

Community Resource Guide

Black River

http://adirondackstughill.com/blackriver_canoetrail.php

Located: Public boat launches in Glenfield, Lyons Falls, Burdick's Crossing, etc.

Fitness Benefits: Swimming-cardiovascular endurance, kayaking-muscular endurance

Non-physical benefits: social-can hang out with friends and family while swimming or kayaking, enjoyment-activities that are fun to do

Other: access-when it is light out during the summer months, not when it is flooded, cost-free, dress-swimsuit, towel, extra clothes

Local Parks

Located: Lowville, Turin, Lyons Falls, Port Leyden, Boonville

Fitness Benefits: playing tennis-cardiovascular endurance, playing basketball-cardiovascular endurance, pull-ups on the bars-muscular endurance

Non-Physical benefits: something to alleviate boredom, happy that you are outside and having fun

Other: access-when it is light out, non-winter months, cost-free, dress-athletic clothes

Local Golf Courses

<http://www.turinhighlands.com/>

Located: Brantingham or Turin

Fitness Benefits: driving the golf ball-muscular strength, walking the course-muscular endurance

Non-Physical Benefits: A healthy activity for family to enjoy, regardless of age, a healthy way to compete with self or others

Other: access-sunrise-sunset during months where there is no snow, cost-\$25-\$40 (depending on cart rental, club rental, 9 vs. 18 holes, etc.)

South Lewis Weight Room

Located: South Lewis High School

Fitness Benefits: lifting weights-muscular strength/endurance depending on reps/set, elliptical machine-cardiovascular endurance

Non-Physical Benefits: meet new people, somewhere to work out for free

Other: access-Monday-Thursday 6:00-8:00pm, cost-free, dress-athletic clothes

South Lewis Family Swim

Located: South Lewis High School

Fitness Benefits: swimming laps-muscular endurance, cardiovascular endurance

Non-Physical Benefits: a place to swim during winter months, enjoyment

Other: access-Monday Nights during winter months, cost-\$1 per family, dress-bathing suit, towel

Whetstone Gulf State Park

<http://www.nysparks.com/parks/92/details.aspx>

Located: Lowville, Tug Hill

Fitness Benefits: hiking-muscular endurance, cardiovascular endurance

Non-Physical Benefits: beautiful view from the Gorge, many things to do there like swimming, hiking, camping, fishing, etc.

Other: access- The park is open from Memorial Day through mid-September for the summer season, and from December 15 through March 15 for winter recreation., cost-daily use \$7, dress-hiking gorge have sneakers, long pants, dress in layers, swimming-bathing suit, towel, extra clothes to change in to

Port Leyden Pool

Located: Port Leyden

Fitness Benefits: swimming laps-muscular endurance, cardiovascular endurance

Non-Physical Benefits: place of employment, easily accessible pool during the summer

Other: access-open during the summer months

Other Local Community Resources

*Local Tennis Courts

*Local Fitness Facilities

*Eatonville

*Beaver Falls Public Swimming Area

*Lowville Area NYSDEC Lands and Forests

<http://lewiscountyny.org/content/Parks/View/3>

*Osceola-Tug Hill Cross Country Ski Trail

<http://lewiscountyny.org/content/Parks/View/6>

*Bostwick Street Women's League Soccer

*Carpenter Road Ski and Hike Trails

<http://lewiscountyny.org/content/Parks/View/4>

*YMCA

<http://www.watertownymca.org/ymca/>

*Snow Ridge

<http://www.snowridge.com/>

*Adirondack Park

<http://visitadironacks.com/about/adirondack-park>

<http://www.adirondacktravel.com/o.f.hiking.html>