JR SERIES SUMMER PROGRAM

Come join Varano Super Jump, Inc. for a fun-filled program designed specifically for ages 4-6. The goal is to develop coordination & fitness levels, as well as, increase knowledge of basic sport games through play. Each Thursday will feature a different interactive inflatable that focuses on fitness and tons of fun!

Dates: July 9-August 15
Times: 10:00am-10:50am
Ages: Ages 4-6
Location: Franklyn’s Field
Activities:
Tuesdays-Combo of Locomotive Skills and Tag/Sport Games
Thursdays: Interactive Inflatable
Fee: Free

JUNIOR GOLF PROGRAM

Learn to Play Golf. Learn to Putt. Learn to Drive. Learn to Chip. Learn to Score. This program is sponsored by Mohawk Glen G.C. and Delta Knolls G.C. Instructor Paul Panek

6 1/2 Hour Sessions with lessons on Mondays & Wednesdays
Starting Monday July 1 at 9:00 AM

Lesson Fee: FREE

Register with payment at Delta Knolls G.C. or at Mohawk Glen G.C.

For more information call Paul at 315-335-3093
RECREATION PROGRAMS

KARATE PROGRAM
Rome’s leading Martial Arts Studios are holding 2-week summer clinics for kids, geared towards building leadership skills, while improving confidence and fitness through the martial arts. It is FREE to all participants and offers a great opportunity to be exposed to excellent and professional instruction with a safe and instructive environment. Sign-up for one or sign-up for all!

BAILEY’S KARATE
Location: 5872 Rome Taberg Rd
Dates: July 15-24
Days: Mon & Wed
Time & Ages:
2:00-2:30pm ages 4-6
2:45pm-3:30pm ages 7+
Fee: Free

David Bruce’s American Martial Arts
Location: 143 W. Dominick St
Dates: July 29 - Aug 7
Days: Mon & Wed
Time & Ages:
2:00-2:30pm ages 4-6
2:45pm-3:30pm ages 7+
Fee: Free

CONFIDENT KIDS KARATE PROGRAM
Join Sensei Brian Seetoo #1 BEST selling author “BULLYPROOF” & Side Kicks Karate for a FREE 4-week program that will help your child to become more confident and focused. Our classes are more than just punching and kicking, we help empower child to help them develop the “Yes I Can” Attitude. Your child will have a BLast learning some really cool martial arts drills that will help boost their self esteem and teach them to be BULLYPROOF: Our classes help children to become stronger Physically, Mentally, Emotionally and Socially. We look forward to amazing summer of learning and fun!

Dates: July 8th to August 2nd
Ages 4-7: Monday and Wednesday 10:00am - 10:45am or Tuesday and Thursday 4:45pm-5:30pm
Ages 8-11: Monday Wednesday 10:45am-11:30am or Tuesday Thursday 6:15pm-7:00pm
Ages 12 and up: Tuesday and Thursday 7:00pm to 7:45pm

KAYAKING PROGRAM
Location: Bellamy Harbor Park
East Whitesboro Street

Days & Times:
Tuesdays, Wednesdays, & Thursdays
Session 1: 1:00 pm - 2:30 pm
Session 2: 5:00 pm - 6:30 pm
(End time is approximated)

Ages: 8 through adult
Fee: $10 per, $30 max per family
Limit: 8 per session

Dates & Sessions:
July 16, 17, 18
(8 participants in each session)
Session 1: 1:00 pm - 2:30 pm
Session 2: 5:00 pm - 6:30 pm

July 23, 24, 25
(8 participants in each session)
Session 1: 1:00 pm - 2:30 pm
Session 2: 5:00 pm - 6:30 pm

July 30, August 1
(8 participants in each session)
Session 1: 1:00 pm - 2:30 pm
Session 2: 5:00 pm - 6:30 pm

August 6, 7, 8
(8 participants in each session)
Session 1: 1:00 pm - 2:30 pm
Session 2: 5:00 pm - 6:30 pm
KIDS YOGA

Each class will incorporate various forms of play learning to teach children about yoga. We will experiment with poses, breathing exercises, meditations and various other mindfulness techniques. Yoga has been scientifically proven to help children balance stress, learn about their bodies through increased awareness, acknowledge their own special talents and strengths, connect with life and nature and learn about ethics and virtues. It has been shown to improve self-esteem, focus, strength, flexibility and balance all while decreasing feelings of anxiety and depression.

Location: Full Lotus Yoga
Dates: July 9 - August 1
Days: Tuesdays and Thursdays
Times & Ages:
Recommend that children are at least 4 years of age, however as long as they are able to follow instructions younger children may participate in the program.
11:15 a.m.-12:00 p.m.
Maximum: 17 children
Fee: $40
Other Info: All equipment is provided, recommended that children wear comfortable movable clothing. Will need to bring a water.

Contact:
Bianca Johnson
Full Lotus Yoga
216 Erie Boulevard East Rome NY 13440
(315) 617-2904
fullotusyogastudio@gmail.com or biancayoga23@gmail.com

GIRLS LACROSSE CAMP

Need some extra practice or a new hobby? Then girl’s summer lacrosse is for you! Come out and join some fun in the sun with coaches, and former college athletes that will provide a base understanding of skills and the rules of the game. This summer lacrosse program will consist of a warm up game, fundamental development, and small game play. Come and get sweaty before hopping into your pool! You won’t want to miss out on the fun!

Dates: July 8-August 14
Days: Mondays and Wednesdays
Time & Ages: 5:00pm-6:00pm, Entering Grades K-4
6:00pm-7:00pm, Grades 5-7
Location: Guyer Field
Fee: Free
STREET HOCKEY PROGRAM

Come join the Recreation Staff and learn/improve on the skills associated with the game of hockey. The program will be a mix between fundamental practice, conditioning, and live game play. Helmets and gloves are recommended.

Location: J.F. Kennedy Arena
Dates: July 8 - August 14
Days: Mondays & Wednesdays
Times & Ages:
- 9:30am-10:20am ages 4-6
- 10:30am-11:20am ages 7-10
- 11:30am-12:20pm ages 11-13

Come join the fun!

Fee: FREE

ADULT SKATE AND SHOOT

The main arena floor will be open to all individuals 19 years and older who desire to continue developing their hockey skills or just to get together for some conditioning and fun! All roller blades and roller skates are acceptable. The only requirement is that a helmet must be worn at all times.

Location: Kennedy Arena, 500 W. Embargo Street
Days: Tuesdays & Thursdays
Times: 11:30a.m.-1:00p.m.
Fee: $5 Daily/ $50 Summer Pass
RFA SOCCER CLINIC
Come meet and join the RFA Varsity Soccer Coach, Chad Reese, in this week-long free clinic. The goal of the camp is to provide each camper with the technical skill training in dribbling, passing, receiving, shooting and live game play. Camp will provide structured experience to promote learning and fun.
Location: Frankly's Field
Dates: July 15-July 19
Days: Monday-Friday
Times & Ages: 9:00am-10:30am: Ages 6-8 & 10:30am-12:00pm: Ages 9-12
Fee: FREE

PERRY NIZZI SOCCER CAMP
Come and learn the greatest game on two feet by one of the finest instructors anywhere! The primary focus of the Perry Nizzi Soccer Camp is to provide quality instruction to area youth at an affordable price. During the week long camp participants will receive: a quality soccer ball, camp T-shirt, dedicated coaching, fun week, a low instructor to student ratio and individual attention. Applications are available now at the Recreation Office or on-line at romenewyork.com
Location: RFA Stadium Turf, 500 Turin Street
Dates: July 8-12
Days: Monday-Friday
Times: 9:00am-12:00pm
Ages: Boys and Girls ages 5-12
Fee: $85, checks payable to: Rome Sports Hall of Fame

COME JOIN OUR SUMMER SOCCER PROGRAMS

TENNIS PROGRAM

Youth Program
Come learn the game from professional tennis instructor Jay McMahon. Look no further if you desire to learn more about the game, or to simply recreate and have some fun!!
Location: Frankly's Field Tennis Courts
Dates: July 9 - August 15
Days: Tuesday's & Thursdays
Times & Ages:
- 9:00am-9:50am: Ages 5-10, Max 25
- 10:00am-10:50am: Ages 5-10, Max 25
- 11:00am-11:50am: Ages 11-15, Max 20
Fee: FREE

Friday Pick-up Play
Practice and prepare during the week for a live match performance on Fridays! Pick-up play will be formatted in a round-robin or-ladder style that seeks to match equal level players.
Location: Frankly's Field Tennis Courts
Dates: July 12 - August 16
Days: Fridays
Times & Ages: 9:00am-11:00am: Ages 11 and older
Fee: FREE
WATER POLO

This is a new recreational sport that is growing quickly in popularity across the country. The program emphasizes FUN, entertainment, and a little fitness. The program is conducted and highly supervised by our Aquatics staff. Come jump in the pool and have some fun with the staff!

Location: Municipal Pool, 500 W. Embargo Street
Dates: July 12 - August 16
Days: Fridays
Times & Ages: 2:00pm-3:00pm Ages: 8 & older
Fee: FREE

WEEKEND KAYAK PROGRAM

Thanks to the Community Foundation of Herkimer and Oneida County sponsorship the Rome Parks & Recreation Department will be offering its free weekend kayak program. The program is conducted on both Saturdays & Sundays from 10:00am-3:00pm at Bellamy Park Harbor located at 324 Harbor Way and runs from July 7-August 19’. Individuals must be 8 years or older to participate and all that are 16 and younger must be accompanied by someone 18 years or older. All that is required is the signing of a waiver form and providing a form of collateral that will be returned when the kayaks are returned. We have a variety of kayak styles to offer, so please bring your family and friends to enjoy this wonderful free program. Any questions/concerns please contact the Recreation Department at 339-7654.

Location: Bellamy Park Harbor, 324 Harbor Way
Time: 10:00am-3:00pm
Days: Saturdays & Sunday
Dates: Runs From July 6 - August 18
FEE: Free
VITALITY
KIDS FIT AND FUN SUMMER SERIES

Come join local & professional fitness instructor Tom Rahmer, CPT and the Vitality Fitness and Wellness Organization in the Vitality Kids Fit and Fun Summer Series. Your kids will learn how to safely stay fit and active through a series of fun activities, different each week, designed to teach proper exercising techniques they can utilize the rest of their lives.

Location: Franklyn's Field
Dates: July 8 - August 16
Days: Mondays, Wednesdays, Fridays
Times & Ages: 9:00am-10:00am Ages 4-8
10:00am-11:00am Ages 7-12

Fee: FREE
Week 1- Intro to Exercising, learn basics of how exercise sessions should function
Week 2- Obstacle Course, get blood pumping with fun and excitement
Week 3- Kids Yoga, one most overlooked aspect of fitness is flexibility
Week 4- Ultimate Frisbee, learn teamwork skills and develop coordination
Week 5- Recap Week, tying it all together with some extra fun planned for the last day

PARK, PAVILION & POOL RENTAL FEES

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*All rates are based on per hour

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*Day Fee rental includes complete 8 hours of Park/Pavilion usage and 4 hours of Pool usage.
For pavilion and pool rentals please contact the Recreation Department at 339-7656.
Are you looking for some arts & craft projects to perform over the summer? Come drop by to the Franklyn’s Field Clubhouse back porch, which will be offering a daily variety of quick craft projects, as well as, some weekly themed science projects. There is no registration or cost, just drop-in and have some fun!

Location: Franklyn’s Field Back Porch

Days: Monday-Friday

Times: 1:30pm-3:30pm

Ages: 5 & older

Dates: July 8- August 9

Fee: FREE

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**Themed Projects**

**Project #1**
Week 1: July 8 - July 12
Octopuses: Two different kinds made from toilet paper rolls, yarn, cardstock & streamers!

**Project #2**
Week 2: July 15 - July 19
Rainbow Fish: Made from light blue cupcake liners, sparkly craft jewels and blue & yellow cardstock!

**Project #3**
Week 3: July 22 - July 26
Crab: Made from egg carton, red craft paint, red pipe cleaners & googly eyes!

**Project #4**
Week 4: July 29 - August 2
Tropical Fish: Made from dessert size paper plates & large wiggly eyes!

**Project #5**
Week 5: August 5 - August 9
Shark Cookie Catcher: Origami made from copy paper or glossy photo paper!

**Special Fill-In Projects:**
- Crocheting
- Straw Stars
- Hanging Coffee Filter Butterflies
- Paper Crowns
- Bead Bracelets
- Butterfly Pencil
SPORT LEAGUE INFO AND SIGN-UPS

Cal Ripken Baseball League
Ages: 4-12
Contact: gregellinger@yahoo.com
Website: https://www.facebook.com/CityOfRomeYouthBaseballCalRipkenLeague

Lee Little League Baseball
Ages: 5-12
Contact: leecenter@msn.com
Website: https://www.facebook.com/pages/Town-of-Lee-Little-League/394972657263380

BASKETBALL: Youth Girls’ & Boys

Rome Select Basketball
Both girls’ and boys’ youth teams
Contact: jrbhining@yahoo.com
Website: http://romeselectbasketball.com/

William Valentine League
Youth Girls’ League
Contact: James Ryan
Email: james.ryan.36 ct@us.army.mil

Stan Evans League
Youth Boys 5th and 6th Grade League
Contact: 315-339-7654 or rhickey@romeccgny.com

John Della Contrada League
Youth Boys 3rd and 4th Grade League
Contact: 315-339-7654 or rhickey@romeccgny.com

FOOTBALL/CHEER: Youth

Rome Colts Pop Warner Football
Ages: 5-13
Website: http://www.romecolts.org/
Facebook: https://www.facebook.com/RomeColts-

HOCKEY: Youth

Rome Hockey Association
IP Program: Initiation Program
Contact: Steve Townsend 315-240-4246
Website: http://www.eteamz.com/romehockey/
Facebook: https://www.facebook.com/pages/Rome-Hockey-Association/254298261271730

KARATE: Youth/Adult

Baileys Karate
Contact: wicki.jillen96@gmail.com
Website: http://baileyskarateschool.com
Facebook: https://www.facebook.com/bkriome

Side Kicks Family Karate
Contact: sidekickskarate@gmail.com
Website: http://romenykarate.com/
Facebook: https://www.facebook.com/SideKicksFamilyKarate

American Martial Arts
Contact: david@romekarate.com
Website: http://davidbrucekarate.com/

LACROSSE: Youth

Mohawk Valley Lacrosse
Contact: info@mohawkvalley lax.com
Website: http://www.mohawkvalley lax.com
Facebook: https://www.facebook.com/MohawkValleyLacrosseLeague

Tri-City Lacrosse
Contact: paulinecker@ball.com
Website: http://www.tricitylacrosse.org
Facebook: https://www.facebook.com/pages/Tri-City-Lacrosse-Inc/138197695597245

RUNNERS CLUB: Youth & Adult

Roman Runners
Contact: romanrunners@romanrunners.com
Website: romanrunners.com
Facebook: https://www.facebook.com/pages/Rome-Runners-Club/392894075380

AYSO: Lee/Rome- Region 405
Contact: registrar@aysor.org
Facebook: https://www.facebook.com/pages/AYSO-Region-405-LeeRome-NY/152014278163390

SOFTBALL: Youth & Adult

Rome Girls Softball Association
Contact: softball2010@timeoutcny.com
Website: http://romegirlsoftball.org/
Facebook: https://www.facebook.com/RomeGirlsSoftball

Co-Ed Adult Softball League
Contact: Chrystal Iavar
315-240-9914
chrystaloar@aol.com

Men’s Adult Softball League
Contact: Gary Breen
315-334-2345
fb@cbreen@yahoo.com

Women’s Adult Softball League
Contact: Melissa Zehda
315-398-7196

TENNIS: Youth & Adult

Professional Tennis Instructor
Contact: Jay Mc Mahon
Jjmcmcm1963@yahoo.com
813-777-6000

YOGA: Youth & Adult

Just Breathe Yoga Studio
Contact: yogas@justbreathewayogastudio.com
Website: http://www.justbreathewayogastudio.com
Facebook: https://www.facebook.com/JustBreatheYogaStudioRome

Department of Parks & Recreation
198 N. Washington Street
Rome, New York 13440
Phone: 315-339-7656
Fax: 315-838-1161
Website: romenewyork.com

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