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# WINTER RECREATION RESOURCES 2015

**Walking**

**Broadalbin-Perth School (The Learning Community):** 100 Bridge St.,Monday-Friday, 3-9 p.m. **Fonda-Fultonville High School:** Monday-Friday, 6:30-7 a.m. and 6-9 p.m. from Dec. 8th – May 15th **Gloversville High School:** Monday-Thursday, 5:30-8 p.m. **Mayfield Elementary School:** Monday-Friday, 5-8 p.m. **Warren Street Elementary School:** Monday-Thursday, 6-8 p.m. **Johnstown Mall:** 248 North Comrie Ave., Johnstown

**Swimming\***

**Fonda-Fultonville High School:**  Sundays 1-3 p.m. and Thursdays 7-9 p.m. until May 17th **Johnstown High School:** Tuesdays 6-8 p.m. and Saturdays 9-11 a.m. until March 31st when schedule changes. Visit the school’s athletics website and check under aquatics for the Spring schedule.

**\***School based community programs are only available when school is in session. If your school is not listed, call and ask if they will be offering a program this year. Some schools have a fitness center and allow local residents to use their equipment. Check with your school to see if that is an option!

**Youth Commissions & Volunteer Opportunities**

***Check with your local city, town, or county for youth commission contact information.***

**Broadalbin-Perth:**  www.byckids.com **Gloversville:**  www.cityofgloversville.com (click on Departments, then Recreation)

*Check with your local city or town for volunteer opportunities. Here are some suggestions: Nathan Littauer Hospital \* The Fulton County Museum \* Local Libraries \* Gloversville Recreation Deparatment \* Ice Skating Rink \* Area Soup Kitchens \* Senior Centers \* 4H \* Girl Scouts \* Glove Theater and Colonial Little Theater \* Local Art Programs \**

**Bowling & Roller Skating**

**Arterial Lanes:** 140 North Pine Street, Gloversville ~ 725-0512  **Starlite Bowling:** 9 Montgomery Street, Gloversville ~ 773-2695 **Perry Lanes:** 1 Maple Ave., Johnstown ~ 762-8618 **High Rollers Family Fun Center:** 4314 State Highway 30, Amsterdam ~ 843-0783

**Fitness & Dance Studios**

Check your local yellow pages and with your health insurance company. Some companies will cover all or part of your gym membership costs, or other fitness programs.

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**Walk Outdoors**  ***Daylight hours, seasonal, conditions vary, snowshoes may be required, check local signage***.

**FJ&G Rail Trail:** Multiple access points from Johnstown, Gloversville, and Broadalbin. **Littauer’s Walking Track:**  99 East State Street, Gloversville **Knox Bridal Path:** Knox Field, Johnstown

**Down Hill Skiing & Snowboarding Royal Mountain:** Caroga Lake ~ 835-6445

**Cross Country Skiing & Other Outdoor Recreation**  **Lapland Lake:** Benson/Northville ~ 863-4974 *Snowman building, snowshoeing, cross country skiing, tubing, ice skating, kids ski club, Reindeer Rally, Women’s Day, and more!* **Nick Stoner Golf Course:** Caroga Lake ~ 835-4220 *Cross country skiing and sledding* **Rockwood State Forest:** State Highway 29, Rockwood *Cross country skiing and snow shoeing* **Pine Lake & Indian Lake Cross Country Ski Trails:**  Green Lake Road, Caroga Lake

**Hiking\* *Seasonal conditions vary, snowshoes may be required, experience recommended.***

**Fort Hunter:**  Fort Hunter/Yankee Hill Nature Trail **Caroga Lake:**  Irving Pond, Kane Mountain, Nine Corner Lake **Arietta/Piseco:** Broomstick Lake, Jockeybush Lake, Ferris Lake Wild Forest **Johnstown:** Willie Wildlife Marsh (rehab work pending)

**\***These are just a few examples of local hiking trails. For more information on hiking trails and hiking groups, check out these websites: [www.nlh.org/classes-events](http://www.nlh.org/classes-events) [www.dec.ny.gov/62.html](http://www.dec.ny.gov/62.html) [www.44lakes.com](http://www.44lakes.com) [www.cnyhinking.com](http://www.cnyhinking.com) [www.visitsacandaga.com/hiking.htm](http://www.visitsacandaga.com/hiking.htm) [www.adk.org](http://www.adk.org) [www.adirondack.net](http://www.adirondack.net) [www.visitadirondacks.com/recreation/hiking](http://www.visitadirondacks.com/recreation/hiking) [www.adktrailmap.com](http://www.adktrailmap.com)

**Sledding & Ice Skating** ***Dependent upon conditions. Also, check with your local golf course, town or city clerk.***

**Broadalbin-Perth High School (Sledding):** 100 Bridge Street (on the hill in front of the school)

**Littauer Field (Ice Skating):**  Union Street, Gloversville Weekends & school holidays 9 a.m.-8 p.m. and Monday-Friday, 4-8 p.m. (contact Jeff Ashe 725-7413)

**Some Winter Safety Tips!!**

***Make sure you stay warm and safe when you go outside this winter!***

* Dress in layers and avoid wearing clothing made of cotton.
* Wear a hat, boots, gloves, scarf, and warm jacket.
* Go inside periodically to warm up.
* Only ice skate on approved lakes or ponds. Check with local rec departments or local police departments to verify.
* Never participate in winter rec activities alone.
* Wear a helmet while sledding or downhill skiing.
* Always wear sunscreen, even in the winter.

This information represents some of the many options available locally to help the community stay active in the winter. Inclusion on this list does not imply endorsement.

*~ Content reviewed and found to be current as of 12/29/14 by HealthLink Littauer 736-1120 ~*

**For more winter recreation safety tips, visit the American Academy of Pediatrics at www.aap.org**.