

Ontario County

Health and Wellness

Programs

2010



Ontario County Health and Wellness Programs – 2010

This is a partial listing of healthy programs available in Ontario County as of August 1, 2010. Programs may be added or discontinued at any time.

Table of Contents

	<u>Page</u>
Bicycle Rentals	1
Bicycle Retail	1
Camps	1-2
Charity Events	2
Child Care	3-4
Children’s Activities	5-6
Churches	6-7
Colleges	7
Diabetes Education.....	7-8
Farm Markets	8-10
Community Supported Agriculture (CSA)	10
Gym and Recreation Centers.....	11-13
Natural Food Retail Stores	13
Nutrition Programs	13-14
Ontario County Services	14-15
Parks	15-20
Pick Your Own Produce	20-21
Public Services	22-23
Summer Recreation	23-25
Winter Recreation	25-27
School Districts	27-28

Ontario County Health and Wellness Programs

Bicycle Rentals

Geneva

Long Pier Ice Cream & Rentals

47 Lakefront Drive

Geneva, NY 14456

315-781-2453

Canandaigua

Canandaigua RV&E. Bike and Skate Shop

168 South Main Street

Canandaigua, N.Y. 14424

585-393-5680

Bicycle Retail

Geneva

Geneva Bicycle Center

489 Exchange Street

315-789-5922

www.genevabikes.com

Victor

Trailblazers Bike and Sport Shop

80 West Main Street

Victor, NY 14564

585-742-1310

Camps

Canandaigua

Camp Bristol Hills

4437 Kear Road

Canandaigua, NY 14424

Choose Healthy 4-H

STEM (Science, Tech Engineering, Math)

Stresses Healthy Living, role model

Nutrition: Healthy Store, food

Ages 5-18

Camp fee

Scholarships available

Camp Phone: 585-394-7838

Farmington

Cobblestone Arts Camp

1622 State Rte. 332

Farmington, NY 14425

585-398-0220

Dance Instruction

Ages 2-9

Camp fee

Camps Cont'd.

Geneva

Hobart & William Smith

300 Pultney Street
Geneva, NY 14456
315-781-3103
fax 315-781-4325
K-18 y/o
Camp fee

Naples

Warren Cutler Scout Residence
7131 Gulick Road
Naples, NY 14512
585 374-5706
Merit badges, fitness
Swim, Boat, Climb, Repelling
Boy Scout Camp ages 11-18
Staff ages 18-60
Funded by United Way

Phelps

Camp Dittmer

Boy Scouts of America Iroquois Trails Council
2212 Toll Road
Phelps, NY 14532
Camp: 315-548-3474
Swim, boat, climb, rappelling
Merit badges, fitness

Girl Scouts Camp

Seven Lakes Council
Route 318
Phelps, NY 14532
Salvation Army Camp
315-539-5085
Girls only
Funded by United Way

Charity Events

Canandaigua

March of Dimes Walk

Sonnenberg Gardens
Canandaigua, NY
April 25, 2010
<http://www.marchforbabies.org>

Geneva

14th Annual Better Life

Ravenwood Golf Club
Victor, NY 14564
April 25, 2010
585-396-6155

Child Care

Canandaigua

Finger Lakes Community College Child Care Center

4255 Lakeshore Drive
585-394-6666
Healthy Week Trial of new foods
Stretch and Grow
Stress Healthy Living
18 months to 4-5 y/o
Federal Grant
Tuition

Happiness House

35 North Street
Canandaigua, NY 14424
585-394-1190

Head Start

35 North Street
Canandaigua
585-394-1190

Tot-al Care of Canandaigua

5263 Parkside Drive
Canandaigua, NY 14424
585-396-2860
Healthy Body
Healthy Foods
Stress Health Every day
Exercise and Nutrition

Clifton Springs

Clifton Springs YMCA

10 Crane Street
Clifton Springs, NY 14432
315-462-6184

Our Children's Place

9 Village Drive
Clifton Springs, NY 14432
315-462-0460
Wellness Day in the Universal Pre-kindergarten Program
Stresses Healthy Living
Nutrition, Physical Education
Self Care
4-5 y/o for Universal Pre-kindergarten Program
6 weeks to 10 years for daycare and after school programs
Federal Grant
Income based tuition

Geneva

Agri-Business Child Development Center

5 Goodman Street
genevaabcd@lynnet.com
315-781-3267

Child Care Cont'd.

Geneva Childhood Development Center

PO Box 268
Geneva, NY 14456
315-789-4248

Geneva General Hospital Childcare Center

196 North Street
Geneva, NY 14456
315-787-4190
March is Nutrition Month
Stress Healthy Living
Exercise
6 months to 12 years

Geneva General School Age Program

400 West North Street
Geneva, NY 14456
315-787-4190
March is Nutrition Month
Stress Healthy Living
Nutrition
Exercise

Happiness House

731 Pre-Emption Road
Geneva, NY 14456
315-789-6850
Wellness Day
Nutrition
Stress healthy living
Nutrition
Exercise

Victor

Jack and Jill Child Care

14 Framark Drive
Victor, NY 14564
585-924-9550
Nutrition
Stress Healthy Living
Exercise and Aerobics
Yoga 2 years and up
6 weeks to 12 years

Victor

Victor Child Care Center

66 School Street
Victor, NY 14564
585-924-2077
Nutrition
Stress Healthy Living
Gym inside Exercise
6 weeks to 12 years

Children's Activities

Canandaigua

4-H: Cornell Cooperative Extension

480 North Main Street
Canandaigua, NY 14424
585-394-3977, ext. 401
Physical education & Nutrition
Ages 10-21
Funded by United Way

Geneva

Boy Scouts of America

Seneca Waterways Court
315-789-1166
Merit badges fitness
Boys ages 11-18
Funded by United Way

Boys and Girls Club

1 Goodman Street
Geneva, NY 14456
315-781-6060
Camps for K-18 y/o

Boys and Girls Club

Teen Center
Carter Road, Geneva, NY 14456
315-759-6060

"Health Habits" Program

Healthy Living active learning
"Triple Play" Program
Games for mind body and soul
Ages 6-11
Grants
Kraft foods & Coca-Cola

"Healthy Habits" Program

"Smart Girls" Program
Healthy Living active Learning
Encourage Healthy Attitudes
Grants

Little League

Canandaigua (398-2847)
Clifton/Phelps (315-462-6184)
Farmington (398-2847)
Geneva (mkeear@rsautoauction.com)
Naples (585-374-2435)

Geneva Boxing Club

91 Castle Street, Geneva
315-781-1461
Boxing instruction
Youth

Children's Activities Cont'd.

Phelps

Girl Scouts of America

Seven Lakes Council
Route 318
Phelps, NY 14532
315-539-5085
Girls 5-18 years old
United Way

Geneva

Teen Center

160 Carter Road
Geneva
315-759-6060
www.genevacommunitycetner.org/teen.html

Canandaigua

"Healthy Habits" FLCC

4255 Lake Drive
Canandaigua, NY 14424
585-394-6666
Garden Club
Organized Sports
Gym
United Way

Churches

Canandaigua

Good Shepherd Lutheran

Parrish Street, Canandaigua, NY 14424
585-394-2760
Rose Walk
Blood Pressure Checks
Softball, Relay for Life
Swing Dancing

United Church

11 Gibson Street, Canandaigua, NY 14424
585-394-0503

Honeoye

United Church of Christ

8758 Main Street, Honeoye, NY 14471
585-229-5302
Exercise Classes for Seniors – M-W-F

Victor

St. Patrick's Church

115 Maple Street, Victor, NY 14564
585-924-7111
Senior Walking Class

Churches Cont'd.

United Methodist Church

Main Street
Victor, NY 14564
585-924-7111

Colleges

Hobart & William Smith College

300 Pultney Street
Geneva, NY 14456
1-315-781-3528
Alcohol Coalition

Basketball, Baseball, Softball, Volleyball, Track, Yoga, Lacrosse, Dance, Judo, Ski, Skate, golf, Karate, Badminton, Tennis, Weight Training, Kick Box, Nutrition Class, Spinning, Biofeedback, Stress Reduction, Student Health Services, Rec. Center, Gym, Pool, Wellness Coordinator, Mental Health, Counseling, Stress Management

Finger Lakes Community College

3325 Marvin Sands Drive
Canandaigua, NY 14424
1-585-396-3500, ext. 7459
School 1-585-394-3522

Basketball, baseball, softball, volleyball, track, yoga, lacrosse, dance, Judo, ski, skate, golf, Karate, badminton, tennis, weight training, kick box, swim, scuba, fencing, nutrition class, concepts of wellness, spinning, biofeedback, stress reduction, fencing, student health services

Finger Lakes College of Nursing

Geneva General Hospital
315-787-4005
RN Program
Nutrition Class
18 & up

Diabetes Education

Canandaigua

FF Thompson Hospital

Diabetes educator
585-396-6233

Clifton Springs

Clifton Springs Hospital

Coulter Road
1-315-462-9861

Geneva

Geneva General Hospital

North Road
315-787-4000

Farm Markets

See Ontario County's Agriculture Adventure Trail at
<http://fingerlakesagriculture.com/>

Bloomfield

Schlenker Farm Market

8424 Route 5&20
Bloomfield, NY 14469
585-764-0894

White's Farm Market

2180 Route 64 North
Bloomfield, NY 14469
585-657-7656

Canandaigua

Beacon Farm Market

3895 Route 5&20
Canandaigua, NY 14424
585-394-4693
Sat. 8:30-12:30
June – September

Canandaigua Farmers Market

Mill Street Market Pavillion
Behind the Chamber of Commerce
between Lafayette Street and Main Street
Canandaigua
Sat. 8:30-12:30
June – October

Canandaigua VA Farmers Market

VA Medical Center
400 Fort Hill Avenue
Canandaigua
Tuesdays 1:30 – 5:00

Clifton Springs

Clifton Springs Farmers Market

15 Railroad Ave.
Clifton Springs, NY 14432
Fridays 10-3

Sheppard Farms

Cty. Rd. 20
Clifton Springs, NY 14432
585-526-6606

Geneva

Geneva Farmer's Market

Exchange Street Parking Lot
Geneva, NY 14456
www.geneva.ny.us
Thursdays
June-October

Farm Markets Cont'd.

Red Jacket Orchards

957 Route 5&20
Geneva, NY 14456
315-781-2749
www.redjacketorchards.com

Naples

Jerome's U-Pick

6850 Pressler Rd., Rte. 53
Naples, NY 14512
585-374-6112
June-Oct.

Joseph's Wayside Market

201 South Main Street
Naples, NY 14512

Mountain Rise Organics

7556 County Rd. 33
Naples, NY 14512
585-374-9108

Naples Natural Farmers Market

197 North Main Street
Naples, NY 14512
Every other Saturday 8-12 noon
June 28-November 1

Phelps

Hobvale Fruits

98 Bostwick Rd.
Phelps, NY 14512
315-789-5446

Phelps Farmers Market

Phelps Mercantile
62 Ontario Street
Phelps, NY 14532
Saturdays 8 am-2 pm

Shortsville

Fish's Farm Market

4494 Mt. Payne Rd.
Shortsville, NY 14548
585-289-4215

Fresh-Ayr Farm Market

4846 Rt. 96
Shortsville, NY 14548
585-289-3720
May-Oct. 9:00-6:00 pm daily
www.freshayrfarm.com

FARM MARKETS Cont'd.

Victor

Apple Farm

1640 State Route 444
Victor, NY 14564
585-924-3420
You pick apples

Hardy's Farm Market

1968 State Route 444
Victor, NY 14564
585-924-3108
May-Nov.

Snuffy's Farm Market

7161 West Main Street
Victor, NY 14564
Open 7 Days/week in season

Victor Farm Market

Mead Square Parking Lot
Between Maple Ave. and School Street
Victor, NY 14564
Wednesdays 3-7 pm, May-Oct.

Community Supported Agriculture (CSA)

Cornell Cooperative Extension

CSA is a relationship of mutual support and commitment between local farmers and community members who pay the farmer. In turn, members receive a weekly share of the harvest during local growing season

Fellenz Family Farm

1919 Lester Road
Phelps, NY 14532
315-548-6228
CSA Produce

Mud Creek Farm

PO Box 101
Victor, NY 14564
585-455-1260
www.mudcreekfarm.com
CSA Produce

Unitarian Universalist Church

3024 Cooley Road
Canandaigua, NY 14424
585-394-0553
CSA Produce

Gym and Recreation Centers

Canandaigua

Applied Exercise Concept

PO Box 818
Canandaigua, NY 14424
585-393-0174
Gym Equipment
Cardio, weight training
Membership fees

Canandaigua YMCA

32 North Main Street, Canandaigua, NY 14424
585-394-6866
Gym equipment, aerobic classes, yoga, pool, personal trainer
Programs: Healthy 2010, Eat Well, Live Well, Family Fun Challenge, Parent and Child
Fitness, Healthy Kids Day (health fair)

Curves for Women

699 South Main Street
Canandaigua, NY 14424
585-396-9640
Cardio, weight training
Membership fees

Uptown Fitness

2510 State Route 332, Canandaigua, NY 14424
585-394-3820
25 Fitness Classes
Membership fees

Clifton Springs

Clifton YMCA

10 Crane Street
Clifton Springs, NY 14432
315-462-6184
Gym equipment, basketball,
Programs: Before and After School: fun and food program
Membership fees
Grants: United Way

Francesca's Fitness

3714 Taylor Road, Clifton Springs, NY 14432
585-880-9754
Gym equipment, cardio, weight training
Membership fees

Farmington

Snap Fitness

Route 332, Farmington, NY 14432
www.snapfitness.com
1-585-398-7732
1-585-747-5076 Owner's Cell
24 hour fitness center
Cardio, free weights, personal trainers, no class, cardio, weight training
Membership fees

Gym and Recreation Centers Cont'd.

Geneva

Curves for Women

785 Route 5&20
Geneva, NY 14456
315-789-2041
Circuit Training
Membership fees

Geneva YMCA

399 Williams Street
Geneva, NY 14456
315-789-1616
Gym equipment, aerobic classes, yoga, pool, Programs: Biggest loser, 8 weeks to a new you, Kid fit, silver sneakers, aqua fitness, special Olympics, challenger basketball, youth sports, gymnastics, preschool, rev up 2010
Cardio, weight training, nutrition
Membership fees
Grants: United Way, scholarships available
Preferred grant, Membership fees
Grants: United Way

Honeoye

Curves for Women

10 Honeoye Commons
Honeoye, NY 14471
585-229-2211
Circuit Training
Membership fees

Naples

Naples Valley Fitness

141 South Main Street
Naples, NY 14512
585-374-9970
Cardio, weight training
Membership fees

Just for Me Fitness

33 Lyons Street
Naples, NY 14512
585-374-9160
Cardio, weight training
Membership fees

Victor

The Iron Butterfly

7493 State Route 96
Victor, NY 14564
www.ironbutterfly.com
585-924-1540
Classes in am and pm including boxing and boot camp,
silver sneakers, cardio, weight training
Teens with supervision of adults
Membership fees

Gym and Recreation Centers Cont'd.

Victor YMCA

20 High Street
Victor, NY 14564
Cardio, weight training
585-742-4940

Natural Food Retail Stores

Mother Earth

Exchange Street, Geneva, NY 14456
315-789-2714
Natural Alternatives
No Classes

Wegmans

Rochester, NY with stores throughout the county
585-429-3826
Eat Well, Live Well
Strive for 5 fruits/vegetables, 10,000 steps

Nutrition Programs

Canandaigua

Catholic Charities

94 Exchange Street
Geneva, NY 14456
315-789-2235
www.ccfior@org.org

Community Lunch Program

Geneva Methodist Church
340 Main Street
Monday-Friday 11:45-12:15

Office for the Aging Meal Site Locations 585-396-4040

Canandaigua Salvation Army

110 Saltonstall Street

Geneva Elmcrest Apartments

Clifton Springs Spa Apartments

Main Street, Clifton Springs

Honeoye United Church of Christ

8758 Main Street, Honeoye

Victor St. Patrick's Church

115 Maple Street, Victor, NY

Gorham United Methodist Church

4746 South Street, Gorham, NY

Nutrition Programs Cont'd.

Cornell Cooperative Extension

405 North Main Street
Canandaigua, NY 14424
585-394-3977
Agriculture
Family Programs
Dairy

Geneva

Mobile Meals

196 North Street, Geneva, NY 14456
Geneva General Hospital
315-787-4180
2 meals, 1 hot, 1 cold, delivered 2.5 miles radius
S/P pt of hospital
Monday-Friday
Fee/day
Fee/week

Canandaigua

Office for the Aging

3010 County Complex Drive
Canandaigua, NY 14424
484-396-4040
Meals on Wheels
Elderly and home bound residents

WIC

79 South Main Street
Canandaigua, NY 14424
585-394-9240
Women, Infant, Children nutrition program
Also serves Geneva
Children birth-5 years
Pregnant moms

Ontario County Services

Ontario County

Office for the Aging

3010 County Complex Drive
Canandaigua, NY 14424
585-396-4040
5 Week Healthy Living Program
Canandaigua: Salvation Army Exercise Class
Clifton: Spa Apartment Exercise Class
Geneva: St. Patrick's Church: Exercise Class
Elmwood Crest Apartments
Honeoye: United Church Exercise Class

Ontario County Youth Bureau

3010 County Complex Drive
Canandaigua
585-396-3040

Ontario County Services Cont'd.

Ontario County Community Action

344 North Main Street
Canandaigua,
In Geneva on Tuesdays
585-396-3040

Ontario County Veterans Program

3010 County Complex Drive
Canandaigua, NY 14424
585-396-4185
www.ontariocountygov.com

Parks

Canandaigua

Canandaigua Parks and Recreation

205 Saltonstall Street
Canandaigua, NY 14424
585-396-5080

Geneva

Geneva Recreation Department

666 South Exchange Street
Geneva, NY 14456
315-789-5005

Victor

NYS Park Recreation and Preservation

1488 State Route 444, Victor, NY 14564
585-924-5844
www.victorny.org

Village of Bloomfield

Elton Park

Rt. 5&20, Bloomfield

City of Canandaigua

Lagoon Park

Lakeshore Drive

Atwater Meadows

767 West Lake Drive

Jefferson Memorial Park

329 Jefferson Avenue

OC Public Square

23 North Main Street

S. Main St. Triangle Park

763 South Main Street

Telyea St. Park

162 Telyea Street

Parks Cont'd.

Baker Memorial Park

185 Buffalo Street

Atwater Park

22 North Main Street

Kershaw Park

155 Lakeshore Drive

Sonnenberg Park

158 Howell Street

Gibson Street Park

110 Gibson Street

The Commons

Main St. at Coach Street

City Pier

City Pier

City of Geneva

Neider Playground

N. Genesee & Ave. B

Brook Street Play

Brook Street

Genesee Street Park

Genesee and Lewis Street

Ridgewood Playground

Ridgewood Drive

Jefferson Street Playground

Jefferson Street

Goodman & MLK St. Playground

Goodman and MLK

Washington Street Playground

Washington Street

Hawkins Street Athletic Field

Hawkins-Clark Street

McDough Park

Nursery & Lyceum Street

Seneca Lakefront Rec

Exchange Street

Gulvin Park

Middle and Andes

PARKS Cont'd.

Goodman & Pre-Emption Play

Goodman & Pre-Emption Street

Richards Street Playground

Richards Street

Exchange Street Athletic

St. Clair Street

BiCentennial Park

Lake Street

Town of Bristol

Levi Corser Memorial

County Road 32

Town of Canadice

Harriet Hollister State Park

Canadice Hill

Town of Canandaigua

Onanda Park

4956 County Road 16

Pierce Park

5655 Goodale

School House Park

3650 County Road 16

Canandaigua Jr. Baseball Park

4621 County Road 4

Town of East Bloomfield

American Legion Ball Field

6910 Route 5&20

Boughton Park

Boughton Road

Bloomfield, NY

Town of Farmington

Allen Padgham Park

Allen Padgham Road

Town of Farmington Park

5630 Collett Road

Mertensia Road Park

Mertensia Road

Maplewood Drive Park

1744 Maplewood

PARKS Cont'd.

Meadowbrook Lane Park
Meadowbrook Lane

Town of Geneva
Bay Heights Park
Bay Heights Road

Geneva Little League Park
Hamilton Street

Town of Gorham
Crystal Beach Association Park
East Lake Road

Town of Manchester
Port Gibson Picnic Area
Canandaigua Road

West Avenue Public Park
West Street

Main Street Public Park
Main Street

Outlet Park
Clifton Springs

Manchester Fire Department Athletic Fields
West Street

Town of Naples
Town Park
State Route 245

Warren Cutler Camp
Boyscouts of America
Clement Street

Maxfield Hose Company Athletic Field
Co. Rd. 36 & Maxfield Road

Town of Phelps
Oaks Corners Community Park

Town of Richmond
Sandy Bottom Park
8694 & 8702 West Lake Rd.
Honeoye

Town of Seneca
Seneca Castle Fire Dept. Athletic Fields
County Road 6

Parks Cont'd.

Town of South Bristol

Boy Scouts of America

Warren Cutler Camp

7131 Gulick

Bristol Harbor Playground

Golfside Drive

Town of Victor

Mary Francis Bluebird Haven Park and Trails

235 County Road 9

Monkey Run Park & Trails

County Road 9

Ganondagan State Historical

7191 County Road 41

Lehigh Crossing Park & Trails

State Route 251

Scudder Mills Park

Scudder Mills Road

Village on the Park

County Road 9

100 Acre Trail

Yale Court Road

Fishers Park and Trails

Main Street, Fishers

Stoneleigh Greenspace

Stoneleigh, Victor

Town of West Bloomfield

County Road 37 Picnic Ground

County Road 37

Route 5&20 Picnic Grounds

Routes 5&20

Village of Bloomfield

Elton Park

State Street

Village of Clifton Springs

Railroad Avenue Land Conservatory

Railroad Avenue

CS Hospital Conservation

Main Street

Parks Cont'd.

Spring Street Park
Spring Street and Park Street

Village Play Grounds
5 Railroad Avenue

Village of Manchester
West Avenue Public Park
West Street

Main Street Public Park
Main Street

Outlet Park
Clifton Street

Manchester Fire Dept. Athletic Fields
West Street

Village of Phelps
Methodist Church Park
148-160 Main Street

Memorial Park
115-123 Main Street

Redfield Park and Playground
9-35 Park

Village of Shortsville
Water Street Playground
Water Street

Village of Victor
Brace Road Park & Trails
Brace Road

Harlan Fisher Park & Trails
22-110 Lynaugh Road

Pick Your Own Produce

Bloomfield
Timber Buck Maple
7707 Tilton Road, Bloomfield, NY 14469
585-299-5904
Pumpkins
September to October

ACMEE Blueberries
927 La Rue Road
Clifton Springs, NY 14432
315-462-9220
Blueberries
July

Pick Your Own Produce Cont'd.

James Sheppard Farm

2653 County Road 20
Clifton Springs, NY 14432
585-526-6606
Strawberries
June & July

Naples

Glenside Organic Vineyards

Hunts Hollow Road
Naples, NY 14512
585-374-2091
Grapes
September to November

Jerome's Fruit Farm

6850 Pressler Rd., Route 53
Naples, NY 14512
1-800-UPICKIT
Strawberries, peas, pumpkins, grapes, raspberries
June to October

Mountain Rise Organics

7556 W. Hollow Road
Naples, NY 14512
585-374-9108
www.mountainrise.com
mountainrise@frontiernet.com

Rushville

Grandpa's Place

476 Route 245
Rushville, NY 14522
585-554-3958
Tomatoes, peppers, pumpkins
July to October

Shortsville

Fish's Farm Market

4494 Mt. Payne Rd.
Shortsville, NY 14548
585-289-9415
Strawberries, veggies, tomatoes, pumpkin
May to November

Fresh-Ayr Farms

4671 Herendeen Road
Shortsville, NY 14548
585-289-4957
freshayrfarm@rochesterr.com
Strawberries, raspberries, pumpkins
June to October

Public Services

Food Link

Rochester, NY
585-328-3380
585-254-4423
"Kids Café"
After School nutrition program
Serves 48 sites, all inner city
State funded. Must have 50% free

Canandaigua

Canandaigua Churches in Action

120 North Main Street
585-396-2242
Houses WIC, food pantry

Canandaigua Veterans Administration Hospital

400 Fort Hill Avenue
Canandaigua, NY 14424
585-393-7539
www.myhealthyvet.com
"Moves"
Patient Wellness (pilot program)
Wellness Committee
Women's Health
Smoking Cessation Program
Chronic Disease prevention
Healthy weight, type 2 prevention

Finger Lakes Visitors Connection

Canandaigua, NY 14424
25 Gorham
1-87-fun-inny
www.visitfingerlakes.com
Resource for hike and bike and upcoming area events

Salvation Army

110 Saltonstall Street
Canandaigua, NY 14424
585-394-6968
394-7500 or 396-3060
"Fun and Fitness"
ARC and Geriatric
"Sit a Spell"
30 min. exercise and 30 min. nutrition
Tuesday/Thursday

United Way

20 Pleasant Street
Canandaigua, NY 14424
585-394-9240
Sponsors County's YMCA

Public Services Cont'd.

WIC

Canandaigua and Geneva
585-394-9240
1-888-942-6886
Women Infant and Children Nutrition Program
Income guidelines NYS
Pregnant to 5 years old

Clifton Springs

FLACRA

28 East Main Street
Clifton Springs, NY
315-462-9466
Member of Worksite Wellness
Uses YMCA

Geneva

Salvation Army

41 North Street
Geneva, NY 14456
315-789-2686

Recreation, Summer

visit the website of the Finger Lakes Visitors Connection
www.visitfingerlakes.com under "what to do"

Canandaigua

Bristol Harbour Resort

5410 Seneca Point Road
Canandaigua, NY 14424
1-800-288-8248
Golf

Butler Beach

West Lake Road
Canandaigua, NY 14424

Canandaigua Sailboarding, Windsurfing, Kayaking rentals

11 Lake Shore Drive
Canandaigua, NY 14424

Finger Lakes Golf Trail Conference

Lynaugh Road
Victor
www.fingerlakestrail.org

Geocaching

www.geocaching.com
www.Visit.Fingerlakes.org
Hiking

Recreation, Summer Cont'd.

Kershaw Park

Canandaigua, NY 14424
Swimming, sandy beach

Onanda Park and Beach

Canandaigua, NY 14424
www.canandaigua.org
Swimming, hiking

Ontario Pathways Trail

Between Canandaigua and Stanley
Canandaigua, NY 14424
www.ontariopathways.org
Hiking, biking

Roseland Bowl

4357 Recreation Drive
Canandaigua, NY 14424
Bowling

Geneva

Big Oaks Public Golf Course

Geneva, NY 14456
Golf

Roy's Marina

West Lake Road
Geneva, NY 14456
Kayak

Seneca Lake Country Club

Geneva, NY 14456

Geneva Rec. Department

666 Exchange St.
Geneva, NY 14456
www.geneva.ny.us
Rollerskating, roller hockey
Ice skating, exercise, swimming

Honeoye

Sandy Bottom Beach

Honeoye, NY 14471
Swimming

Naples

Hi Tor Wildlife

Management Area
Naples, NY 14512
Hiking

Reservoir Creek Golf

Naples, NY 14512

Recreation, Summer Cont'd.

Smith Boys Jansen Marina

www.jansenmarina.com

Wesley Hill Nature Preserve

Naples, NY 14512

Trails, cross-country, snowshoe

Ontario County

Nature's Health Club

www.natureshealthclub.com

1-877-FUN-IN-NY

NHC Challenge

Produce Directory

Outside Exercise Directory

FL Visitors Connect

Shortsville

Copper Creek Farm

Shortsville, NY 14548

Horseback Trail Rides

Winged Pheasant Club

Shortsville, NY 14548

Golf

Victor

Auburn Creek Driving Range

Victor, NY 14564

www.auburncreekgolf.com

Ganondagen State Historical Site

14488 State Route 444, Victor, NY 14564

585-742-1690

585-924-5848

Ravenwood Golf Club

Victor, NY 14564

www.ravenwoodgolf.com

Victor Hiking Trails

Victor, NY

585-234-8226

Trails, Cross-country, snowshoe

Winding Creek Golf Club

Victor, NY 14564

Recreation, Winter

Canandaigua

Bristol Harbour Resort Cross Country Ski

Seneca Point Rd.

www.bristolharbour.com

1-800-288-8248

Recreation, Winter Cont'd.

Bristol Mountain Winter Ski Resort

Rt. 64

www.bristolmountain.com

Greater Canandaigua Civic Center

250 N. Bloomfield Road, Canandaigua, NY 14424

Ice Skating

Ontario Pathways Trail

200 Ontario Street

Canandaigua, NY 14424

www.ontariopathways.org

Cross country, snowshoe

Geneva

Geneva Rec. Department

Exchange Street

Geneva, NY 14456

www.geneva.ny.us

Hockey

Seneca Lake State Park

Rt. 5&20

Geneva, NY 14456

Honeoye

Honeoye State Park

East Lake Road

Honeoye, NY 14471

Harriet Hollister Spenser Park in Winter

1082 Rt. 36 S.

Honeoye, NY 14471

State rec. area

Hill and Valley Riders

Honeoye, NY 14471

Horseback Riding

Naples

Cummings Nature Center

6472 Gulick Rd.

Naples, NY 14512

Trails, cross-country, snowshoe

Hi Tor Wildlife Management Area

Naples, NY 14512

Trails, cross-country, snow

Hunt Hollow

7532 County Road 36

Naples, NY 14512

www.hunthollow.com

Trails, Cross-country, snowshoe

Recreation, Winter Cont'd.

Wesley Hill Nature Preserve
Naples, NY 14512
Trails, cross-country, snowshoe

Victor
1488 St. Rt. 444
Ganondagan in Winter
Victor, NY 14564
www.ganondagan.org
Cross-country ski, snowshoe

School Districts

Bloomfield
Bloomfield Central School
PO Box 98
Oakmont Avenue
Bloomfield, NY 14469
office@bloomfieldcsd.org

Canandaigua
Canandaigua City School
143 North Pearl Street
Canandaigua, NY 14424
585-396-3700

St. Mary's School
16 Gibson Street, Canandaigua, NY 14424
585-394-4300

Clifton Springs
Midlakes Central School
1490 Route 488
Clifton Springs, NY 14432
315-548-6420

Farmington
Calvary Christian School
1777 State Rt. 332
Farmington, NY 14425
cc@ccfingerlakes.org
585-398-2218

Geneva
DeSales High School
90 Pulteney Street
Geneva, NY 14456
315-789-5111

Geneva City Schools
649 South Exchange Street
Geneva, NY 14456
315-781-0400

School Districts Cont'd.

St. Francis/St. Stevens School

17 Elmwood Avenue
Geneva, NY 14456
315-789-1828

Honeoye

Honeoye Central School

PO Box 170
Honeoye, NY 14471
585-229-4125

Manchester

Red Jacket Central School

1506 State Route 21
Shortsville, NY 14548
1-585-289-3927

Naples

Naples Central School

136 North Main Street
Naples, NY 14512
585-374-7900

Rushville

Marcus Whitman

4100 Baldwin Road
Rushville, NY 14544
1-585-554-4848

Victor

Victor Central School

953 High Street
Victor, NY 14564
585-924-3252