



## Central New York “Slip Sliding Away” Day

Sponsored by the NYS AHPERD Central North Zone



### & BRIDGES to Prevent Tobacco

- During the weekend of February 7-9, 2014 the Central North Zone is featuring opportunities for you, your family and friends to enjoy recreation activities in your community. You will need to present this flyer at any one of the businesses listed below for discounted and/or FREE admission. This is a tobacco- free event.
  - Our mission is to promote outdoor adventure and recreation activities that can be enjoyed by the entire family and expose individuals to the opportunities available in Central New York to maintain a healthy and active lifestyle.
  - Our goal is to promote life-time fitness activities that can be enjoyed by family and friends while meeting our Physical Education NYS Learning Standard #3: Utilizing our community resources. We hope that your family will support the local recreation businesses in your community to help enhance your overall enjoyment of life!
1. New Hartford Recreation, New Hartford, NY- Ice Skating. \$2.00 off admission only on Saturday, Feb. 8th from 7:30pm-9pm during open skate and Sunday, Feb. 9th from 3-5pm.
  2. BREIA TRAILS (Black River Environment Improvement Assoc.)- Snowshoeing The Black River Outdoor Education Program will provide free snowshoes, guides, maps, hot cocoa and snack at this campus. This event is FREE!

Date: Saturday, Feb. 8th  
Time: 10:00 to 1:00pm  
Location: Alder Creek Gorge, 9348 Egypt Road, Boonville, NY 13309  
Website: [www.breiax-countryski.org](http://www.breiax-countryski.org) to preview weather and trail conditions.  
Call: 315-941-3942 for more event information. This is a great activity for the whole family!
  3. Kennedy Arena, Rome, NY- Ice Skating. \$1.00/skate admission & \$2.00/skate rental.

Date & Time: Sat., Feb. 8<sup>th</sup>: 1-2:45pm & 6:30-8pm  
Sun., Feb. 9<sup>th</sup>: 1-2:45pm
  4. King Pin Lanes, 7157 E. Dominick St, Rome, NY 13440- Bowling. February 7-9, 2014: Buy one game, get one game FREE per person. Please call for availability. 315-336-9999
  5. Clinton Arena, Clinton, NY- Ice Skating. Free admission and rentals on: Friday, Feb. 7th from 7:30-10:30pm and Sunday, February 9th from 3-5pm and 5:30-7pm. Must bring flyer for discount!
  6. Cicero Twin Rinks, 5575 Meltzer Court Cicero, NY 13039- Ice Skating. February 9th from 1-3pm Free Admission. Rental fee applies. Website: <http://www.ciceroicerink.com/> or Call: 315-752-7465 for more details.



Preventing tobacco-related diseases in  
Herkimer, Oneida & Madison Counties

# Central New York “Slip Sliding Away” Day

**Featuring: “Alpine Downhill” Skiing & Snowboarding**

**February 8-9, 2014 (Saturday & Sunday ONLY)**



**Dry Hill Ski Area**

[www.skidryhill.com](http://www.skidryhill.com)

County Route 67, Watertown, NY 13601 315-782-8584

\$30 Learn to ski/board = lesson + equipment +lift ticket

\$5 off ski/boarding / \$3 off Tubing



**Labrador Mt.**

[www.labradormtn.com](http://www.labradormtn.com)

6935 Rt. 91, Truxton, NY 13158

607-842-6204

\$43 Ticket for day / \$40 for 4 hours / Lesson Special = \$25



**McCauley Mt. Ski Area**

[www.mccauleyny.com](http://www.mccauleyny.com)

300 McCauley Mt. Road, Old Forge, NY 13420 315-369-3225

\$20 “Adult” Ticket or \$15 “Jr.” Ticket



**Snow Ridge Ski Resort**

[www.snowridge.com](http://www.snowridge.com)

P.O. Box 100, 4173 West Rd., Turin, NY 13473 315-348-8456

\$22 All day Ticket



**Song Mt.**

[www.songmountain.com](http://www.songmountain.com)

1 Song Mountain Rd., P.O. Box 1001, Tully, NY 13159 315-696-5711

\$35 for Lift Ticket/Lesson/Equipment Rental package



**Toggenburg Mt.**

[www.skitog.com](http://www.skitog.com)

1135 Toggenburg Road, Fabius, NY 13063 315-683-5842

Buy one ALL day ticket, get 2<sup>nd</sup> one for Free!

ALSO buy one LEARN to Ride, get 2<sup>nd</sup> one Free!



**Val Balias Ski Center (Utica parkway)**

[www.skibigval.com](http://www.skibigval.com)

210 Memorial Parkway, Utica, NY 13501 315-266-0453

\$13 Terrain Park Ticket & \$6 per hour Tubing lift Ticket



**Woods Valley Ski Area**

[www.woodsvalleyskiarea.com](http://www.woodsvalleyskiarea.com)

9074 Dopp Hill Rd, Western, NY 13486

315-827-4721

\$5 off “Full Day” Ticket

***\*Don't forget to bring this flyer with you!***