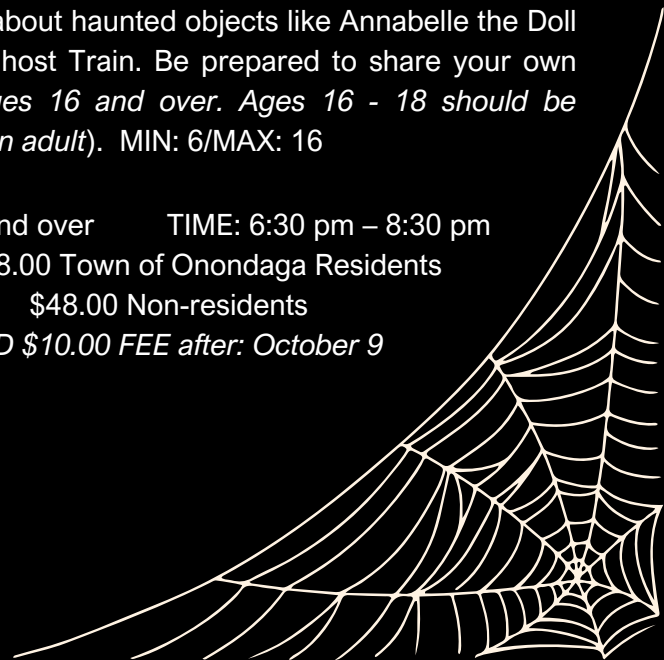
*Onondaga Senior Center – Pavilion  
Tuesday, October 15*

Does your family enjoy carving pumpkins for the holiday season? Join the Parks and Recreation staff for pumpkin carving night! We will provide the pumpkins, limited carving tools, paint, and refreshments. One pumpkin per family. MIN: 10 families

TIME: 5:30 pm – 7:00 pm

FEE: \$10.00 Town of Onondaga Families  
\$20.00 Non-resident Families

*ADD \$10.00 FEE after: October 8*





# HALLOWEEN ACTIVITIES



## MAKE YOUR OWN TRICK OR TREAT TOTE BAG

*Onondaga Senior Center – Multi-use room  
Tuesday, October 22*

Trick or Tote Treat! Grab your friends and join our instructor for making your own Halloween Trick or Treat Tote Bag. All supplies are provided. Paint will be used, plan to dress accordingly. MIN: 6/MAX: 12.

**AGES: 6 – 12    TIME: 5:30 pm – 6:30 pm**  
**FEE: \$15.00 Town of Onondaga Residents**  
**\$25.00 Non-residents**  
**ADD \$10.00 FEE after: October 15**

## HALLOWEEN TODDLER TIME WITH THE ONONDAGA FREE LIBRARY

*Onondaga Senior Center – Multi-use room  
Friday, October 25*

Join the Onondaga Free Library and Town of Onondaga Parks and Recreation Department for Halloween Toddler Time! Fun and “spooky” stories, craft, and activity. Fees are per parent/child duo. MIN: 6/MAX: 20

**AGES: 1 - 4    TIME: 9:30 am – 11:00 am**  
**FEE: \$5.00 Town of Onondaga Residents**  
**\$10.00 Non-residents**  
**ADD \$10.00 FEE after: October 18**

## HALLOWEEN KID'S NIGHT OUT

*Southwood Firehouse (4581 Grace Place, Jamesville)  
Friday, October 18*

School has started and parents deserve a night out and kids deserve a night with their friends. Come hang out for an evening of Halloween themed crafts, snacks, and games (outdoors if appropriate). MIN: 10/MAX: 24

**AGES: 6 – 12    TIME: 6:30 pm – 8:30 pm**  
**FEE: \$15.00/child**  
**ADD \$10.00 FEE after: October 11**







# Harvest Crafts

## Pilgrim Hat Centerpiece

Onondaga Senior Center – Multi-use Room  
Wednesday, November 6

Grab your friends and join our instructor in making a Pilgrim Hat for Thanksgiving! All supplies are provided. Paint will be used, please dress accordingly.  
MIN: 6/MAX: 12

**AGES: 6 – 12**

**TIME: 5:30 pm – 6:30 pm**

**FEE: \$15.00 Town of Onondaga Residents**

**\$25.00 Non-residents**

*ADD \$10.00 FEE after: October 30*

## Turkey Centerpiece Making

Onondaga Senior Center – Multi-use room  
Wednesday, November 13

Looking for a new centerpiece for your Thanksgiving table? Well join our instructor for Turkey Centerpiece making. Grab your friends for a fun night making a new decoration for your table. MIN: 6/MAX: 12

**AGES: 14 and over**

**TIME: 6:00 pm – 7:00 pm**

**FEE: \$25.00 Town of Onondaga Residents**

**\$35.00 Non-residents**

*ADD \$10.00 FEE after: November 6*



# Holiday Programs

## Kids Night Out

Onondaga Senior Center – Multi use room  
Friday, December 6

Parents/guardians, are you looking for an evening free to get some holiday shopping done? Well look no further. Have your children come and enjoy a night of holiday themed crafts, snacks and games.  
MIN: 10/MAX: 24

**AGES: 6 – 12**

**TIME: 5:30 pm – 8:00 pm**

**FEE: \$10.00 Town of Onondaga Residents**

**\$15.00 Non-residents**

**ADD \$10.00 FEE after: November 29**

## Holiday Sign Making

Onondaga Senior Center – Multi use room  
Wednesday, December 11

Do you love decorating your home or office for the holiday season? Grab your friends for a night of making Joy, Peace, and Love signs. MIN: 6/ MAX: 12

**AGES: 14 and up**

**TIME: 6:00 pm – 7:30 pm**

**FEE: \$38.00 Town of Onondaga Residents**

**\$48.00 Non-residents**

**ADD \$10.00 FEE after: December 4**

# Bus Trips

## Canandaigua Lady

Wednesday, September 18

### PLEASE SIGN UP BY SEPTEMBER 11

Our adventure begins with a scenic drive to Ventosa Vineyards in Geneva NY where we will have a buffet lunch and take in the beautiful view on Seneca Lake. Then it's a short drive to Canandaigua Lake where we board the Canandaigua Lady for an afternoon cruise. On our drive home we'll stop at Owen's Orchard's in Weedsport and browse their store and shop for apples and goodies or just relax and enjoy a taste of their apple cider and a delicious apple cider donut! Buffet Lunch includes: Mixed Green Salad, Fresh Baked Bread; Pasta Primavera (tossed with olive oil, garlic, and fresh vegetables); Pork Loin; Chicken; Dessert; tea or coffee.

**FEE: Residents \$94 Non-Residents \$99**

*Would you like a glass of white wine or red wine?*

*\*Add \$ 6 per glass*

**Bus pick-ups:**

**Nedrow Fire Department – Depart at 9:15 AM**

**Onondaga Senior Center – Depart at 9:45 AM**

**Return approximately 6:30 PM**

## Looking for Senior Programs & Classes?

We offer Senior Classes like Zumba Gold, Chi Kung, Beginner Tap, & more! For a full listing of available programs & to view our monthly calendar, visit our website at [parks.townofonondaga.gov](http://parks.townofonondaga.gov).

## Contact us:

Phone: 315-469-3464

Address: 4834 Velasko Road, Syr., NY 13215

Website: [parks.townofonondaga.gov](http://parks.townofonondaga.gov)



*All ages of Senior Citizens are welcome to participate in the various programs and events available to our Senior community. We are fortunate to have great sharing and caring folks that come to meet and socialize with others. We strive to provide interesting, educational, and enjoyable activity. If you have an idea you would like to share, come in and tell us about it. It could be the next best new program!*

*To receive our bi-monthly newsletter, the Senior Gazette, call 315-469-3464 to be added to the mailing list. There is no charge to residents of the Town of Onondaga. Non-residents are charged a \$10 annual fee. The Gazette, as well as a monthly activity calendar and P.E.A.C.E. Inc. lunch menu are available to view online at [parks.townofonondaga.gov](http://parks.townofonondaga.gov).*

## Catskills Experience:

**Bethel Woods Center for the Arts & Buck Brook Alpacas**

Wednesday, October 9

### PLEASE SIGN UP BY SEPTEMBER 17

It's Fall! Come with us for a drive to the Catskills to Bethel Woods Center for the Arts. Relive the past and journey to the sight of the Woodstock Music Festival. As you step inside the exhibit you'll hear the echo of 450,000 chanting "no rain" and see the stories of those who were actually there. Through artifacts, films, music - and even a hippie bus - you will be inspired not only by what was the most prolific three-day festival in history, but by the ideals that remain relevant today. Experience what it was like! Lunch will be at the Museum. Along the ride home we'll stop at the Buck Brook Alpaca Farm atop one of the highest peaks in the western Catskill Mountains and discover the world of alpacas, llamas, and other farm animals! Visit their on-site farm store which features handmade alpaca products including yarn, apparel, blankets, and more. Enjoy the serene Catskills setting, Buck Brook Alpacas offers a delightful experience! Call the Senior Center for lunch choices.

**FEE: Residents \$100 Non-Residents \$105**

**Bus pick-ups:**

**Onondaga Senior Center – Departs at 8:00 AM**

**Nedrow Fire Department – Departs at 8:15 AM**

**Return approximately 6:30 PM**