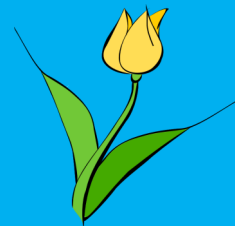


# DEPARTMENT OF RECREATION



Kathy M. Sheehan  
Mayor

Jonathan P. Jones  
Commissioner

## Upcoming City Events

**Saturday, April 18th:** Spring Clean-up; 10am-2pm, at Mullen's Field

**Friday, April 24th:** Movie Night-Arbor Hill Community Center: 5pm

**Saturday, April 25th:** Global Youth Service Day, Lincoln Park: 9am-2pm  
(pre-register for event by calling 518-447-7700)

**Saturday, May 9th &**

**Sunday May 10th:** Tulip Festival, Washington Park

**Thursday, June 11th:** Alive at Five, Riverfront Park: 5pm

**Saturday, June 13th:**

Lincoln Park Electronics Recycling Event: 10am-2pm

**Saturday, June 21st:**

Dad Fest, Jennings Landing: 1pm-5pm

**Friday, June 26th:**

City Pools and Spray Pads open for the season!

## Focus On: Senior Fitness Program

Meet George—a 68 year old Veteran and new Senior Fitness recruit. Having been encouraged by his boss to get active, George saw the announcement for senior fitness in his church bulletin and decided to give it a try. Since February he has attended twice a week and he doesn't let the fact that he is one of only two men in the program stop him from enjoying himself! Although at times the class is challenging, "I leave feeling great!" he says. George would like to encourage more men to get involved and get into shape and, "just do it."



### Senior Fitness Program

**When:** Monday & Wednesday

**Time:** 11am-12pm

**Where:** St. Sophia's Church  
440 Whitehall Road  
Albany, NY 12208



Elisabeth Draper  
Deputy Commissioner  
edraper@albanyny.gov

John Lasch  
Facilities Supervisor  
jlasch@albanyny.gov

### HAVE A QUESTION?

Department of Recreation

7 Hoffman Ave

Albany, NY 12209

518-434-5699

Mike Banks  
Program Coordinator  
mbanks@albanyny.gov

Amanda Paeglow  
Outreach Coordinator  
apaeglow@albanyny.gov



[www.albanyny.org/Government/Departments/Recreation](http://www.albanyny.org/Government/Departments/Recreation)

Find us on Facebook: Albany, NY Department of Recreation

# Updates Around the City

## Nationally Ranked Boxers at City Boxing Gym!

In February Kisar Goldson and Shamar Canal traveled to Independence, Missouri for the National Silver Gloves Boxing Tournament. Kisar took 1st place nationally AND became the youngest person in our boxing gym's history to do so (all at the age of 11) and Shamar took 2nd place! Congratulations—we're very proud of you!

91 Quail Street, Albany, NY 12206 — 518-434-2480

Mondays - Fridays

1pm-3pm; 6pm-9pm: Adults (must be 18 years old)

3pm-6pm: Kids Only (18 years and under)



## Looking for Some Summer Fun?

Check out all the camps, clubs and activities we're offering this Summer!

## Save the Date: Friday, June 26, 2015

### Opening Day for City Pools and Spray Pads!

#### Outdoor Pools

Open 7 days a week!

##### Lincoln Park Pool

(Eagle Street & Morton Ave)

Open 12pm-7pm (closed 4:15-5pm)

##### Mater Christi Pool

(New Scotland Ave)

Open 11am-7pm (closed 4:15-5pm)

#### Spray Pads

Open 7 days a week!

~ Swinburne Park ~ Upper Lincoln Park

~ Hackett Park ~ Livingston Park

~ Krank Park ~ Ridgefield Park

~ Westland Hills ~ Rosemont Park

~ Sheridan Park

Hours of Operation: 10am -6pm

## Stories and Arts in the Parks Presented by the Department of Recreation, the Albany Public

## Library, and the Albany Barn!

### Summer Fun with 8th

### Ward Councilman Jack Flynn!



#### Saturday Youth Basketball Program at Mater Christi Park

May 30th - August 22nd: 9am-11am

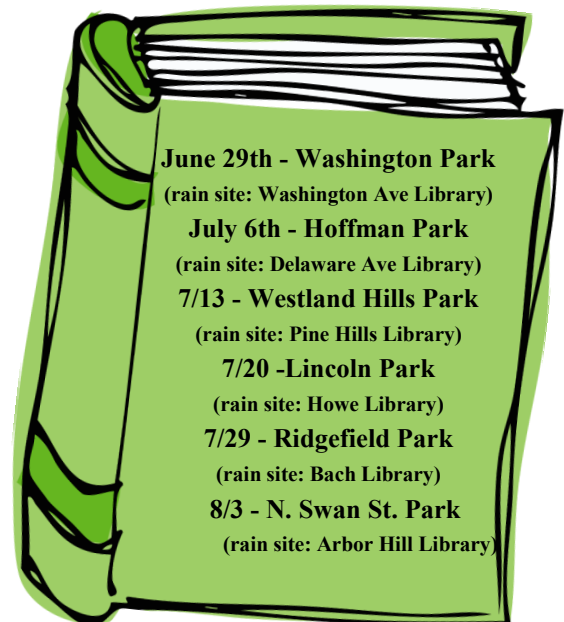


#### Sunday Night Family Bike Ride

(ride begins at 6:00pm the Academy of the Holy Names)

Dates: May 31, June 14, 28, July 12, 26, August 9, 23

For More Information, contact Councilman Flynn:  
jjflynn28@hotmail.com



June 29th - Washington Park  
(rain site: Washington Ave Library)

July 6th - Hoffman Park  
(rain site: Delaware Ave Library)

7/13 - Westland Hills Park  
(rain site: Pine Hills Library)

7/20 - Lincoln Park  
(rain site: Howe Library)

7/29 - Ridgefield Park  
(rain site: Bach Library)

8/3 - N. Swan St. Park  
(rain site: Arbor Hill Library)

# The 1609 Fitness Challenge is Back!

Once again the Department of Recreation would like to challenge City of Albany Residents to get physically active this summer! Beginning in late June and going through the end of August, we will be offering a variety of activities throughout the city for all ages—what interests you?



## Zumba in the Park

Mondays 6pm - 7pm: Westland Hills Park

(rain location: Arbor Hill Community Center)

June 29th

July 6th, 13th, 20th and 27th

August 3rd, 10th, 17th and 24th

Wednesdays 6pm-7pm: Lincoln Park Bowl

(rain location: Lincoln Park Fitness Center)

July 1st, 8th, 15th 22nd and 29th

August 5th, 12th, 19th and 26th



## Yoga In the Park

Tuesdays 6pm - 7pm: Westland Hills Park

(rain location: Arbor Hill Community Center)

June 30th

July 7th, 14th, 21st and 28th

August 4th, 11th, 18th and 25th

Saturdays 10am-11am: Washington Park

(rain location: Lincoln Park Fitness Center)

June 27th

July 11th, 18th, and 25th

August 1st, 8th, 15th, 22nd, 29th

## —Tournaments in the Park—

### 3 on 3 Co-Ed Basketball Tournament

July 11th - Hoffman Park

July 18th - Madison Park

July 25th - Washington Park

Games begin at 10am

13 - 17 year olds and 18 year olds+

• No more than 5 players per team

• Single elimination

### 5 on 5 Soccer Tournament

Saturday August 8th and 15th

10:00am

Upper Lincoln Park Grass Courts

(corner of Delaware Ave and Morton Ave)

- Male/Female ages 13 and older
- No more than 7 people per team
  - Single Elimination
- 16 team max....so sign up fast

Teams can pre-register for Tournaments in the Park at the Department of Recreation

~ 7 Hoffman Ave ~ 518-434-5699 ~ Recreation@albanyny.gov

# Summer 2015 Camps and Clubs



June 29th - August 12th

**Mondays & Wednesdays Upper Lincoln Park**

**Tuesdays & Thursdays: Arbor Hill Park**

**Friday: Hoffman Park**

**August 13th: JAMBOREE - Washington Park**

**8am- 5pm**

City of Albany and Albany Recreation Lacrosse Club

Present



## Lacrosse Camp

Boys and Girls 3rd - 12th grade

July 12th - July 24th

July 27th - July 31st

Plumeri Turf Field

Arbor Hill Park

8:30am - 11:30pm

8:30am - 11:30pm

Bring mouth guard, all other equipment will be provided



## Basketball Camp

**Monday - Friday**

**July 7th - August 7th**

**Arbor Hill Basketball  
Courts**

**8am -4pm**

**Ages: 5 -13 years old**



## Golf Camp

**August 3rd - August 7th**

**8:30am-11:30am**

**Capital Hills Golf Course**

**Ages: 6--16 years old**



## Baseball Camp

**July 27th -31st**

**Plumeri Field  
(20 Frisbie Ave)**

**8:30am-11:30**

**Ages: 5 -13 years old**



Albany Fleet Feet Sports and City of Albany present:

## RUN CLUB



**Tuesdays and Thursdays 9am -11:30am**

**July 7th -August 20th**

**Participants are fitted with new running shoes which they  
will be given at the end of the club!**

Ages: 8-15



## Hiking Group



**Tuesday: July 14th & 28th**

**Tuesday: August 11th & 25th**

**9am- 12pm**

**Ages: 8-16 year olds**

Pick-up at Arbor Hill and Hoffman Community Centers



## Black Watch Premier Soccer Camp



Offered by the Black Watch Premier Soccer School

Monday August 10th - Friday August 14th, 2015

8:00am-11:30am

Plumeri Fields

Ages: 6-13 year olds

For more information or to  
pre-register for camps/clubs contact:

**Department of Recreation**

7 Hoffman Ave

Albany, NY 12209

**518-434-5699**

All Summer Camps / Clubs are free of charge for City of Albany Residents!