

**MAYVILLE**

- Curves for Women, 99 East Chautauqua Street ..... 753-2695  
Complete workout in 30 minutes
- Chautauqua Lake Central School, 100 N. Erie Street ..... 753-5802  
Pool: Classes for adults and children • Open swim times available  
Indoor track • Outdoor track • Fitness center
- Fred J. Cusimano Westside Overland Trail ..... 763-8928  
25 miles (open all year).....see center map in tour guide
- Rails to Trails, Brocton to Sherman, 8 miles (open all year) ..... 483-2330
- Chautauqua Gorge, Hannum Road, 8 miles (open all year)
- Lakeside Park, Route 394 ..... 753-2125
- Pointe Chautauqua Dance, 36 W. Chautauqua Street ..... 753-3456

**PANAMA**

- Panama Central School, 41 North Street ..... 782-3245  
Pool • Weight room (available to district residents only)
- Panama Rocks, County Road 10 ..... 782-2845  
Open mid May - mid October • no pets

**PORTLAND**

- Luensman Overview Park, Thayer Road ..... 763-8928  
70 acres • ¼ mile trail • Open 5/15 - 11/1

**RIPLEY**

- Ripley Walking Group, Meeder’s Restaurant, Rt. 20 ..... 736-7381  
Wednesday @ 10:15 a.m.
- Ripley Community Park, 1 Park Avenue ..... 736-6881
- Ripley Fitness Center, 38 West Main Street ..... 736-6060
- Ripley Park, North State Street behind Community Building

**SILVER CREEK**

- Seaway Trail, Route 5, Ripley to Irving
- Hanover Town Park, S. Shore Drive, Sunset Bay ..... 934-2462

**STOCKTON**

- Marden E. Cobb Waterway Trail  
28 miles (open all year) Cassadaga Creek..So. Stockton ..... 763-8928  
25 miles (open all year) Conewango Creek..Kennedy ..... 763-8928

**WESTFIELD**

- YWCA - Westfield Work Out Center, 58 South Portage ..... 326-2011
- Eason Hall (Westfield Recreation Dept.), Elm Street ..... 326-4243  
Exercise class - Thursday @11:00 a.m. • Pilates - M/W/Th @5:30 - 6:30 p.m.
- Community Aerobic Activity Challenge ..... 326-4243
- Chautauqua Gorge, Gale Street 8 miles (open all year)

- Westfield Memorial Hospital, 189 East Main Street ..... 793-2231
- Westfield Academy & Central School (WACS), E. Main St. .... 326-4243  
Indoor soccer/basketball M/F early a.m.  
Basketball Tuesday @9:30 - 11:00 p.m.  
Basketball Thursday @7:30 - 9:00 p.m.  
Lap swim - weekdays @7:00 - 9:00 a.m. and 9:00 - 10:00 p.m.
- Dan Reed Pier Park, Route 5, Barcelona (open all year)
- Center Stage Dance Studio, 8608 W. Route 20 ..... 326-6502
- Welch Field, between Union, Elm and 3rd Streets ..... 326-4243  
Pool - water exercises M/W/F a.m. and p.m. (June - August)

My Goal...

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My Plan...

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*Steps to a HealthierNY is funded by the U.S. Department of Health and Human Services as part of Steps to a HealthierUS, a national program focusing on the prevention of diabetes, obesity and asthma and the control of risk factors including poor nutrition, physical inactivity and tobacco use and exposure.*

*For more information or for copies of this guide. call the Chautauqua County Office for the Aging at (716) 753-4471, ext. 4854.*

**Step  
It  
Up!**



**Places to be  
Active in  
Chautauqua County**

**BEMUS POINT**

Long Point State Park, Route 430 ..... 386-2722  
320 acres, 7 mi. trail (open all year)

Bemus Point Park (open all year) ..... 386-4398

**BROCTON**

College Lodge, Route 380, 193 acres, 5k of trails (open all year) ..... 673-3417  
193 acres, 5k of trails (open all year)

Allison Wells Ney Trail, 5 miles ..... 483-2330

Brocton Central School, W. Main Street ..... 792-9121  
walking (when school is open), Zumba Tuesday & Thursday

Lake Erie State Park.....5905 Route 5 ..... 792-4229

**BUSTI**

Lawson Town Park.....Lawson Road ..... 763-8561

**CASSADAGA**

Cassadaga Beach.....Park Avenue ..... 595-3007

**CELORON**

Lucille Ball Memorial Park, Blvd. at Dunham (open all year) ..... 487-4175

**CHAUTAUQUA**

Chautauqua County Visitor’s Bureau ..... 1-800-242-4569  
Walking trails (call for free guide)      www.tourchautauqua.com

Chautauqua Health & Fitness Center at Chautauqua, Rt. 394 ..... 357-6430

**CHERRY CREEK**

Cockaigne Ski Center, 1493 Thornton Road ..... 287-3223

**CLYMER**

French Creek Preserve, County Road 4 ..... 546-8030

**DUNKIRK**

Clarion Hotel Fitness Center, 30 Lake Shore Drive, East ..... 366-8350

Dunkirk Senior Center, 45 Franklin Street, exercise class ..... 366-7530

City Pier Park, Rt. 5 & Central Avenue (open all year) ..... 366-3262

Wright Park, Rt. 5 to N. Serval Street (open all year) ..... 366-3262

Point Gratiot Park, Rt. 5 W to Point Drive (open all year) ..... 366-3262

Chautauqua Health & Fitness Center, Vineyard Dr. (D&F Plaza) ..... 363-6383

**FALCONER**

Curves for Women, 25 West Main Street ..... 664-4114  
Complete workout in 30 minutes

Village Park, N. Phetteplace

**FINDLEY LAKE**

Camp Findley, Sunnyside Road, 160 acres (open all year) ..... 769-7146

Peek ‘N Peak Resort & Conference Center, 1405 Ye Olde Road ..... 355-4141

**FORESTVILLE**

Forestville Elementary School, 12 Water Street ..... 965-2742  
Walking in hallways

**FREDONIA**

Grape Belt Seniors, 32 Moore Street, Exercise classes ..... 672-2891

Curves for Women, 183 E. Main Street, ..... 679-2878  
Complete workout in 30 minutes

Darwin’s Health Club, 47-53 Water Street ..... 679-1591

Fredonia Central School, 425 East Main Street ..... 679-1581  
Outdoor track for walking, various programs available      x2735

SUNY Fredonia, 280 Central Avenue, walking and fitness ..... 673-3111

Barker Street Playground, Barker and Center Streets

Elm Street Playground, Prospect and Elm Streets

Lambert Avenue Park, Lambert Avenue and Cottage Streets

Russell Joy Park, Howard Street

**FREWSBURG**

Frewsburg High School, 26 Institute Street ..... 569-9241  
School year (or as specified for special) • Various programs available

Erlandson Overview Park, Oak Hill Road ..... 763-8928  
76 acres, 1.5 mi. loop trail, 5/15 - 11/1

**GERRY**

Earl Cardot Eastside Overland Trail, 19 miles (open all year) ..... 763-8928

**JAMESTOWN**

Curves for Women, Chautauqua Mall ..... 661-3838  
Complete workout in 30 minutes

YMCA - Jamestown, 101 East 4th Street ..... 664-2802  
Fitness Center • Pool • Gym • Track • Specialty Classes - pilates, aerobics, etc.

JCC Fitness Center, 525 Falconer Street ..... 665-5220  
Weights • Raquetball & tennis courts • Indoor track • Swimming & diving pools

Sideline Sports, 165 Jones and Gifford Streets ..... 665-3550

Gaffar Adams Fitness Center, Foote Avenue Ext. .... 487-2392

SNAP Fitness, Foote Avenue ..... 661-3690  
Fairmount Avenue ..... 338-9882

Boys and Girls Club, 62 Allen Street ..... 664-2902  
Weight room • Gym • Pool  
Classes for adults: Learn to swim • Water aerobics • Arthritis water exercises

Jamestown Savings Bank Ice Arena, 311 West 3rd Street ..... 484-2624  
Indoor walking (.50¢)

Roger Tory Peterson Institute, 311 Curtis Street ..... 665-2473  
27 acres of trails (open all year)

Audubon Nature Center, 1600 Riverside Road ..... 569-2345  
Wildlife sanctuary - 600 acres (open all year)

Allen Park, West Virginia Blvd. (open all year) ..... 483-7523

Bergman Park, Baker Street (open all year) ..... 483-7523

Chadakoin Park, Washington Street (open all year) ..... 483-7523

Lillian Dickson Playground, Falconer and Bowen Streets

Holly Loft Ski and Bike, 600 Fairmount Avenue ..... 483-2330  
Bicycling Club meets weekly for rides - beginner to advanced

Chautauqua Regional Youth Ballet, 9½ Falconer Street ..... 664-9766

DeMarco Sisters School of Dance, 33 Forest Avenue ..... 483-3469

Guys and Dolls Dance Studio, Stillwater Corners ..... 487-0918

Linda’s Studio of Dance ..... 488-2262

Lorraine School of Dance, 415 West 4th Street ..... 484-8304

Stroup’s Gymnastics School, 1385 Kiantone Road ..... 665-8081

Jamestown Health & Wellness Center, 964 Foote Avenue ..... 483-5492

**KENNEDY**

“The Dredge” Recreational Waterway, South Dayton to Kennedy  
15 miles (open all year) • Kayaking/Canoeing

**LAKEWOOD**

YMCA - Lakewood Family, 183 East Fairmount ..... 763-0303  
Fitness center • Track • Tennis courts • Life Fit program

Chautauqua Mall Walking Program, 813 E. Fairmount Avenue ..... 664-8619  
Unsupervised walking program

Lakewood Community Park, Lake Road at Burtis Bay ..... 763-8557  
(open all year)

Richard O. Hartley Memorial Park ..... 763-8557  
Terrace at Chautauqua Avenues

