

# Herkimer County Physical Activities Guide



The Herkimer County Physical Activities Guide is a resource for residents and visitors of Herkimer County and is funded by the New York State Department of Health, Creating Healthy Places to Live, Work and Play grant initiative.

Creating Healthy Places to Live Work and Play in Herkimer County focuses on preventing obesity and type 2 diabetes and serves the county by creating awareness and providing resources for healthful nutrition and physical activity.

Every effort has been made to ensure accuracy of this publication. In the event of any changes, it's always best to call ahead.

*GET MOVING!*

## PLAYGROUND FUN

Hamlet of Cedarville  
Ward Wheelock, Jr. Community Park  
State Route 51 (Behind Firehouse)

Village of Cold Brook  
American Legion, 529 Main Street

Village of Dolgeville  
Village Playground \*  
Helmer Avenue

Town of Fairfield  
Fairfield Playground  
Hard Scrabble Road

Town/Village of Frankfort  
Frankfort Marina  
Railroad Street  
Hilltop Park, 4 Hilltop Road \*

Village/Town of Herkimer  
Basloe Playground, Gilbert Street \*  
Brookwood Park, German Street  
H.A.R.C. Park (Coming Soon!) East German Street \*  
Harmon Field, Frederick St. and Park Ave. \*  
Herkimer Town Park, Playground & Fields, Pine Grove Road  
Lou Ambers Fields & Playground, Marginal Road

Village of Ilion  
Barringer Road School Playground \*  
Remington School Playground, East North Street \*  
Russell Park, Park Road (Upper & Lower Playgrounds) \*  
Sixth Avenue & Montgomery Street Playground \*  
Dave Whalen Community Park, East Street \*

Little Falls  
Eastern Park (Benton Hall) Currently Under Construction \*  
Ice Rink in the Winter \*

Village of Middleville  
Village Park, Park Street

Village of Mohawk  
Fisher Elementary School \*  
10 Fisher Avenue

Village of Newport  
Village Playground, 7536 East Street \*

Town of Ohio  
Recreational Park, Nellis Road

Town of Russia  
26 Cold Brook Street, Poland

Town of Salisbury  
Town Park, Salisbury Center  
State Route 29

Town of Schuyler  
Woods Lane Park \*

Town of Webb  
North Street Pavilion

Van Hornesville  
Owen D. Young School \*  
State Route 80

Village/Town of West Winfield  
Town Park, U.S. Highway 20  
(Located in Village)  
Mount Markham Elementary  
Fairground Road

*Stretch out  
before and  
after you  
exercise!*

**When bicycling,  
wear a helmet.**

**Ride with traffic,  
and abide by all  
traffic laws and  
traffic signals.**

**Exercise during  
daylight hours.**

**Wear reflective  
gear so others  
can see you.**



\* Smoke-free playground



**CREATING  
HEALTHY  
PLACES**  
to LIVE WORK & PLAY

# SPLASH AROUND

## TAKE A DIP IN THE POOL

**Herkimer County Community College**  
 (Indoor Pool, Physical Education Building)  
 100 Reservoir Road, Herkimer  
 (315) 866-0300 ext. 8369

**Owen D. Young Central School**  
 (School District Residents Only)  
 2316 State Route 80, Van Hornesville  
 (315) 858-0729

**Village of Herkimer Pool**  
 Gilbert Street (Basloe Park) Herkimer  
 (315) 866-3321 or 866-0150

**City of Little Falls Public Pool**  
 96 Burch Street, Little Falls  
 (315) 823-2400

**Little Falls Family YMCA** (Indoor Pool)  
 15 Jackson Street, Little Falls, NY  
 (315) 823-1740

**Swim with a buddy  
 and when a life guard is present!**

## OFF TO THE BEACH

**Baker's Beach**  
 Lake Road, Richfield Springs  
 (315) 858-2043

**Hinckley Day Use Area**  
 281 Stormy Hill Road, Cold Brook  
 (315) 826-3800

**Nicks Lake Campground**  
 278 Bisby Road, Old Forge  
 (315) 369-3314

**Town of Webb Beach**  
 Lakeview Lane (Off State Route 28), Old Forge  
 (315) 369-2039

*Some pools & beaches have limited hours of public use  
 and/or charge admission fees or day-use fees. It's best to  
 call ahead for details.*



## CHILD'S PLAY RECREATION PROGRAMS

- Village of Dolgeville – (315) 429-3112
- Town of Frankfort – (315) 894-8737
- Village of Frankfort – (315) 895-7651
- Town of Herkimer – (315) 866-2690
- Village of Herkimer – (315) 866-3303
- City of Little Falls – (315) 823-2400
- Village of Middleville – (315) 891-7645
- Village of Mohawk – (315) 866-4312
- Village of Newport – (315) 845-6019
- Town of Norway – (315) 826-7549
- Town of Ohio – (315) 826-7912
- Town of Russia – (315) 826-3432
- Town of Stark – (315) 823-1697
- Town of Webb – (315) 369-3121
- Village of West Winfield – (315) 822-3051

## BURN THOSE CALORIES! (Per One Hour)

Aerobics (Low-Impact) (Step)	352 598	Jogging (5 MPH)	563
Bicycling (<10 MPH) (Spin Class)	281 600+	Mowing Lawn (Push)	387
Bowling	211	Pilates	360
Canoeing/Kayaking	220	Roller Skating/Blading	450+
Crafts	85	Running (5 MPH)	563
Cross Country Skiing	493	Swimming (Leisure)	422
Fishing	200	Tennis (Tennis Court)	350+
Gardening (Planting)	250	Walking (3 MPH)	267
(Hoing, etc.)	350	Power Walk (5 MPH)	563
(Digging)	500	Weight Lifting (Light)	211
Golf	317	Yoga	281
Hiking (w/backpack)	495	Zumba	439
Hunting (Active)	352	<b>Based on a person @ 150 lbs.</b>	

## PUMP IRON

**Curves of Little Falls** (Shoppers Square)  
599 East Main Street, Little Falls  
(315) 823-4200

**Curves of Herkimer** (Behind the Frank J. Basloe Library)  
300 North Prospect Street, Herkimer  
(315) 866-0300

**Function Better** (Grand Opening Fall 2011)  
3061 State Highway 28 North, Herkimer  
(315) 717-0020

**Herkimer County Community College  
Fitness Center & Indoor Track**  
(Physical Education Building)  
100 Reservoir Road, Herkimer  
(315) 866-0300 Extension 8215  
[info@hccc.edu](mailto:info@hccc.edu)

**Ilion High School Fitness Center**  
(School District Residents Only)  
1 Golden Bomber Road, Ilion  
(315) 894-9934

**Little Falls Family YMCA**  
15 Jackson Street, Little Falls  
(315) 823-1740

**Mount Markham Central  
School Fitness Center**  
(School District Residents Only)  
500 Fairground Road, West Winfield  
(315) 822-2800  
[info@mmcsd.org](mailto:info@mmcsd.org)

**Poland Central School Fitness Center**  
(Open in 2012 for Student Use)  
74 Cold Brook Street, Poland  
(315) 826-0203

**West Canada Valley Central  
School Fitness Center**  
(School District Residents Only)  
5447 State Route 28, Newport  
(315) 845-6800 ext. 363

**YMCA of the Mohawk Valley**  
83 East Main St. Mohawk  
(315) 866-6570

*For specific days and hours of availability and other details,  
please call ahead.*

## BE A PART OF THE TEAM

**NY State Sports Writers &  
Coaches Organization for  
Girls Sports**  
[nysscogs@yahoo.com](mailto:nysscogs@yahoo.com)



**Girls Youth Softball**  
[coachstalteri@gmail.com](mailto:coachstalteri@gmail.com)

**Boys Baseball (Including Little League)**  
(315) 717-6362  
[tzaleski@herkimercsd.org](mailto:tzaleski@herkimercsd.org)

**AYSO  
(Area 3G: Central NY, Mohawk Valley & the  
Adirondacks)**  
American Youth Soccer Association  
(315) 866-0976 or [gregmved@twcny.rr.com](mailto:gregmved@twcny.rr.com)

**GOLF**  
The region has 40 private and public golf courses.  
For a listing of golf courses, please call the Herkimer  
County Chamber at (315) 866-7820 or visit  
[www.herkimercountychamber.com](http://www.herkimercountychamber.com)

**Hiking/Snowshoeing/Cross-Country Skiing/  
Paddling Groups**  
Mohawk Valley Alpiners  
<http://mvalpiners.webs.com>  
(315) 866-6978 or [mvalpiners@gmail.com](mailto:mvalpiners@gmail.com)

*Walk against  
traffic and  
during  
daylight hours!*

*Consult a  
physician before  
starting any food  
plan and exercise  
routine!*

Contact your local school district and/or municipality for more sports teams in your community. Each community is unique and offers a variety of resources.

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If you would like your entry updated, please contact Herkimer County HealthNet.

## TENNIS ANYONE?

### Dolgeville Central School

28 Slawson Street Extension, Dolgeville

### Herkimer Central School

801 West German Street, Herkimer

### Herkimer County Community College

100 Reservoir Road, Herkimer

### East Herkimer Elementary School (Lighted)

Pine Grove Road, Herkimer

### Ilion Central School (Lighted)

1 Golden Bomber Road, Ilion

### Little Falls Veterans Park (Lighted)

Burwell Street, Little Falls

### Lou Ambers Tennis Court

Marginal Road, Herkimer

### Little Falls Central School

1 High School Road, Little Falls

### Mt. Markham Central School (Lighted)

500 Fairground Road, West Winfield

### Old Forge (Adjacent to Information Center)

Main Street, Old Forge

### Salisbury Center

Town Park, State Route 29

(Behind Methodist Church)

### West Canada Valley Central School

5447 State Route 28, Newport

## TAKE A HIKE...OR A WALK SCHOOL TRAILS & TRACKS

### Dolgeville Central School

#### High School Track

Slawson Street, Dolgeville

### Frankfort-Schuyler

#### MS/HS Track

Palmer Street, Frankfort

### Herkimer B.O.C.E.S.

#### Nature Trail

Gros Boulevard, Herkimer

### Herkimer County

#### Community College

#### Nature Trail

100 Reservoir Road, Herkimer

### Ilion High School Track

Bomber Blvd., Ilion

### Mohawk School Track

28 Grove Street, Mohawk

### Mount Markham

#### Central School Nature & Fitness

Trail & Track (Lighted), Fairground Road, West Winfield

### Poland Central School Nature Trail

State Route 8, Poland

### Robert B. Woodruff Outdoor Learning Center

Owen D. Young School, Van Hornesville

### West Canada Valley School Nature Trail & Track

State Route 28, Newport

**For detailed, hiking  
trail information,  
please visit**

[www.herkimerhealthnet.com  
/pdf/NEWTRAIL.pdf](http://www.herkimerhealthnet.com/pdf/NEWTRAIL.pdf)

**Have GPS?  
Some Herkimer  
County Trails are  
marked with GPS.**

*Navigate  
electronically!*

**Stay on marked  
trails!**

Wish to bike it? Check out the Herkimer-Oneida Counties Bike Atlas: [www.hocts.org](http://www.hocts.org)

To make a tax deductible donation to improve the health and well-being of those who live, work, play, and learn in Herkimer County, please consider Herkimer County HealthNet.



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HerkimerCounty](http://www.facebook.com/CreatingHealthyPlacesInHerkimerCounty)



@hchealthnet



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