



ACTIVITIES

ADULT &



FALL FITNESS



Walworth Recreation
(315) 986-1400



walrec@townofwalworthny.gov



Town of Walworth Parks &
Recreation Department



<https://secure.rec1.com/NY/walworth-recreation/reg.php>

ADULT & FITNESS



GENTLE YOGA

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Eva Kane

See Program Sessions Below // 9:00am-10:00am

Ginegaw Park Lodge

Our most popular fitness offering! A soothing hour of stretching and strengthening exercises in the lodge designed to aid in improving your posture and flexibility while restoring your balance and mobility. Yoga also helps to improve respiratory health and overall wellness.

Gentle Yoga:

Session 1A: Tuesdays & Thursdays

September 15th-November 5th
\$110 per session

Session 1B: Tuesdays, September 15th-November 3rd

\$64 per session

Session 1C: Thursdays, September 17th-November 5th

\$64 per session

Session 2A: Tuesdays & Thursdays

November 17th-January 28th
\$110 per session

Session 2B: Tuesdays, November 17th-January 26th

\$64 per session

Session 2C: Thursdays, November 19th-January 28th

\$64 per session

Please Note: No Gentle Yoga on November 24th, or 26th, or December 22nd through December 31st.



YOGA STRETCH

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Dawn Delancey

See Program Sessions Below // 6:15pm-7:15pm

Ginegaw Park Lodge // \$56 per participant

Enjoy the benefits of increased flexibility and strength with this gentle flowing yoga class in the Lodge! Yoga poses, stretches, and relaxation combine to make a well rounded yoga class for either the beginner or progressing yoga participant.

Yoga Stretch:

Session 1: Tuesdays, September 15th-November 10th

Session 2: Tuesdays, November 17th-January 12th

Please Note: No Yoga Stretch on October 20th or December 29th.





ADULT & FITNESS



WERQ (CARDIO DANCE)

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Jessica McWilliams

See Program Sessions Below // 7:00pm-8:00pm

Ginegaw Park Lodge // \$35 per participant

Experience the new, wildly addictive, fiercely fun cardio dance workout where participants learn fun, unique dance routines based on the hottest pop, rock, and hip hop music to crush calories and build confidence. The workout is nonstop with repetitive athletic moves and fresh dance steps so you get the best sweat.

WERQ (Cardio Dance Fitness):

Session 1: Mondays, September 14th-November 2nd

Session 2: November 9th-December 21st

Please Note: No WERQ on September 21st, October 12th, or November 16th.

Register online with CivicPlus today! Create a profile and choose programs as you would with any online shopping client. Submit your payment and your transaction is complete!

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WALWORTH RECREATION



ADULT PICKLEBALL

ADULT ACTIVITIES // MEN & WOMEN AGES 16 & UP

Program Instructor: Program Member Run

See Program Sessions Below

Tri-County Sports Complex // \$45 per participant
856 Walworth-Penfield Road, Walworth NY

Combining elements of badminton, tennis, and table tennis, the popular racket sport Pickleball is easy to learn and play no matter your age! Pickleball is played on a badminton sized court with special paddles and a lightweight ball very similar to a small whiffle ball. These modifications allow the game to be wholly accessible to all. Playing equipment is provided for use during the session but players are encouraged to bring their own paddle if possible. Open to both new players or those with Pickleball experience!

Adult Pickleball:

**Session 1A: Mondays, September 14th-October 26th
6:00pm-7:00pm**

**Session 1B: Mondays, September 14th-October 26th
7:00pm-8:00pm**

**Session 2A: Mondays, November 9th-December 14th
6:00pm-7:00pm**

**Session 2A: Mondays, November 9th-December 14th
7:00pm-8:00pm**

Please Note: No Pickleball on October 12th.



BEGINNER LINE DANCING

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Robyn Chase

Wednesdays, September 30th-November 18th
6:30pm-7:15pm // \$57 per participant

Ginegaw Park Lodge

A fun and active way to get your exercise this Fall! Beginner Line Dancing is guaranteed to put a smile on your face while you shed calories. No experience required! Learn new dances and review previously introduced dances to keep them fresh in your memory each week. Limited space - reserve your line dance spot today!

Please Note: No Line Dancing on Wednesday, November 11th.

Register online with CivicPlus today! Create a profile and choose programs as you would with any online shopping client. Submit your payment and your transaction is complete!

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BEYOND BEGINNER LINE DANCING

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Robyn Chase

Wednesdays, September 30th-November 18th
7:30pm-8:15pm // \$57 per participant

Ginegaw Park Lodge

Once you have learned the basic steps it's time to take your line dancing to a new level! Previous line dance experience is required for class. Dancers will learn new, more technical dances and refresh their memory with previously learned dances each week. Limited space - reserve your line dance spot today!

Please Note: No Line Dancing on Wednesday, November 11th.

Get the most out of your Line Dancing experience! Those with previous Line Dance experience can register for both Beginner and Beyond Beginner levels to make it a whole evening of dance fitness!

Register for both and save - only \$95 to enroll in both classes!



BODY CONDITIONING

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Village Fitness Staff

Mondays, Wednesdays, & Fridays
8:00am-9:15am // \$109 per participant

Village Fitness

1218 Mayberry Place, Macedon NY

Discover the use of proper breathing to better connect the mind and body while also focusing on isolation of the core. Get ready to strengthen and tone your core, hips, and buttocks.

Body Conditioning:

Session 1: September 14th-October 23rd

Session 2: November 2nd-December 11th

Register online with CivicPlus today! Create a profile and choose programs as you would with any online shopping client. Submit your payment and your transaction is complete!

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WALWORTH RECREATION



CARDIO CONDITIONING

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Village Fitness Staff

Tuesdays & Thursdays
5:00pm-6:00pm // \$84 per participant

Village Fitness

1218 Mayberry Place, Macedon NY

Maximize your calorie burn through a mixture of body weight, total body, and quick twitch exercises designed to keep your heart rate up. This is a high energy class that will keep your attention! A fun way to enhance your weekly cardio routine!

Cardio Conditioning:

Session 1: September 15th-October 22nd

Session 2: November 3rd-December 15th

Please Note: No Cardio Fitness on November 26th.

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COMMUNITY NEWS & EVENTS

WALWORTH HISTORICAL SOCIETY NEWS

Programs Canceled for Remainder of 2020

At the August 10th meeting of the Board of Trustees of the Walworth Historical Society it was decided to cancel all programs for the remainder of 2020 due to the COVID-19 virus. We are hoping to reschedule these programs for next year. Our museum is open by appointment only. Visitors must wear masks and follow safety precautions that will be outlined. For more information please contact:

Jessie Keymel, President
 (315) 524-9205
 rkeymel@rochester.rr.com

Gene Bavis, Town Historian
 (315) 573-2768
 gbavis@rochester.rr.com

FIRE DEPARTMENT CHICKEN BBQ'S - 4PM UNTIL GONE

Lincoln Fire Department
 Saturday, September 12th
 Saturday, October 10th

Walworth Fire Department
 Saturday, September 19th



SENIOR FITNESS

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Village Fitness Staff

Mondays, Wednesdays, & Fridays
 9:30am-10:15am // \$74 per participant

Village Fitness
 1218 Mayberry Place, Macedon NY

Increase muscular strength, range of movement, and activity for daily living skills! Hand held weights, elastic tubing, and chair and ball exercises ensure the most fun you've had exercising!

Senior Fitness:
 Session 1: September 14th-October 23rd

Session 2: November 2nd-December 11th

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BEGINNER DOG OBEDIENCE

ADULT ACTIVITIES // ALL AGES & BREEDS OF DOGS

Program Instructor: Glenna Godown

Thursdays, October 15th-December 3rd
 7:30pm-8:30pm // \$80 per participant

Companion Dog Obedience & Services
 3430 Daansen Road, Walworth NY

If your dog needs a little "help" following the rules at home try Dog Obedience class! Dogs will learn basic obedience skills and a "silly" dog trick each week. The first meeting will be used to evaluate dogs and adjust classes to fit their needs. Formal training and instruction will begin during the second class. Training provided for dogs of all ages and abilities - not just those trying training for the first time! Please be sure to specify the age and breed of your dog when you register for class.

Please Note: No Dog Obedience on November 26th.

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DRAWING & PAINTING

ADULT ACTIVITIES // MEN & WOMEN AGES 18 & UP

Program Instructor: Paul Martin

Tuesdays // \$60 per participant
 3:00pm-5:00pm

Ginegaw Park Lodge

Enjoy the rustic warmth of the Lodge while you learn the basic principles of still life sketching (sketching and drawing an object or subject posed in front of you). Finished sketches are then translated into paintings through different brush techniques. No prior experience required. Some basic materials necessary for class. We will notify participants of class material list upon registration.

Drawing & Painting:
 Session 1: September 8th-October 13th

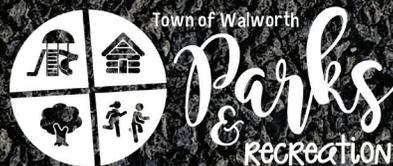
Session 2: October 20th-November 24th



Virtual class on ZOOM platform. Participants must have access to a computer or phone with video chat capability to complete course.

\$40 per participant

NYS 5-Hour Pre License Course



Monday, September 7th (Virtual Class begins at 5pm)

Register with Walworth Recreation

<https://secure.rec1.com/NY/walworth-recreation/catalog>

All participants MUST send a clear picture of a VALID LEARNERS PERMIT to Walworth Recreation (kweiss@townofwalworthny.gov) prior to class. We will follow up with ZOOM class information on Saturday, Sept. 5th.

Course certificate valid for one year following completion

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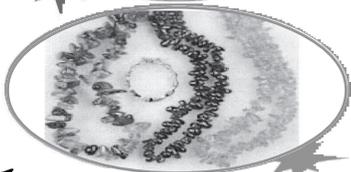
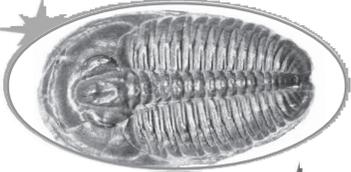
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