



Opportunities for Physical Activity in New York's Columbia and Greene Counties



Columbia County, New York

Youth Recreation Programs:

Ancram Summer Camp

Details: 6-week summer camp open to campers ages 4-12. Applicants must have previously attended a pre-school or day care program. Free for residents of Ancram and \$75.00 for non-residents. The camp is limited to 65 children per week.

Location: Ancram Town Pool, Ancram, NY 12502

Contact: samamason@aol.com

Art Omi

Details: Camp Omi (Ages 6-13); Artgarten (Ages 4-5); Arts Lab (Ages 10-18). \$350.00 for a one-week session or \$325.00 for two or more week sessions (per week).

Location: 1405 County Route 22, Ghent, NY 12075

Contact: education@artomi.org

Website: www.artomi.org

Town of Austerlitz Summer Recreation Program

Details: Campers into kindergarten up to age 14 welcome from 9:00 a.m. to 3:00 p.m. daily.

Location: Austerlitz Town Park; Route 203 (behind the Spencertown Academy), Austerlitz, NY 12017

Contact: spencertownrec@austerlitzny.com

Camp Eagle Hill

Details: Camp Eagle Hill offers camp groups ranging from grades 1st -6th, 7th-8th, and 9th, which all focus on ensuring the campers are active throughout the day. Email contact below for more information on cost.

Location: P.O. Box 12, Elizaville, NY 12523

Contact: summer@campeaglehill.com

Phone: 518-537-4000

Camp Mahican

Details: Coarc holds a July summer day camp. Children and teens with disabilities, ages 5 to 16 years old are welcome to attend Coarc Camp Mahican. The camp runs from 9:00 a.m.-2:00 p.m.

Location: Pavilion at Copake Park, Copake, NY and the beach on Upper Rhoda Pond, West Copake, NY 12516

Contact: info@coarc.org

Phone: 518-672-4451

Camp Palatine

Details: Camp Palatine is a 6-week camp running Monday-Friday 9:00 a.m.-3:00 p.m. The camp is open to children with one year of school through 6th grade. The cost for residents is \$100.00 per child or \$50.00 for two children (per child) and for non-residents is \$150.00 per child or \$75.00 for two children (per child)

Location: Palatine Park, 50 Palatine Park Road, Germantown, NY 12526

Contact: gtownny@gtel.net

Website: www.germantownny.org

Claverack Town Youth Program: Summer

Details: A five-week recreational program for school-age residents who have completed kindergarten through age 16.

Location: Claverack Town Park, 91 Church Street, Mellenville, NY 12544

Claverack Town Youth Program: Winter

Details: The Town of Claverack organizes a Winter Snowsports Program (snowboarding or skiing) for six Saturdays beginning in early January. Claverack youth ages 8 and older may participate.

Location: Catamount Ski Resort, 3290 Route 23, Hillsdale, NY 12529

Canaan Recreation Program

Details: Canaan Recreation Program includes afternoon camp session at the park for Canaan children in the summer.

Location: Stoddard Field, Canaan Town Park, County Route 5, Canaan, NY 12029

New Lebanon Summer Youth Program

Details: Youth who have completed Kindergarten through and including age 13 are eligible.

Location: Shatford Park Pavilion, Old Post Road, New Lebanon, NY 12125

Contact: Michelle Bienes, Camp Director 518-794-7774 or 518-788-1150

Crellin Community Park-Summer Recreation Program

Details: The Town of Chatham Summer Recreation Program for youth operates at Crellin Community Park Monday-Friday. The program runs from 9:00 a.m.-3:00 p.m. The Morning/Afternoon Program is \$85.00/\$75.00 for Town and Village residents and \$175.00/\$165.00 for out of town residents. Swim lessons are also available through the American Red Cross for \$40.00 per child and \$35.00 for each additional child.

Location: 2940 Route 66, Chatham, NY 12037

Contact: recdirector.chatham@fairpoint.net

Copake Park Summer Program

Location: Copake Park Building, 305 Mountain View Road, Copake, NY 12516

Contact: summerpark@fairpoint.net

Flying Deer Nature Center

Details: Flying Deer Nature Center offers a variety of camps throughout the summer months for different age groups.

Location: 5 Abode Road, New Lebanon, NY 12125

Contact: dev@flyingdeernaturecenter.org

Kinderhook Summer Recreation Program

Details: The Summer Recreation Program is a 6-week program running from 9:00 a.m.-3:00 p.m. The cost is \$20.00 a week for Gardiner residents and \$25.00 for non-Gardiner residents.

Location: Volunteer Park, Konkle Lane, Valatie, NY 12184

Contact: Julie Weisz, tok@berk.com

Ghent Summer Recreation Program

Details: Ghent Summer Camp is a 1-month camp that runs Monday-Friday 8:30 a.m. -2:30 p.m. for children whose primary residence is in the Town of Ghent. The cost is \$50.00 per child, and a family is \$100.00. The cost for non-residents is \$175.00 per child. Children must have completed one year of kindergarten or be six years of age to attend.

Location: Water Street Playground, Ghent, NY 12075

Contact: Michelle Radley, 518-392-7672

Hawthorne Valley Farm Summer Camp

Details: Hawthorne Valley Farm offers both day and residential summer camps from late June to early August. Kids Can Cook Day Camp, and Overnight Farm Camp welcome campers ages 8-13. The Kinder Camp is available for children ages 4-7.

Contact: helen@hawthornevalleyfarm.org

Phone: 518-672-4465 x 201

Hillsdale Summer Youth Program (Roe Jan Summer Recreation Program)

Details: This summer program is a 6-week outdoor educational summer day camp for youth ages 5-13 years old. The camp has a focus on outdoors and environmental education. The cost of the camp is \$135.00 per camper.

Location: Roeliff Jansen Park, 9140 Route 22, Hillsdale, NY 12529

Contact: Joe Raco, Raco515@yahoo.com

Hudson Youth Center Summer Camp

Details: This is a 6-week camp that runs from 9:00 a.m. to 3:00 p.m. It is open to youth ages 5 and up.

Location: Oakdale Beach, 18 South 3rd Street, Hudson, NY

Contact: Nicky Genito, 518-828-0017

Roe Jan Soccer Club

Details: Roe Jan Soccer holds girls and boys youth teams (10-19), as well as clinics and training for free or low cost.

Location: 203 Stevers Crossing Road, Hudson, NY 12534

Website: <http://roejansoccerclub.wixsite.com/cusc>

Greenport Recreation Program

Details: Greenport offers a summer recreation program Monday-Friday 8:00 a.m.2:00p.m. The cost is \$25.00 for Greenport residents and \$100.00 for non-residents.

Location: Greenport Recreation Playground, 413 Joslen Boulevard, Hudson, NY 12534

Taconic Hills Youth Soccer League

Details: The league practices on Wednesdays and games are on Sundays from September through October. Available to children in grades PK-6th grade.

Facebook: [Taconic Hills Youth Soccer League](#)

Phone: 845-656-4458

Foundation Running Camp

Details: Includes Cross Country and Track & Field Programs for students in grades 6-12. Day Camp or Sleepaway Camps are available.

Location: Camp Pontiac, 2044 County Route 7, Copake, NY 12516

Phone: 516-370-0286

Columbia-Greene Community College Camps

Details: Columbia-Greene Community College offers nine summer sports camps in the months of July and August including Golf, Basketball (two sessions), Softball, Baseball, Tennis, Soccer, Field Hockey and All Sports. Prices range from \$115.00 to \$155.00

Website: <https://columbiagreene.prestosports.com/camps/camps-registration?id=gnndmg2ycgofod0f>

Walking/Hiking Trails:

Beebe Hill State Forest

Access: County Route 5, Austerlitz, NY 12017

Borden's Pond Conservation Area

Location: 1628 Route 203, Ghent, NY 12075

Clermont State Historic Site

Details: Fee to enter park April-October.

Location: 400 Woods Road (off Route 9G), Germantown, NY 12526

Crellin Community Park

Location: 2940 Route 66, Chatham, NY 12037

Contact: Mike West, Recreation Director-518-392-0337

Website: http://crellinpark.org/?page_id=16

Drowned Land Swamp Conservation Area

Location: 653 County Route 3, Ancram, NY 12502

Greenport Conservation Area

Location: 319 Joslen Boulevard, Greenport, NY 12534

Hand Hollow Conservation Area

Location: 387 Gale Hill Road or 4079 County Route 9, New Lebanon, NY 12125

Hand Hollow State Forest

Location: County Route 34 (Hand Hollow Road) near intersections of County 9 and Schoolhouse Road, New Lebanon, NY 12125

Harlem Valley Rail Trail

Details: A paved bicycle/pedestrian path built on the old railroad bed that connected New York City, the Harlem Valley, and Chatham.

Access: Undermountain Road, off Route 22, Ancram, NY; Valley View Road, Copake, NY; Taconic State Park Entrance (near Depot Deli), Copake Falls, NY

Website: www.hvrt.org

Phone: 518-789-9591

Harrier Hill Park

Details: 2-mile Stockport-Greenport Trail which travels through 325 acres of protected land and connects to the Greenport Conservation Area.

Location: Rod and Gun Road, Stockport, NY 12534

Website: www.clctrust.org/public-conservation-areas/harrier-hill/

Harvey Mountain State Forest

Access: East Hill Road (off Route 22, near I-90 B3 exit), Austerlitz, NY 12017

High Falls Conservation Area

Location: 540 Roxbury Road, Philmont, NY 12565

Dutch Farming Heritage Trail

Details: A 1.5-mile trail that connects the Luykas Van Alen House and the Martin Van Buren National Historic Site.

Website: www.nps.gov/mava/planyourvisit/upload/Dutch-Farm-Link-Trail.pdf

Lake Taghkanic State Park

Location: 1528 NY 82, Ancram, NY 12502

Phone: 518-851-3631

Martin Van Buren Nature Area and Wayside Park

Location: Route 9H (across from Martin Van Buren NHS), Kinderhook, NY 12106

Website: www.nps.gov/mava/planyourvisit/outdooractivities.htm

Phone: 518-758-9689

Mud Creek Environmental Learning Center

Location: 1024 Route 66, Ghent, NY 12075

Website: www.ccsxcd.org

Phone: 518-828-4386

New Forge State Forest

Location: New Forge Road (off Route 82), Taghkanic, NY 12521

Nutten Hook State Unique Area

Location: Ice House Road (off Route 9J), Stuyvesant, NY 12173

Olana State Historic Site

Details: Fee to enter the park April-October.
Location: 5720 Route 9G, Hudson, NY 12534
Phone: 518-828-0135

Omi International Arts Center

Details: 120+ acres of groomed trails for cross country skiing, snowshoeing, mountain bike riding, hiking, birdwatching and more.
Location: 59 Letter S Road (off County Route 22 & Route 9H), Ghent, NY 12075
Website: www.omiaartscenter.org
Phone: 518-392-4747

Ooms Conservations Area at Sutherland Pond

Location: 480 Rock City Road, Chatham, NY 12037

Pachaquack Preserve

Location: Elm Street (off Route 203) at Route 203 Bridge, Valatie Village, NY 12184
Website: www.veravalatie.com/V_Trails_and_Parks.html

Rheinstrom Hill Audubon Sanctuary and Center

Details: Open daily dawn to dusk.
Location: 225 Cambridge Road, Craryville, NY 12521
Website: ny.audubon.org/rheinstrom-hill
Phone: 518-325-5203

River Street Park

Location: River Street (off Route 9), Valatie Village, NY 12184
Website: www.veravalatie.com/V_Trails_and_Parks.html

Roeliff Jansen Park

Details: A town park with hiking trails along the Roe-Jan Kill Creek.
Location: 9140 Route 22, Hillsdale, NY 12529
Website: www.roejanpark.org

Round Ball Mountain Conservation Area

Location: 503 Carson Road, Ancram, NY 12502

Schor Conservation Area

Location: 58 Cemetery Road, Canaan, NY 12029

Siegel-Kline Kill Conservation Area

Location: 1452 County Route 21, Ghent, NY 12075

Stockport Wildlife Management Area

Details: Surrounds the Harrier Hill Park.
Location: Rod and Gun Road, Stockport NY 12534

Taconic State Park

Location: Route 344 (off Route 22), Copake Falls, NY 12517
Phone: 518-329-3993

Won Dharma Center

Details: Hike numerous trails on the 426-acre property with captivating views of the Catskills.

Location: 361 Route 23, Claverack, NY 12513

Website: <http://www.wondharmacenter.org>

*For more information on hiking trails and other outdoor activities, visit: [Columbia County Tourism](#)

Walking/Hiking/Running Clubs:

Walking Club at Bliss Towers

Details: Held by Columbia County Department every Monday (weather permitting).

Location: Bliss Towers, 41 N 2nd Street, Hudson, NY 12534

Time: Monday's at 9:00 a.m.

Contact: [Columbia County Department of Health](#) for more information

Phone: 518-828-3358

Catskill 3500 Club

Details: The Catskill 3500 Club was founded in 1962 to foster interest in hiking in the Catskills. Membership is open to all persons who have climbed on foot each of the 35 Catskill Peaks above 3,500 feet in elevation.

Hiking Season: April-June

Website: <http://catskill-3500-club.org/>

Kinderhook Runners Club

Details: The Kinderhook Runners Club is a local organization formed to promote running in the Kinderhook, NY area. Membership is open to everyone. There are two levels of membership, individual and family, with annual dues of \$20.00 and \$25.00 respectively.

Time: Saturday Morning Runs at 7:00 a.m. and Sunday Morning Runs at 8:00 a.m.

Location: Kinderhook Village Square.

Contact: info@KinderhookRunnersClub.com

Website: Visit the Kinderhook Runners Club website for other social events and races that they sponsor - <http://kinderhookrunnersclub.com/>

Cycling:

Skiing:

Hand Hollow State Forest

Location: County Route 34 (Hand Hollow Road) near intersections of County 9 and Schoolhouse Road, New Lebanon, NY 12125

Dutch Farming Heritage Trail

Details: 1.5-mile trail that connects the Luykas Van Alen House and Martin Van Buren National Historic Site, Kinderhook, NY 12106

Website: <https://www.nps.gov/mava/planyourvisit/upload/Dutch-Farm-Link-Trail.pdf>

New Forge State Forest

Location: New Forge Road (off Route 82), Taghkanic, NY 12521

Livingston State Forest

Access: Route 9G and Fox Creek Road, Livingston, NY 12541

Harvey Mountain State Forest

Access: East Hill Road (off Route 22, near I-90 B3 exit), Austerlitz, NY 12017

Clermont State Historic Site

Details: Fee to enter park April-October.

Location: 400 Woods Road (off Route 9G), Germantown, NY 12526

Beebe Hill State Forest

Location: County Route 5, Austerlitz, NY 12017

Stockport Wildlife Management Area

Location: Rod and Gun Road, Stockport, NY 12534 (surrounds the Harrier Hill Park)

Siegel-Kline Kill Conservation Area

Location: 1452 County Route 21, Ghent, NY 12075

Schor Conservation Area

Location: 58 Cemetery Road, Canaan, NY 12029

Round Ball Mountain Conservation Area

Location: 503 Carso Road, Ancram, NY 12502

River Street Park

Location: River Street (off Route 9), Valatie Village, NY 12184

Pachaquak Preserve

Location: Elm Street (off Route 203) at Route 203 Bridge, Valatie Village, NY 12184

Olana State Historic Site

Details: Fee to enter the park April-October.

Location: 5720 Route 9G, Hudson, NY 12534

Mud Creek Environmental Learning Center

Location: 1024 Route 66, Ghent, NY 12075

Martin Van Buren Nature Area and Wayside Park

Location: Route 9H (across from Martin Van Buren NHS), Kinderhook, NY 12106

High Falls Conservation Area

Location: 540 Roxbury Road, Philmont, NY 12565

Harrier Hill Park

Details: 2-mile Stockport-Greenport Trail.

Location: Rod and Gun Road, Stockport, NY 12534

Hand Hollow Conservation Area

Location: 387 Gale Hill Road or 4097 County Route 9, New Lebanon, NY 12125

Greenport Conservation Area

Location: 319 Joslen Boulevard, Greenport, NY 12534

Omi International Arts Center

Details: 120+ acres of trails for cross country skiing, snowshoeing, mountain bike riding and hiking.

Location: 59 Letter S Road (off County Route 22 & 9H), Ghent, NY 12075

Website: <http://www.omiartscenter.org/>

Crellin Community Park

Location: 2940 Route 66, Chatham, NY 12037

Contact: Mike West, Recreation Director- 518-392-0337

Website: http://crellinpark.org/?page_id=16

Copake Country Club

Details: Rentals are available for groomed trails.

Location: 44 Golf Course Road, off County Route 11, Copake, NY 12516

Website: <http://www.copakecountryclub.com/>

Borden's Pond Conservation Area

Location: 1628 Route 203, Ghent, NY 12075

Catamount Ski & Snowboarding Area

Details: There are 33 trails and three terrain parks.

Location: 3290 Route 23, Hillsdale, NY 12529

Website: <http://www.catamountski.com/>

Swimming:

Lake Taghkanic State Park

Location: 1528 New York 82, Ancram, NY 12502

Phone: 518-851-3631

Taconic State Park

Location: 253 NY-344, Copake Falls, NY 12517

Phone: 518-329-3993

Canaan Recreation Program

Details: Free morning swimming lessons for Canaan children.

Location: Queechy Lake, Route 295 and just west of Route 22, Canaan, NY 12029

Crellin Community Park

Details: Beach open for Summer Program.

Location: 2940 Route 66, Chatham, NY 12037

Contact: Mike West, Recreation Director- 518-392-0337

Website: http://crellinpark.org/?page_id=16

Fitness Centers:

Planet Fitness

Location: Fairview Plaza, 160 Fairview Avenue, Hudson, NY 12534

Website: <http://www.planetfitness.com/gyms/hudson-ny-674>

Phone: 518-822-8200

KS Fitness and Personal Training

Location: 98 Green Street, Suites 2 & 3, Hudson, NY 12534

Hours: 7:00 a.m.-8:00 p.m.

Website: <http://www.ksfitness.fit/>

Phone: 518-937-4802

Club Life

Location: 3143 Route 9, Suite 4, Valatie, NY 12184

Hours: Mon-Fri 5:30 a.m.-10:00 p.m.; Sat-Sun 7:00 a.m.-7:00 p.m.

Website: <http://clublifefit.com/>

Phone: 518-320-7885

Taconic Hills Aquatic and Fitness Center

Location: 73 County Route 11A, Craryville, NY 12521

Phone: 518-325-2432

Website: <http://taconichills.k12.ny.us/community/poolfit/index.html>

Pilates Hudson

Location: 403 Warren Street, Floor 3, Hudson, NY 12534

Hours: Call for Hours

Website: <https://www.pilateshudson.com/>

Phone: 518-929-0931

Sadhana Center for Yoga and Meditation

Location: 403 Warren Street, Hudson, NY 12534

Hours: Call or Visit Website for Class Schedules

Website: <http://sadhanayogahudson.com/>

Phone: 518-828-1034

Columbia Physical Essentials

Location: 273 County Route 28B, Valatie, NY 12184

Facebook Page: [Columbia Physical Essentials](#)

Phone: 518-414-1341

Chatham Body Works

Location: 51 Church Street (Route 203) Chatham, NY 12037

Hours: Mon-Fri 6:00 a.m.-8:00 p.m.; Saturday & Sunday 8:00a.m.-2:00 p.m.

Website: <http://chathambodyworks.wixsite.com/chatham-body-works>

Phone: 518-392-7202

Lorraine Michaels Dance Centre

Details: The Kinderhook studio offers ballroom, Latin and swing classes.

Location: 6 Chatham Street, Kinderhook, NY 12106

Website: <http://www.lorrainemichaelsdance.com/home.html>

Supersoul Yoga

Location: 25 Main Street, Chatham NY 12037

Hours: See Website for Class Schedule

Website: <http://www.supersoulyoga.com/>

Phone: 518-600-1781

Bodhi Holistic Spa, Yoga, & Salon

Location: 543 Warren Street, Hudson, NY 12534

Hours: Sun & Mon 11:00 a.m.-5:00 p.m.; Tues-Thurs 10:00 a.m.-6:00 p.m.; Fri and Sat 10:00 a.m.-7:00 p.m.

Website: <https://www.bodhiholisticspa.com/>

Phone: 518-828-2233

Schools Districts with Tracks Open for Public Use:

Chatham Central School District

Details: Track open to the community after school hours.

Location: 50 Woodbridge Avenue, Chatham, NY 12037

Hudson City Schools

Details: Track open to the community until dusk.

Location: 215 Harry Howard Avenue, Hudson, NY 12534

Ichabod Crane Central

Details: Track open to the community after school hours.

Location: 2910 Route 9, Valatie, NY 12184

Taconic Hills Central

Details: Track open to the community after school hours.

Location: 73 County Route 11A, Craryville, NY 12521

Rope Courses/Zip Lines:

Catamount Aerial Adventure Park

Details: Over 50 zip lines and 170 platforms. The courses are for all ability levels (suggested minimum height is 48", maximum weight is 265 lbs.).

Location: 3290 Route 23, Hillsdale, NY 12529

Website: www.catamounttrees.com

Phone: 518-325-3200

Town Parks:

Claverack Town Park

Details: Playground, tennis courts, baseball fields, jogging track, basketball court.

Location: 91 Church Street, Mellenville, NY 12544

Phone: 518-672-4205

Austerlitz Town Park

Details: Playground, tennis courts, basketball court, baseball field.

Location: Route 203 behind the Spencertown Academy, Austerlitz, NY 12017

Stoddard Field- Canaan Town Park

Details: Playground, basketball court, tennis courts.

Location: County Route 5 across from the Town Hall, Canaan, NY 12029

Hours: Sunrise to sunset, every day

Crellin Community Park

Location: 2940 Route 66, Chatham, NY 12037

Contact: Mike West, Recreation Director- 518-392-0337

Website: http://crellinpark.org/?page_id=16

Copake Community Park

Location: 230 Mountain View Road, Copake, NY 12516

Phone: 518-329-4242

Copake Memorial Park

Details: Baseball Field, Outdoor Hockey Rink, Community Center.

Location: Copake, NY 12516 (off Mountain View Road)

Palatine Park

Details: Small lake, playground, Little League and soccer fields.

Location: 50 Palatine Park Road, Germantown, NY 12526

Ernest R Lasher Memorial Park

Location: Anchorage Road, Germantown, NY 12526

Hamlet Park

Location: 2609 Route 23, Hillsdale, NY 12529 (Behind Town Hall)

Roeliff Jansen Park

Location: 116 Old Route 22, Hillsdale, NY 12529

Henry Hudson Waterfront Park

Location: Hudson, NY 12534

Village of Kinderhook Park

Details: Baseball fields, tennis court, basketball court, playground equipment.

Location: Rothermel Avenue, Kinderhook Village, NY 12106

Livingston Recreation Park

Location: 4 Lockwood Road, Hudson, NY 12534

Lakeshore Park

Details: Playground equipment and fishing.

Location: Philmont, NY 12565 (Located at the Reservoir)

Memorial Field

Details: Playground equipment and a baseball field.

Location: Philmont, NY 12565 (Located on Church Street)

Philmont Park

Location: Philmont, NY 12565 (Located on Main Street across from Gabriel's Restaurant)

Greenport Town Park

Location: 413 Joslen Boulevard, Hudson, NY 12534

Dog Parks:

Palatine "Dog Bark Park."

Location: Next to Palatine Park, Germantown, NY 12526

Kinderhook Dog Park: Friends of Kinderhook Dog Park

Location: 54 Opportunity Way, Valatie, NY 12184

Events:

Sean's Run Weekend

Details: Sean's Run Weekend is weekend of events that include a 5K Run/Walk; a 1 mile youth race; 50, 20 and 10-Mile Bike Rides; a Zumbathon; a race for people with developmental disabilities; a tribute to victims and survivors of impaired driving; World Championship Battle of the Bets seatbelt contest; and a Prevention Education Expo, all in memory of Sean Patrick French who lost his life in 2002 as a passenger in a drunk-driving car crash.

Location: Chatham, NY 12037

Website: <http://www.seansrun.com/>

Town of Kinderhook Summer Fun Runs

Details: Free and Informal 5K runs every Wednesday at 7:00 p.m. Open to all runners and walkers.

Location: Start is on the Vanderpoel House Lawn in Kinderhook Village.

Kinderhook Bank OK5k Race

Details: The Kinderhook Bank OK5K Race is held each summer to raise money for Northern Columbia County non-profit organizations.

Website: <http://www.ok5krace.com/>

Other Recreational Opportunities:

Queechy Lake

Details: Public access is available through membership in the Adams Point Beach Association. Open June through Labor Day.

Location: North of Route 295 and just West of Route 22, Canaan, NY 12029

Contact: adamspointbeach@gmail.com

Little Nutten Hook

Location: Between the Nutten Hook State Unique Area and Hudson River Islands State Park on Gay's Point, Stuyvesant, NY 12173

Zumba at Copake Memorial Park

Location: Copake, NY 12516 (off Mountain View Road)

When: Wednesday classes from 6:00-7:00 p.m.

Reformed Church- Food and Friendship Program

Details: The Columbia County Office of Aging continues to serve 60+ seniors with the Food & Friendship program located in the Reformed Church on Church Road in Livingston, Tuesdays and Fridays 10:30-1:30. Programs include speakers addressing legal issues, nutrition, safety and health concerns, exercise programs, games with prizes and social interaction. Seniors should call 828-7538 by 1:00 p.m. the day before (Mon and Thurs) to make reservations.

Location: 447 Church Road, Livingston, NY 12541

Tai Chi

Details: Columbia County Department of Health hold Tai Chi classes at each Senior Center in the County. Classes are held twice a week for eight weeks.

Senior Centers:

- Philmont Area Senior Community Center
Albert L. Tripp Center, 93 Main Street, Philmont, NY 12565
- Greenport Community Center
500 Town Hall Drive, Hudson, NY 12534
- Livingston Area Senior Community Center
Linlithgo Reformed Church, 447 Church Road, Livingston, NY 12541
- Hudson Senior Community Center
51 North 5th Street, Hudson, NY 12534
- Stuyvesant Area Senior Community Center
St. Joseph's Parish Hall, 1820 Route 9, Stuyvesant, NY 12173

Contact: For more information contact the Columbia County Department of Health.

Phone: 518-828-3358

Email: ccdoh@columbiacountyny.com

Website: <https://sites.google.com/a/columbiacountyny.com/health/>

Greene County, New York

Physical Activity Programs:

Rural Health Network

Location: 159 Jefferson Heights, Catskill, NY 12414

Phone: 518-943-5072

Website: <http://www.greenehealthnetwork.com/index.php>

Biggest Loser Contest

Details: The Biggest Loser Contest is a 16-week weight loss challenge, followed by a 14-week maintenance challenge that will help you lose weight and keep it off. Cash prizes are available [Click here](#) for more information.

GreeneWalks Contest

Details: GreeneWalks is a free, 8-week walking program that is open to all Greene County residents. You can walk anywhere, anytime you'd like. Complete your walking log, then send it in to be eligible to win one of eight cash prizes. [Click here](#) for more information.

Greene County YMCA

Location: 35 NY-81, Coxsackie, NY 12501

Hours: Mon-Fri: 5:00 a.m.-9:00 p.m.; Sat-Sun: 8:00 a.m.-4:00 p.m.

Phone: 518-731-7529

Website: <http://cdymca.org/locations/greene-county-ymca/>

Details: The Greene County YMCA offers a variety of categories of programs such as Active Older Adult, Adult, Child Care, Family, Group Exercise, Health and Wellness, Personal Training, Runners Resource, Special Events, Teen, Youth and Teen, and Youth Sports. Call or visit the website for a full list of current programs.

Catskill Community Center

Location: 344 Main Street, Catskill, NY 12414

Phone: 518-719-8244

Website: <http://www.catskillcommunitycenter.org/>

Recreation Center

Open Mon-Thurs for youth ages 10-18 during the Catskill Central School District school year.

Hours: Mon: 2:30p.m.-6:00 p.m.; Tues-Thurs: 2:30p.m.-7:30 p.m.

Summer Enrichment

Participants can register and pay a flat fee of \$55.00 to participate in many courses that are offered for five weeks in July and August. [Click here](#) to view the calendar and select programs you wish your participant to attend and return the registration form to the Catskill Community Center.

Swim Program

Call the Catskill Community Center for more details on the Instructional and Recreational Swim Program.

CYO Basketball

[Click here](#) to register for Catskill Youth CYO Basket Program.

Ski Program

The center offers a Learn-to-Ski/Snowboard Program at Hunter Mountain. Open to all students in 4th-12th grade in any Catskill Community School.

Adaptive Sports Foundation

Details: The Adaptive Sports Foundation works to promote physical activity for children and adults with disabilities by offering winter programs for recreational skiing, snowboarding, yoga, and personal fitness.

Location: 100 Silverman Way, Windham, NY 12496, PO Box 266

Phone: 518-734-5070

Email: info@adaptivesportsfoundation.org

Website: <http://www.adaptivesportsfoundation.org/>

Youth Recreation Programs:

Greene County YMCA Summer Camp

Hours: Mon-Fri: 9:00a.m.-4:00p.m.

Location: 35 Route 81, West Coxsackie, NY 12051

Website: <http://cdymca.org/greene-county-summer-camp/>

Phone: 518-731-7529

Village of Coxsackie Summer Youth and Swim Recreation Program

Details: The program is for Village/Town residents of Coxsackie ages 5 (entering Kindergarten) to 14 only.

Hours: 8:30 a.m.-12:30 p.m. (after program hours available)

Program Site: Coxsackie Elementary School, 24 Sunset Boulevard, Coxsackie, NY 12051

Contact: coxsackiesummerrec@gmail.com

Athens Youth Recreation Program

Location: 2 First Street, Athens, NY 12015

The New Baltimore Summer Youth Program

Details: This is a 4-week summer program with hours running from 9:00 a.m.-11:30 p.m.

Location: Locations vary from park to park each year

SPROUTS Summer Day Camp

Details: SPROUTS offers six week long workshops featuring Art & Music and Theater & Dance in six locations throughout Greene County for children ages 3 to 7. The SPROUTS program is free for children who live in Greene County.

Contact: Ruth Leonard, SPROUTS Co-Director- 518-634-2289

Walking/Hiking Trails:

Rural Health Network-Walking Trails

Details: Visit Rural Health Network's website for a detailed list of Greene County Walking Trails. Click any town on the map to view all walking trails, parks, etc. in the area or click on the town name below the map to download a trail map of that town.

Direct link to Greene Walking Trails: <http://www.greenehealthnetwork.com/page.php/tPath/83>

Acra Point and Batavia Kill Loop

Difficulty: Moderate to Difficult; 5.3-mile circuit

Location: Big Hollow Road (County Route 56) in Maplecrest, NY 12454

Devil's Path

Difficulty: Difficult; 24.15 miles

Location: Located on County Route 16 (Platte Clove Road) at the corner of Prediger Road in Hunter, NY 12442

Diamond Notch

Difficulty: Moderate; 4 miles, round trip

Location: Located at the end of Spruceton Road along County Route 6 (off State Route 42 North) in West Kill, NY 12492.

Escarpment Trail at North-South Lake

Difficulty: Moderate to Difficult; 10.3-mile circuit

Location: Located at the end of Schutt Road in Haines Falls, NY 12436

Escarpment Trail, Windham Trailhead

Difficulty: Moderate to Difficult; 23-mile circuit

Location: Located on Route 23 in East Windham, NY 12496

Hunter Mountain Fire Tower

Difficulty: Moderate to Difficult; 8 miles, round trip

Location: Spruceton Road (County Route 6) in West Kill, NY 12492

Indian Head Mountain

Difficulty: Difficult; 7.8-mile circuit

Location: Prediger Road in Hunter, NY 12442

Kaaterskill Falls Trail

Difficulty: Easy to Moderate; 1.4 miles, round trip

Location: Trailhead for the bottom is located at 23A in Haines Falls, NY (west of Horse Shoe Bend). The top of the waterfall is located at the end of Laurel House Lane off County Route 18 in Haines Falls, NY 12436.

Plateau Mountain (via Warner Creek Trail)

Difficulty: Difficult; 8-mile circuit

Location: Notch Inn Road (off Route 214) in Hunter, NY 12442

Pratt Rock-New York's Mount Rushmore

Difficulty: Difficult; 3.1 miles, round trip

Location: Off County Route 23 in Prattsville, NY 12468

Windham High Peak (via Burnt Knob)

Difficulty: Moderate; 7.3 miles

Location: Trailhead located on Big Hollow Road (County Route 56) in Windham, NY 12496

*For more information on Hiking in the Catskills, visit: [Great Northern Catskills of Greene County](#)

Skiing:

Hunter Mountain

Location: Main Street, Hunter, NY 12442

Phone: 518-263-4223

Website: <http://www.huntermtn.com/>

Windham Mountain

Location: P.O. Box 459, 19 Resort Drive, Windham, NY 12496

Phone: 800-754-9463

Website: <http://www.windhammountain.com/>

Mountain Trails Cross Country Ski Center

Location: 6198 Main Street, Tannersville, NY 12485

Phone: 518-589-5361

Website: <http://www.mtntrails.com/home.html>

Cortina Valley

Location: 227 Clum Hill Road, Elka Park, NY 12427

Website: <http://cortinavalley.com/>

Swimming:

Athens Pool

Location: 2 Evergreen Place, Athens, NY 12015

Phone: 518-945-9970

Dolan's/Hunter Village Lake

Details: Swimming spot set in a park-like setting with picnic tables and a pavilion.

Location: Hunter, NY 12442; turn towards Hunter Mountain, then make your first left onto Ski Bowl Road and it is on your left.

Tannersville Lake (Rip Van Winkle Lake)

Details: There is a covered picnic area and pavilion, swings, slide, basketball hoop. A lifeguard is on duty from 12:00 p.m. to 5:00 p.m.

Location: Route 23A East to Country Route 16, Tannersville, NY 12485

CD Lane Park

Details: Lake swimming, fishing, boating, basketball court and a baseball diamond.

Location (from Hunter): Scribner Hollow Road North to Route 23C. Make a left turn on Route 23C, Make Right on Route 40. Go through the village of Maplecrest; the park will be on your left side.

North and South Lake

Details: Swimming is permitted at both North and South Lake beaches from Memorial Day weekend through Labor Day when lifeguards are on duty.

Location: Route 23A East through Tannersville, and then turn north from onto O'Hara Road (County Route 18) in Haines Falls, and go straight ahead, 2.5 miles, to the gate house

Fitness Centers:

Catskill Snap Fitness

Location: 321 Main Street, Catskill, NY 12414

Hours: 24-Hour Access

Website: <https://www.snapfitness.com/>

Phone: 518-943-3232

Body Dynamics Fitness Studio

Location: 1982 Route 385, Coxsackie, NY 12051

Phone: 518-731-7704

Fitness Concepts

Location: 363 State Route 296, Hensonville, NY 12439

Hours: Mon-Thurs: 7:30 a.m.-7:30 p.m.; Fri: 7:30 a.m. - 5:30 p.m.; Sat: 7:30 a.m.-1:00 p.m.;

Sun: 10:00 a.m.-1:00 p.m.

Website: <http://www.fitnessconceptsnewyork.com/>

Phone: 518-734-4268

SWEAT Exercise Studio

Location: 609 Main Street, Catskill, NY 12414

Hours: Mon: 7:45 a.m.-8:00 p.m.; Tues: 5:45 a.m. - 6:45 p.m.; Wed-Thurs: 5:45 a.m.-7:15 p.m.;

Fri: 8:45 a.m.-6:30 p.m.; Sat: 7:45 a.m.-9:45 a.m.; Sun: 10:45 a.m.-12:00 p.m.

(Subject to change)

Website: <http://sweatexercisestudio.com/>

Phone: 518-653-1129

Email: info@sweatexercisestudio.com

9 Round Fitness

Details: All-Inclusive Kickboxing Fitness Gym.

Location: 210 West Bridge Street, Catskill, NY 12414

Hours: Mon-Fri: 8:00 a.m. - 1:00 p.m.; 3:00 p.m. - 8:00 p.m.; Sat: 8:00 a.m.-12:00 p.m.

Website: <https://www.9round.com/>

Phone: 518-894-KICK (5425)

Muscle Hypertrophy

Location: 171 West Main Street, Catskill, NY 12414

Hours: Mon-Fri: 6:30 a.m.-8:00 p.m.; Sat-Sun: 12:00 p.m.-3:00 p.m.; 24-access memberships available under specific circumstances.

Website: <http://www.musclehypertrophyllc.com/home.html>

Phone: 518-444-4292

Greene County YMCA

Location: 35 NY-81, Coxsackie, NY 12051

Hours: Mon-Fri: 5:00 a.m.-9:00 p.m.; Sat-Sun: 8:00 a.m.-4:00 p.m.

Website: <http://cdymca.org/locations/greene-county-ymca/>

Phone: 518-731-7529

Body Be Well Pilates (Catskill Studio)

Location: 401 Main Street, Catskill, NY 12414

Hours: See Website for Class Schedule

Website: <http://www.bodybewellpilates.com/>

Phone: 518-943-0333

Cus D'Amato's Boxing Gym

Location: 422 Main Street, Catskill, NY 12414

Facebook page: [Cus-DAmatos-Boxing-Gym](#)

Phone: 518-378-5885

The DOJO Shiya-do Martial Arts

Location: 7485 Route 32, Cairo, NY 12413

Hours: Call or visit website for the class schedule

Website: <http://www.thedojofitness.com/>

Phone: 518-622-9211

Email: drizzo526@gmail.com

Mountain Breeze Yoga

Location: 11111 Route 23 Windham, NY 12496

Website: <http://www.mountainbreezeyoga.com/>

Email: nicole@mountainbreezeyoga.com

Leeds Yoga

Location: 110 Main Street, Leeds, NY 12451

Phone: Call 518-947-9836 or visit Facebook for class schedule

Facebook: [Leeds Yoga](#)

Pure Mountain Yoga

Details: Visit website for class schedule

Location: Located on the second floor of the Tannersville Antique Center
6045 Main Street, Tannersville, NY 12485

Website: <http://puremountainyoga.com/>

Rivertide Aikikai

Description: Martial Arts

Location: 3198 Old Kings Road Catskill, NY 12414

Website: <http://www.rivertideaikikai.org/>

Email: info@rivertideaikikai.org

Phone: 518-943-4000

Schools Districts with Tracks Open for Public Use:

Catskill Central School District

Details: Track open to the community, tennis courts and a fitness center available after school for \$1.00 day passes.

Location: 343 West Main Street, Catskill, NY 12414

Hunter-Tannersville Central School District

Details: Two tracks open for the community to use after school hours.

Location: 6094 Main Street, P.O. Box 1018, Tannersville, NY 12485

Windham-Ashland-Jewett Central School District

Details: There is a playground open for recreational use, but no track.

Location: 5411 NY-23, Windham, NY 12496

Greeneville Central School District

Details: There is a loop around the school that is open for community use after school hours.

Location: 4982 NY-81, Greeneville, NY 12083

Town Parks:

Angelo Kanna Cairo Town Park

Location: Mountain Avenue, Cairo, NY 12413

Phone: 518-622-3120

Coxsackie Riverside Park

Location: Betke Boulevard, Coxsackie, NY 12015

Phone: 518-731-2718

Athens Riverfront Park

Location: 4 Water Street, Athens, NY 12015

George V. Vanderbilt Town Park

Location: Town Park Drive, Greeneville, NY 12083

Silver Lake Park

Location: Old Kings Road in Medway, NY 12124

Cecil C. Hallock Memorial Park

Location: Route 54 just west of the Town Hall, New Baltimore, NY 12124

Cornell Park

Location: On the Hudson River in the Hamlet of New Baltimore, NY 12124

Dutchman's Landing Park

Location: Lower Main Street, Catskill, NY 12414

Contact: Nancy Richards, 518-943-6564

Elliot Park

Details: Open area for the public, jungle gym, baseball fields, and basketball courts

Location: Off of Broome Street, Catskill, NY 12414

Wyche Park

Location: New Baltimore Road in the Hamlet of New Baltimore, NY 12124

Rip Van Winkle Lake Park

Location: Just a short walk from Main Street, Tannersville, NY 12485

Dog Parks:

Park for Paws

Location: 499 Main Street, Catskill, NY 12414

Bunker Hill Dog Park

Location: Union Street, Athens, NY 12015

Events:

Annual Cairo-Durham 5K

Details: This event is held in October by the Cairo-Durham Teachers' Association to fund scholarships for people in the Cairo-Durham community. Prizes will be awarded to the top three overall winners.

Location: Angelo Canna Town Park, Mountain Avenue, Cairo, NY 12413

Contact: kyoung@cairodurham.org

Annual Catskill Spring Rush

Details: The Catskill Spring Rush is an annual event hosted by Catskill High School and community partners every spring. There is a Spring Sprint for children ages 12 and under which includes two laps around the high school track and a bike race along a safe school route. The Rush is a 2.25 Mile Run-Walk, 10 Mile Bike, and finishes off with a Kayak or Canoe race at the school waterfront.

Annual Tour of the Catskills

Details: One-day cycling event with 23, 54, and 80-mile cycling distances.

Location: Tannersville, NY 12485

Website: <http://tourofthecatskills.com/>

Columbia-Greene Out of the Darkness Community Walk

Details: The Out of the Darkness Walks are proof that when people work together, they can make big changes in the world. They are AFSP's largest fundraiser – they produce millions for suicide prevention programs, unite those who have been affected by suicide, and create communities that are smart about mental health

Location: Dutchman's Landing, Catskill, NY 12414

Contact: Laura Marx, lmarx@afsp.org

Website: <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4459>

Windham Race the World 66/Pro XCT Event

Details: Pro GRT/XCT at Windham Mountain Resort hosts Downhill and Cross Country Mountain Bike racing with professional and amateur athletes from around the world.

2017 Date: Saturday, August 12th -Sunday, August 13th.

Location: Windham Mountain Bike Park, Windham, NY 12496

Website: <http://www.windhammountain.com/events-activities/mountain-bike-park/pro-grt-xct-race/>

Manitou's Revenge

Details: A 54-mile ultramarathon through the Catskills starting CD Lane Park (Batavia Kill Rec. Area) in Maplecrest, NY

Eligibility: To run in the 54 miler, you must have run another 50 miler within the time limits for that course and within the last two years. To run in the relay, you must have completed a road marathon in under 4:30 within the last two years, or a 50k trail race, or a trail marathon, or the Escarpment Trail Run. You will need to provide this info on the race application.

Location: Windham, NY 12496

Website: manitousrevengeultra.com.

Viking Obstacle Race

Details: Race as an individual or use teamwork to tackle the course. This family friendly event features free rides to the spectator viewing area, and no parking or spectator fees. A portion of the proceeds will benefit the Greenville Rescue Squad.

Location: Sunny Hill Resort, Greeneville, NY 12083

Website: <http://www.sunnyhill.com/viking-obstacle-course>

Other Recreational Opportunities:

Cedar Grove- The Thomas Cole National Historic Site

Location: 218 Spring Street, Catskill, NY 12414

Website: <http://thomascole.org/>

Phone: 518-943-7465

Cohotate Preserves

Location: 450 Route 385, Athens, NY 12015

Phone: 518-622-3620

Kaaterskill Rail Trail

Location: 5132 Route 23A, Haines Falls, NY 12436

Website: <https://www.nynjtc.org/KRT>

Phone: 518-628-4243

The Windham Path

Location: 4982 NY-23, Windham, NY 12496

Website: <http://windhamarf.org/windham-trail-vision/>

Phone: 518-734-4700

Ramshorn-Livingston Sanctuary

Location: 84 Dubois Road, Catskill, NY 12414

Tannersville Bike Path

Location: Access the path from Rip Van Winkle Lake Park Tannersville, NY 12485

North South Lake Campground

Details: Open May 9- October 13.

Location: County Route 18, Haines Falls, NY 12436

Website: <http://www.dec.ny.gov/outdoor/24487.html>

Phone: 518-589-5058

Four Mile Point Preserve

Location: 169 Four Mile Point Road, Coxsackie, NY 12051

Five State Lookout

Location: Mohican Trail- Route 23, East Windham, NY 12439

Phone: 518-943-3223

Yoga at Lexington Municipal Building

Location: NY-42 Lexington, NY 12452

Phone: Call 518-299-3204 for dates and times.

Athens Rivertown Senior Center

Location: Corner of 2nd Street & Warren Street, Athens, NY 12015