

THE J.M. MCDONALD SPORTS COMPLEX

Join us at the Sports Complex for fun and fitness. We offer many opportunities to be active. Returning this year is our increasingly popular NFL Flag football for youth. Also back this summer is the Summer Camp at the MAC which is a full time summer camp featuring a different theme for each week. We are home to the Crown City Rollerz roller derby team, so stop in and join in on all the fun of watching a roller derby bout this spring when they kick off their season. We are continuously adding programs and activities so please check our website for updates! Details on all our programs and events are available on our web site. Give us a call at 607-753-8100 or visit our web site at www.jmmcomplex.com

ANNUAL CORTLAND COUNTY JR. FAIR JULY 8-12

Would you like to exhibit at the Cortland County Jr. Fair? More than 25,000 people each year visit the fair to enjoy 4-H youth building exhibits such as crafts, sewing, photography, drawings and foods on display by our own Cortland County youth. Walk through the barns to see rabbits, goats, horses, cows, and pigs and see how our youth prepare them for their show times. Youth activities and programs happen all week and don't forget the Midway, you will be able to play games and enjoy the rides. Why not join in on all the excitement and join us at the fair. For more information, please contact the Cornell University Cooperative Extension of Cortland County, (607)-753-5077.

4-H CAMP OWAHTA is owned and operated by Cornell University Cooperative Extension of Cortland County. The camp's 128 acre facility includes: five miles of woodland nature trails, a large pond, expansive recreation field, recreation/dining lodge, a large open pavilion, basketball and hockey courts, a sand volleyball court, an infirmary and bathhouses. Six weeks of theme-based residential and day camping opportunities can be enjoyed. Week 1: June 29-July 4. Week 2: July 6 - July 11. Week 3: July 13 - July 18. Week 4: July 20 - July 25. Week 5: July 27 - August 1. Week 6: August 3 - August 8. Please call Cornell University Cooperative Extension of Cortland County at 607-753-5077 to obtain a 2014 brochure and for updated registration and rate details.

CORTLAND WORKS

The Cortland Works Career Center offers a Summer Youth Employment Program for eligible teens. This six-week work experience includes a weekly training session in work readiness skills. Recruitment for the summer employment program begins in May. Also, out-of-school youth and older youth needing help with getting their High School Equivalency Diploma, obtaining job skills, and finding employment are eligible to register throughout the year. Please call Diane Wheaton at 756-7585 ext. 3253 for information

YMCA /CAPCO SUMMER CAMP:

Give your Kindergarten through 6th grader the ultimate day camp experience this summer at the YMCA. YMCA Summer Camp is expected to run 8 consecutive sessions, from when school ends to mid-August. The YMCA will provide a safe, fun, and active venue for your child. Swimming lessons, rock climbing and visits to local parks will highlight summer camp, with even off-site field trips planned as well! Your child will learn the key values of the YMCA of Caring, Honesty, Respect and Responsibility while they are enrolled in camp. Watch online for more information and pricing as they become available.

BORG WARNER RACE SERIES:

4/13, 5/11, 6/15, 9/14, 10/4 AND 11/27. 9 AM STARTS.

Come and Run with the YMCA and 2014 race series Sponsor, Borg Warner this year! The Borg Warner is a 5K race series around the Cortland area. The first race begins with the Spring 5K run. Remaining races during the spring and summer include the Mother's Day and Father's Day Runs, with the races kicking back in full this fall.

NFL PUNT, PASS, KICK: DATE TBA

Annually the Y hosts the NFL Punt, Pass and Kick tournament. The PPK is a skills competition for boys AND girls ages 6-14. Participants will Punt, Pass and Kick a football as far and as straight as they can to achieve the highest possible score. The Cortland Y PPK has been affiliated with the JETS and Bills football teams, so winners from our area will potentially have a chance to compete at a JETS'(or Bills') home game Please visit the Y online at www.cortlandymca.org and as soon as information is available

FAMILY FUN NIGHTS: 3/21, 4/11, 5/16

The YMCA, in partnership with the Cortland County Health Department, , Seven Valley's Health Coalition, CAPCO, CAPCO Head Start and Early Headstart The Y will continue to provide a safe fun filled family outing every third Friday of the month from 6-8 p.m. Every other month provides families with an opportunity for a themed Fun Night. Past themes have included... Family Fun Night Carnival in March and ending with a Picnic at Suggett Park in June (date to be announced) to name a few. Please visit the Y online at www.cortlandymca.org to confirm this year's dates!

APO/YMCA TWEEN NIGHT:

A night out for youth in grades 3-6, 7-9 PM, the Y will host a supervised dance (with a DJ) and snacks, once a month. Games will take place in the Y gymnasium as well. Tween nights are scheduled for 3/1, 4/12 and 5/10. Free to YMCA members and only \$5 for community members.