

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

* Smoke-free playground



*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.**



**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	Based on a person @ 150 lbs.	

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

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

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



Girls Youth Softball
coachstalteri@gmail.com

Boys Baseball (Including Little League)
(315) 717-6362
tzaleski@herkimercsd.org

**AYSO
(Area 3G: Central NY, Mohawk Valley & the
Adirondacks)**
American Youth Soccer Association
(315) 866-0976 or 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

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

Every effort has been made by Herkimer County HealthNet to ensure accuracy of the Herkimer County Physical Activities Guide. In the event of changes made since the printing of this guide, please contact the facility ahead of time.

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

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



@hchealthnet



320 North Main Street, Suite 3300
Herkimer, NY 13350
PHONE: (315) 867-1499
FAX: (315) 867-1576
www.herkimerhealthnet.com



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