

Town of Tonawanda Youth, Parks & Recreation



75th Anniversary Celebration

1947-2022

On the front lawn at the Aquatic & Fitness Center! Please park in the AFC lot only, located at 1 Pool Plaza.

FRIDAY, AUGUST 5

MOVIE ON THE LAWN

"GROWN UPS" (PG-13) AT DUSK - *Bring your own chair or blanket!*

SATURDAY, AUGUST 6

FAMILY FUN ON THE LAWN 11:00 AM - 5:00 PM

INFLATABLES, BUFFALO BOOK MOBILE, SPORTS, GAMES, CRAFTS, AND MORE!

FOOD TRUCKS: LLOYD (11-4 & 6-9), YAKISOBAS (11-9) & RESURGENCE BEER TRUCK

BALLOON ANIMALS 11:00 AM - 2:00 PM

KEN-TON BANDS 11:00 AM - 1:00 PM

TOWNE PLAYERS 1:30 - 2:15 PM

FACE PAINTING 2:00 - 5:00 PM

NICK MAMBRETTI'S SUPER HILARIOUS MAGIC SHOW 2:45 - 3:30 PM

HILL BROTHERS 4:00 - 4:45PM

BEERS, BANDS, AND BITES 6:00 - 9:00 PM

LIVE MUSIC: eXit...rebooted

FOOD TRUCKS: LLOYD, YAKISOBAS, JUST PIZZA & RESURGENCE BEER TRUCK



Joseph H. Emminger, Supervisor
Town of Tonawanda

Carl Szarek, Councilman
Chairman, Youth, Parks & Recreation Committee

Mark D. Campanella, Sr., Superintendent
Parks & Recreation Department

SUNDAY, AUGUST 7

FITNESS & WELLNESS FAIR *presented by* Paddock

With you for the extra mile.

FREE ENTRY TO THE POOL, GIANT INFLATABLE

LAKE EFFECT NUTRITION WILL BE SELLING HEALTHY SHAKES, HIGH-PROTEIN COFFEES & MORE!

FREE OUTDOOR FITNESS CLASSES:

TOTAL BODY CONDITIONING with Anna 9:45 - 10:45 AM

Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. For all ages.

30/30 with Anna 10:50 - 11:50 AM

Half an hour of total body conditioning followed by half an hour of stretching. For all ages.

SPEED & AGILITY FOR KIDS with Impact Fitness Systems 1:00 - 2:00 PM

YOGA with Karen from Bloom & Bliss 6:15 - 7:15 PM

FREE AQUA FITNESS CLASSES:

HYDRO INTENSITY with Cynthia 9:30 - 10:30 AM

SUNDAY SPLASH with Joan 10:45 - 11:45 AM

SUP YOGA with Maya from Bloom & Bliss* 12:00 - 1:00 PM (activity code 342099-03) & 1:30 - 2:30 PM (activity code 368080-02)

FREE WELLNESS CLASSES:

COMMUNITY NUTRITION WORKSHOP with Katie Tomaschko, MS, RDN 5:00 - 6:00 PM
Join Katie, our in-house Registered Dietitian Nutritionist, in learning more about how to stay hydrated during the summer. She'll give you and your family tips, tricks (and maybe even treats) during this fun and interactive community nutrition workshop!

SOUND HEALING with Megan from Bloom & Bliss 7:15 - 8:15 PM

Join Meagan, Reiki Master and Sound Healer, as she guides you through an evening of self-love and inner healing. Through the utilization of various sacred instruments, you will be led through a meditative journey that will leave you feeling grounded, centered, and peaceful. Sound Healing has been practiced for thousands of years to realign the body's vibration, clear energetic blockages, and improve emotional and mental well-being. Be sure to bring a yoga mat or blanket, and even a pillow; whatever will keep you most comfortable as you will be lying down for the entirety of the hour!



With you for the extra mile.

*All activities are free unless otherwise noted. *Must pre-register for select classes; visit www.ttypr.com to register. All outdoor activities are weather-dependent. Events subject to change at any time. Please check our website and Facebook page for updates. Last updated 8/4/22.*

For more information: Visit www.ttypr.com or call 831-1001