

Philipstown Recreation Department

FALL 2019



Philipstown Recreation Department

Mailing Address: PO Box 155, Cold Spring, NY 10516

Philipstown Community Center

Local Address: 107 Glenclyffe Drive, Garrison, NY 10524

Phone: 845.424.4618 or 845.424.4662

Fax: 845.424.4686

Website: www.philipstownrecreation.com

TOWN BOARD

Richard Shea, Supervisor

Robert Flaherty Michael Leonard

Judy Farrell John Van Tassel*

*Town Board Liaison to the Recreation Commission

RECREATION COMMISSION

Joel Conybear, Chairperson

Ben Cheah Phil Cottenec

Bill Mazzuca John Maasik

Claudio Marzollo Lydia McMahon

RECREATION DEPARTMENT

Amber Stickle Director of Recreation & Parks

Susan Richardson Recreation Supervisor

Karen Virgadamo Program Administrator

Cecily Hall Recreation Leader

Tim Merante Building & Grounds Supervisor

Walter Guzman Parks & Facilities

PHILIPSTOWN DEPOT THEATRE

Amy Dul Managing Director

Nancy Swann Artistic Director

Julianne Endler Heckert House Manager

John Leydon Technical Director

Karen Kapoor Youth Coordinator

TOWN OF PHILIPSTOWN PHONE DIRECTORY

<u>Department</u>	<u>Phone</u>
Town Supervisor’s Office	(845) 265-5200
Town Clerk & Tax Collector	(845) 265-3329
Building Inspector	(845) 265-5202
Board of Assessors	(845) 265-5203
Court Clerk	(845) 265-2951
Highway Superintendent	(845) 265-3530
Putnam County Office of Aging	(845) 265-3359
Haldane Central Schools	(845) 265-9254
Garrison Union Free School	(845) 424-3689
Philipstown Depot Theatre	(845) 424-3900
Depot Theatre Reservations	(845) 424-3900
Town Annex	(845) 265-4402
F.I.S.H. Phone	(845) 424-4669
Continental Village	(845) 737-0341
Cold Spring Post Office	(845) 265-3486
Garrison Post Office	(845) 424-3695
Cold Spring/Garrison Chamber of Commerce	(845) 265-3200
Putnam County News & Recorder	(845) 265-2468

The **Town Board** meets at 8pm on the 1st Thursday of every month at Town Hall.

The **Recreation Commission** meets at 7:30pm on the last Tuesday of every month at the Community Center.

**REGISTRATION FOR ALL FALL PROGRAMS OPENS AUGUST 5th
FOR RESIDENTS AND AUGUST 12th FOR NON-RESIDENTS**

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WE HAVE A NEW REGISTRATION SYSTEM!!!

Philipstown Recreation has a new software program. Please go to PhilipstownRecreation.com and click on the Create New Account link to open your account and gain easier access to program registration. **Be sure to then add all the members of your household into the account.** We are asking all participants to set up accounts prior to registration day regardless of if they plan to utilize the online registration options. Even if you plan to register over the phone or in person, our new registration system will utilize your household account information.

EARLY EDUCATION

HOOPSTERS

Age: 4 - Kindergarten

Players are divided into teams to learn and play the game of basketball. The teams will spend the first three weeks working on skills and drills with Coach Paul & their respective coaches. The final three weeks the teams will play instructional games based on their team's schedule. If you are interested in coaching, please contact Amber at 845.424.4618. Shirt is included.

Instructor: Paul Carufe

Day: Saturday

Time: 10:15am

Location: Philipstown Community Center Gym

Start Date: October 26 (6 weeks) - No 11/30

Fee: \$70 Resident / \$85 Non-Resident

INDOOR TOT PARK

Fee: \$1 per session (per family) or \$20 for 25

Start Date: On-Going

Days: T,Th, Fr: 9:00-11:00am, M-F: 12:00-1:30

LITTLE KICKERS

Age: 3

Lots of movement activities and the basics of beginning soccer. Shirt included.

Instructor: Travis Biro

Day: Saturday

Time: 9:00am

Location: Community Center Water Tower Field

Start Date: September 7 (6 weeks)

Fee: \$70 Resident / \$85 Non-Resident

LITTLE SHOTS

Age: 3

Lots of movement activities and the basics of beginning basketball. Shirt included.

Instructor: Paul Carufe

Day: Saturday

Time: 9:00am

Location: Community Center Gymnasium

Start Date: October 26 (6 weeks) - No 11/30

Fee: \$70 Resident / \$85 Non-Resident

MUDBUNNIES

Ages: 3 - 5 years

Your child will have a wonderful experience creating, exploring and learning new clay project every week. We jump, squeeze, roll, pat and play just for fun! Stretch/play/cleanup/snack. See Page 12 for more information.

PRE-BALLET

Age: 3 - 5

Designed to be creative and fun. Children will develop coordination, strengthen basic motor skills, and learn how to count to music. Class work will include concepts of posture, creative movement, and an introduction to balletic terms. Sessions are 45 mins long. No 10/8, 10/31 & 11/5.

Instructor: Mary Del Vecchio

Fee: \$85 Resident / \$100 Non-Resident

Location: Community Center Performance Space

Start Date: September 10 (8 weeks)

Day/Time: Tuesday, 4:15pm

Start Date: September 12 (8 weeks)

Day/Time: Thursday, 3:30pm or 4:15pm

STRIKERS

Age: 4 - Kindergarten

Players are divided into teams to learn to play the game of soccer. The teams will spend the first three weeks working on skills and drills with Coach Travis & their respective coaches. The final three weeks the teams will play instructional games based on their schedule. If you are interested in coaching, please contact Amber at 845.424.4618. Shirt included. **Please register for the 10:15 or 11:30 time slot. There may be one or two weeks when the schedule requires you to go to the other time for a game, otherwise you will attend the time you register for.**

Instructor: Travis Biro

Day: Saturday

Time: 10:15am or 11:30am

Location: Community Center Water Tower Field

Start Date: September 7 (6 weeks)

Fee: \$70 Resident / \$85 Non-Resident

The Learning Center Preschool

at Philipstown Recreation

There is still space available for the 2019-2020 school year!

3 - 5 years old



Director: Caitlin Lidestri

Children can attend: 2 days (T & Th), 3 days (M, W, F) or 5 days (M-F)

A creative atmosphere which encourages positive and healthy development through exploration of art, movement, music and learning centers. Snack is provided. Children must be toilet trained and three years of age. Program runs 9-11:45am or 9-2:00pm. This is a ten month program running from September 2019 to June 2020. Students must be registered for the entire program.

Please call 845.424.4618 to schedule a visit and for more information.

YOUTH PROGRAMS

AFTER CARE & BEFORE CARE AT HALDANE

Before care starting at 7:15am. After care going until 6:15pm. Register now for the 2019-2020 school year. Call 845-424-4618 for availability, pricing and more information.

AFTERNOON ADVENTURE

2019-2020 Monthly Fees: - 1 day a week: \$95, 2 days a week: \$175, 3 days a week: \$250, 4 days a week: \$295, 5 days a week: \$325. Includes transportation from Haldane and Garrison School and classes marked with an asterisk. Register now for the 2019-2020 school year, Call 845-424-4618 for availability, pricing and more information.

AFTER SCHOOL CLAY

Grades: K - 3

This class is one of a kind. Each student will be able to express him/herself. All techniques will be explored. Must have drawn idea each week. Stretch/work/clean/snack. See Page 12 for more information.

AFTER SCHOOL CLAY

Grades 4-6

All children will be instructed on different techniques. Must have a drawn idea every week. Stretch/work/clean/snack. See page 12 for more information.

ANIMAL ART*

Grades K-2

Whether it is your pet, a wild animal, or your own imaginary creature, each class will show you how to use different art mediums to tell a story about your animals. If turtles are what you love, then call it "many ways to fall in love with my turtle". Name your animal and then, take off!! No 9/30 and 10/14.

Instructor: Mae Lambing Grunberg

Day: Monday

Time: 4:00-5:30pm

Location: Community Center Art Studio

Start Date: September 9 (6 weeks)

Fee: \$50 Resident / \$65 Non-Resident

BASICS OF COLLAGE*

Grades K-5

Let's dive into the amazing world of assembling of different materials - paper, cardboard, 3D objects, finds from nature, ceramic mosaic etc - possibilities are endless. You will end up with some beautiful artwork to bring home.

Instructor: Mae Lambing Grunberg

Day: Thursday

Time: 4:00-5:30pm

Location: Community Center Art Studio

Start Date: September 5 (8 weeks)

BEGINNING BALLET

Grades: K-1

This class focuses on technique and will include exercises at the barre in order to acquire the "placement," strength and balance necessary to execute the center work correctly. 45 minute sessions. No class 10/8, 10/31, 11/5.

Instructor: Mary Del Vecchio

Fee: \$85 Resident / \$100 Non-Resident

Location: Community Center Performance Space

Start Date: September 10 (8 weeks)

Day/Time: Tuesday, 3:30pm

Start Date: September 12 (8 weeks)

Day/Time: Thursday, 5:00pm

BEGINNING BALLET FOR GRADES 2-3

Grades: 2-3

This class focuses on ballet technique and will include exercises at the barre in order to acquire the "placement," strength and balance necessary to execute the center work correctly. No 10/8 & 11/5.

Instructor: Mary Del Vecchio

Day: Tuesday

Time: 5:00-6:00pm

Location: Community Center Performance Space

Start Date: September 10 (8 weeks)

Fee: \$85 Resident / \$100 Non-Resident

YOUTH PROGRAMS

GAME TIME!*

Grades 3-5

Come learn to play strategic board and card games. We'll touch on card games like Pokemon, chess, and other games that focus on planning ahead. Participant suggestions welcomed too! No 9/30 or 10/14.

Instructor: Dennis Mazzuca

Day: Monday

Time: 4:00-5:30pm

Location: Community Center Cafeteria

Start Date: September 9 (6 weeks)

Fee: \$50 Resident / \$65 Non-Resident

HARVEST EATS*

Grades K-5

Join us to make some tasty treats out of all the delicious fruits and vegetables of the season! We'll make fruit cobbler, stuffed peppers and other delicious dishes.

Instructor: Susan Richardson

Day: Tuesday

Time: 4:00-5:30pm

Location: Community Center Art Studio

Start Date: September 3 (9 weeks)

Fee: \$75 Resident / \$90 Non-Resident

MODERN ART EXPLORATION*

Grades K-5

In this class we will peek into the world of some of our more amazing modern artists. In the process, we will learn interesting facts about these amazing creative minds as well as exploring different art techniques and mediums. You will end up with some amazing artwork to bring home. No 10/9.

Instructor: Mae Lambing Grunberg

Day: Wednesday

Time: 4:00-5:30pm

Location: Community Center Art Studio

Start Date: September 4 (8 weeks)

Fee: \$65 Resident / \$80 Non-Resident

THE ABCS OF HAND AND MACHINE SEWING*

Grades K-5

Get to know how to sew! Learn hand stitching, button sewing, the safe use of an iron, and even a little introduction to the sewing machine. You can sew a classic block quilt pillow, stuffed animal or apron for yourself.

Instructor: Mae Lambing Grunberg

Day: Tuesday

Time: 4:00-5:30pm

Location: Community Center Art Studio

Start Date: September 3 (9 weeks)

Fee: \$75 Resident / \$90 Non-Resident

THE ART OF MAGIC AND ILLUSION*

Grades K-5

In this class, students will learn simple yet effective tricks and develop the skills necessary to perform them. We will also be taking a look at some of today's most mystifying illusions and how they were created.

Instructor: Frank Caccetta

Day: Friday

Grades K-2: 3:45-4:45pm

Grades 3-5: 5:00-6:00pm

Location: Community Center Cafeteria

Start Date: September 6 (8 weeks)

Fee: \$40 Resident / \$55 Non-Resident

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AUGUST 12th FOR NON-RESIDENTS**

SPORTS & MOVEMENT

ARCHERY*

Grades K-5

Learn the fundamentals of archery and start developing your skills using traditional target practice and other fun and challenging games.

Instructor: Frank Caccetta

Day: Thursday

Grades K-2: 3:45-4:45pm

Grades 3-5: 5:00-6:00pm

Location: Philipstown Community Center

Start Date: September 5 (8 weeks)

Fee: \$55 Residents/\$70 Non-Residents

BASKETBALL SKILLS & DRILLS

Grades: 3 - 8

Come each week and work on your basketball skills. Participants will take part in drills focusing on shooting, dribbling, passing and teamwork. End the night with scrimmages while testing your new skills. This is a drop in program, you do not need to pre-register.

Instructor: John Froats

Day: Monday

Time: 6:15-7:15pm

Location: Community Center Gym

Start Date: On-going

Fee: \$1 per night Residents / \$3 Non-Resident

CO-ED SOCCER 1-2 GRADE

Grades 1st - 2nd

This program allows players to learn, develop and participate in the game of soccer regardless of skill level. Players will be divided into teams. Each session will focus on skills development through drills and 'mini-games', with small-sided (4v4) scrimmages at the end of session. If you are interested in coaching a team, please call Cecily at 845-424-4618. Players will receive a shirt and must wear shin guards.

Head Trainer: Dan Roberts

Day: Saturday

Time: 9:00-10:15am

Location: Philipstown Park

Start Date: September 7 (8 weeks)

Fee: \$55 Resident / \$70 Non-Resident

CO-ED SOCCER 3-5 GRADE

Grades: 3-5

This program allows players to learn, develop and participate in the game of soccer regardless of skill level. Each session will be comprised of guided drills and small sided games. There will be no assigned teams in this program as teams will be assigned weekly based on attendance and skill level. Players must wear shin guards.

Head Trainer: Dan Roberts

Day: Saturday

Time: 10:15-11:30am

Location: Philipstown Park

Start Date: September 7 (8 weeks)

Fee: \$55 Resident / \$70 Non-Resident

KNOCKAROUND SOCCER*

Grades K-5

This course is all about having fun and keeping active. This is not a clinic to work on skills, just a chance to kick the ball around and just enjoy the game! Participants should bring/wear cleats, shin guards and a water bottle as we'll be playing outdoors (Note: please wear sneakers only on rainy days- we'll play in the gym). No 10/9.

Instructor: Frank Caccetta

Day: Wednesday

Grades K-2: 3:45-4:45pm

Grades 3-5: 5:00-6:00pm

Location: Community Center Fields & Gym

Start Date: September 4 (8 weeks)

Fee: \$55 Resident / \$70 Non-Resident

SOCCER SKILLS & DRILLS

Grades: 1 - 6

Come each week and work on your soccer skills. This is a drop in program, you do not need to pre-register.

Instructor: Dan Roberts

Day: Wednesday

Time: 5:15-6:15pm

Location: Philipstown Park

Start Date: September 11

Fee: \$1 per night Residents / \$3 Non-Resident



JR. BLUE DEVILS YOUTH FLAG FOOTBALL

Philipsown Blue Devils aims to create a positive playing environment for all participants to have an opportunity to learn the various positions in the game of football. Each player will learn the fundamentals of throwing, catching, blocking and tackling. Players will be taught and instructed on how to use "shoulder-leverage" tackling techniques against shields and bags to learn the core principles of proper tackling. Weekly, players will be divided into groups to participate in flag scrimmages where they will have the opportunity to utilize their skills in a game format.

Grades K-2

Practice will be 1 night a week. Sunday scrimmage time is to be determined.

Day: Wednesdays

Time: 5:00-6:00pm

Start Date: September 4 (8 weeks)

Fee: \$65 Resident / \$80 Non-Resident

Grades 3-4

Practice will be twice a week. Sunday scrimmage time is to be determined.

Day: Tuesdays & Thursdays

Time: 5:00-6:00pm

Start Date: September 5 (8 weeks)

Fee: \$75 Resident / \$90 Non-Resident

Grades 5-6

In addition to the above description, as part of progression, players in grades 5-6 will begin the season with no equipment but over the course of the sessions will add helmets and shoulder pads. Practice will be twice a week. Sunday scrimmage time is to be determined.

Day: Tuesdays & Thursdays

Time: 5:00-6:00pm

Start Date: September 5

Fee: \$75 Resident / \$90 Non-Resident

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FOR RESIDENTS AND AUGUST 12th FOR NON-RESIDENTS**

TEENS

BASKETBALL SKILLS & DRILLS

Grades: 3 - 8

Come each week and work on your basketball skills. Participants will take part in drills focusing on shooting, dribbling, passing and teamwork. End the night with scrimmages while testing your new skills. This is a drop in program, you do not need to pre-register.

Instructor: John Froats

Day: Monday

Time: 6:15-7:15pm

Location: Community Center Gym

Start Date: On-going

Fee: \$1 per night Residents / \$3 Non-Resident

FOOT IN MOUTH PLAYERS

Ages 12 to 19

Come join our group of 12 to 19 year olds providing entertainment for the community and having a good time exploring all aspects of performing arts, including acting, script-writing, lighting, sound, set design, event planning & management, marketing & publicity. This program is partially funded by the New York State Office of Children & Family Services.

Instructor: Frank Caccetta

Day: Friday

Times: 6:30-8:30pm

Location: Community Center

Start Date: Ongoing

CERAMICS - TEENS

Grades 7 and up

At last, a class for young adults, that you can have fun in. Wheel throwing, sculpturing, almost any idea you have. Must come in with a drawn idea. See page 12 for more information.

Y.E.S - YOUTH EMPLOYMENT SERVICES

If you are 14 years of age or older and are interested in working part-time, we have requests from area employers for mowing, snow removal, and babysitting, as well as some fun positions with the Recreation Department. Please complete a registration form at the Recreation Office. Employers, please call if you need help. We do not negotiate salaries or provide transportation.

TEEN EVENTS CALENDAR

8/10

7:00-10:00pm

GRADES 6-8: MIDDLE SCHOOL TEEN NIGHT

\$5.00

Open gym, tournament room, outdoor events, art projects and more! Concessions available.

9/21

7:00-10:00pm

GRADES 6-8: TEEN MOVIE NIGHT: "ADVENGERS ENDGAME"

Fee: Free

Pre-registration required. Concessions available.

10/5

7:00-10:00pm

GRADES 6-8: MIDDLE SCHOOL TEEN NIGHT

\$5.00

Open gym, tournament room, outdoor events, art projects and more! Concessions available.

Philipstown Recreation Department's 15th Annual...

Haunted House



Open Weekends October 18-27

Friday & Saturday:
Horror House 7:00 - 10:00pm

Sunday
Horror House 5:00 - 8:00 pm

Philipstown Community Center
107 Glencllyffe Drive, Garrison, NY 10524

Children (under 12) & Seniors: \$4.00

Adults: \$6.00

Produced by Foot In Mouth Players

CERAMICS

Clay is the ancient, living, breathing earth and has the power to transform. This course is designed as a series of meditation exercises for grounding ourselves in clay and opening our eyes. Participants will learn the basic hand building techniques, such as pinch pots, coils, slabs, and sculpture. Previous experience not necessary.

Instructor: Diane Mary, Resident Potter

Location: Philipstown Clay Studio

Tuesday - Starting September 10 (8 weeks)

No class 11/5

Grades K-3: 3:45-5:45

\$240 Resident / \$255 Non-Resident

Adults: 9:00am-12:00pm

\$360 Residents / \$375 Non-Residents

Adults: 6:00-9:00pm

\$360 Residents / \$375 Non-Residents

Wednesday - Starting September 11 (8 weeks)

No class 10/9

Mudbunnies (ages 3-5): 12:30-2:00pm

\$180 Resident / \$195 Non-Resident

Grades K-3: 3:45-5:45pm

\$240 Resident / \$255 Non-Resident

Thursday - Starting September 12 (8 weeks)

No class 10/31

Mudbunnies (ages 3-5): 12:30-2:00pm

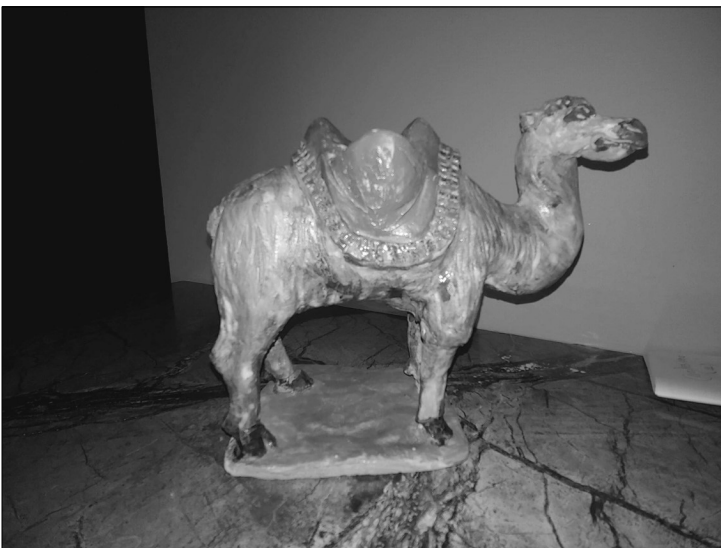
\$180 Resident / \$195 Non-Resident

Grades 4-6: 3:30-5:30pm

\$240 Resident / \$255 Non-Resident

Teens (Grades 7-12): 6:00-8:30pm

\$300 Resident / \$325 Non-Resident



THEATRE

THE BULLY'S NEW CLOTHES

Grades 1-3

We will take a classic tale and turn it on its ear!

It's time for Tale Town's big dance and the school bully needs a new outfit. Some of the downtrodden students hatch a plan to show everybody that they don't have to be bullied anymore and that they can stand up and be themselves.

We will use traditional and contemporary acting games and exercises to develop characters, dialogue and choreographed movement. We will also make props, set pieces and costumes to build a real production together. Performance will be November 12 at 5:30pm.

Instructor: Kalista Parrish

Day: Tuesdays

Time: 4:00-5:30pm

Location: Philipstown Depot Theatre

Start Date: September 10 (10 weeks)

Fee: \$175 Resident / \$190 Non-Resident

ELF, JR.

Grades 4-7

Description: Based on the beloved holiday film, this hilarious fish-out-of-water musical comedy follows Buddy the Elf in his quest to find his true identity.

Please sign up for Mondays or Wednesdays; There will be two casts.

Director: Christine Bokhour

Assistant Director: Karen Kapoor

Time: 4:00-6:00pm

Location: Philipstown Depot Theatre

Fee: \$395 Resident / \$410 Non-Resident

MONDAY

Mondays, starting September 9. Additional rehearsals include December 2 4:00-6:00pm, December 8 5:30-7:30pm, December 9 4:00-7:00pm, December 11, 12, 14 4:00-7:00pm. Additional Saturdays between 1:00-4:00pm will be added as needed. Performances will be December 14 at 2:00pm & 4:00pm and December 15 at 2:00pm & 4:00pm. No 9/30, 10/14, and 11/11.

Start Date: September 9

WEDNESDAY

Wednesdays, starting September 11. Additional rehearsals include December 1 12:00-6:00pm, December 3, 4 and 5 4:00-7:00pm. Additional Saturdays between 1:00-4:00pm will be added as needed. Performances will be December 7 at 2:00pm & 4:00pm and December 8 at 2:00pm & 4:00pm. No 10/9 and 11/27.

Start Date: September 11

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SENIORS

COLOR YOUR WORLD PAINTING

Please register for only one date per month.

Instructor: Tania Dirks

Time: 4:00-5:15pm

Location: Philipstown Community Center

September: Cats now and forever—all kinds of cats whether they are domestic or exotic...we can paint them purrrrrrrfectly.

Dates: Tuesday, Sept. 17 or Thursday, Sept. 19

October: We will let our canvas capture the beauty of the Harvest Moon!

Dates: Tuesday, Oct. 15 or Thursday, Oct. 17

November: With gratitude and joy our brushes will arrange Autumn Flowers and Fruits!

Dates: Tuesday, Nov. 12 or Thursday, Nov. 14

CHAIR STRETCH, FLEX & STRENGTHEN

The class focuses on bringing mobility to the joints and strength to the muscles. We remain seated for the class so it is a great choice for those with movement and balance restrictions. By incorporating Pilates and a resistance band, participants are able to access their core strength to improve coordination, flexibility and tone.

Instructor: Kelly House

Day: Thursday

Time: 9:00-10:00am

Location: Continental Village Clubhouse

Start Date: September 12 (8 weeks)

Fee: This class is free for Philipstown Residents over the age of 62. PLEASE CALL TO REGISTER

DRAW YOUR WORLD DRAWING CLASSES

Let's sketch and draw! A fun way to relax and build some basic art skills through line and shading techniques. Registration is for all classes. ***There is a one-time fee of \$8 for Sketchpad & Drawing Pencil Kit which you keep.**

Instructor: Tania Dirks

Day: Monday

Time: 3:30-4:30pm

Start Date: Sept 23, Oct. 7, 21, Nov 4, 18

Location: Philipstown Community Center

Fee: This class is free for Philipstown Residents over the age of 62. PLEASE CALL TO REGISTER

FIT FOR LIFE

The use of light weights and gentle cardiovascular movements are combined to improve overall muscle tone and heart health. Participants will enjoy fun music while working in a group exercise atmosphere of support. No 9/30, 10/14 and 11/11.

Instructor: Cecily Hall

Day: Monday

Time: 11:00am-12:00pm

Start Date: September 9 (8 weeks)

Location: Continental Village Club House

Fee: This class is free for Philipstown Residents over the age of 62. PLEASE CALL TO REGISTER.

KNIT & CROCHET GROUP

Day/Time: Tuesday, 12:00-2:00pm

Start Date: Ongoing through June

Location: Continental Village Club House

LINE DANCING

Join us for an hour of fun as you move and shake to some of your favorite dances.

Instructor: Betty Murphy

Day: Wednesdays, 2x each month

Time: 1:00pm

Dates: Sept. 11, 25, Oct. 23, Nov 13, 27

Location: Continental Village Clubhouse

Fee: This class is free for Philipstown Residents

ZUMBA® GOLD

Zumba® Gold is the level of Zumba® that is for true beginners, active older adults, or anyone that would like to check out Zumba® but feels that for whatever reason they would like to ease into it. The easy routines alternate fast and slow rhythms, which in addition to providing a good cardio workout, tone the muscles, sharpen the mind – and put a smile on your face!

Instructor: Kelly House

Day: Thursday

Time: 10:00-11:00am

Location: Continental Village Clubhouse

Start Date: September 12 (8 weeks)

***Fee:** This class is free for Philipstown Residents over 62. PLEASE CALL TO REGISTER

SENIORS

TRIPS

SEPTEMBER: ESSEX STEAM TRAIN & RIVER-BOAT LUNCH EXCURSION

Enjoy a three-course lunch aboard a restored 1920's Pullman Diner Car as part of a 3.75 hrs lunch, train and river-boat sightseeing excursion. The day begins when you aboard your Dining Car with a hot lunch at historic Essex Station, which is prepared and cooked on board. Next, you will travel aboard the train along the Lower Connecticut River Valley. At Deep River Landing, you will board the Becky Thatcher Riverboard for a cruise on the Connecticut River. You will finish your journey riding in Coach Passenger Cars aboard the train back to Essex Station. Return to Philipstown Recreation by 5:00pm.

Date: Thursday, September 19

Time: Bus departs at 9:00am

Fee: \$54 Resident / \$69 Non-Resident

October: "An American in Paris" Show & Lunch at Westchester Broadway Theatre

Take in lunch and a show at Westchester Broadway Theater in October! "An American in Paris" centers around World War II veteran, Jerry Mulligan, and his attempt to start a new life in Paris as a painter. Featuring such songs as "I Got Rhythm," "S Wonderful" and "They Can't Take That Away," it'll be a day to remember! Bus will depart parking lot promptly at 10:00am. You will arrive at the theater at approximately 11:00am, and once you have taken your seats, lunch will be served by 11:15am. The show will begin at 1:00pm and lasts roughly 3 hours. Bus will pick up by 4:00pm and transport back to the Rec. Arrive at Rec Center by 5:00pm.

Date: Friday, October 11

Time: Bus departs at 10:00am

Fee: \$56 Resident / \$71 Non-Resident

ADULT PROGRAMS

BALLET FOR ADULTS

The traditional ballet workout does indeed work. Classes focus on total fitness--body and mind. Each class will begin with a sequence of "barre" exercises followed by stretching/floor exercises and ending with "center" work. You will need socks or ballet slippers for barre work but ballet slippers are necessary (or bare feet) for "center" work. No 10/8, 10/31, 11/5.

Instructor: Mary Del Vecchio

Day: Tuesday or Thursday

Time: 6:00-7:30pm

Location: Community Center

Start Date: September 10 or 12 (10 Weeks)

Fee: \$130 Resident / \$145 Non-Resident

BASIC PILATES/BUFF BONES

Through her Basic Pilates class, Kelly is introducing students to Buff Bones®, a medically-endorsed system of movement for bone and joint health, which leverages bone-strengthening and balance techniques along with Pilates, functional movement, strength training and therapeutic exercise. Toning your arms, hips, back and abs, the program strives to improve posture is safe for those with osteoporosis.

Instructor: Kelly House

Location: Community Center Performance Room

Day: Friday

Time: 9:00-10:00am

Start Date: September 13 (8 weeks)

Fee: \$85 Resident / \$100 Non-Resident

INTERMEDIATE PILATES

This program will delve a little further into the exercises, and intensity will be increased for more advanced individuals. Walk-ins are welcome at a \$14 per class fee if minimum registration is met to run the class. No 9/30, 10/14, 11/11.

Instructor: Kelly House

Location: Community Center Performance Room

Day: Monday

Time: 9:00-10:00am

Start Date: September 9 (8 weeks)

Fee: \$85 Resident / \$100 Non-Resident

MEN'S BASKETBALL (18 years +)

Philipstown residents only, valid photo ID required. Must be 21 or older. All players must purchase a punch card for 10 nights (\$30) at the Recreation Department. Cards will also be for sale Monday Night.

Day: Monday

Time: 7:30-9:30pm

Location: Community Center Gym

Start Date: Ongoing

Fee: \$30 for 10 night (punch card)

POWER HOUR EXERCISE CLASS FOR WOMEN

Join us for an hour filled with high impact cardiovascular and muscular training and endurance exercises. Burn fat and build muscle tone with a total body workout. Bring your own hand weights, towel, mat and water bottle. This class is for women only. No 9/30, 10/9, 10/14.

Instructor: Cecily Hall

Location: Community Center Gymnasium

Day: Monday

Time: 9:30-10:30am

Start Date: September 9 (8 weeks)

Day: Wednesday

Time: 9:30-10:30am

Start Date: September 11 (8 weeks)

Fee: \$80 one day or \$140 two days - Res.

\$95 one day or \$155 two days -Non Res

YAMUNA BODY ROLLING

Yamuna Body Rolling is a body sustainability class. Utilizing balls of different sizes, students will perform a series of routines to organize the body. The balls start ultimately impact the bones and continue to tendons and then muscles to correctly align your body, elongate muscles and maximize performance. The process is a healing one, and it is also preventative in caring for your body. Walk-ins are welcome at \$14 fee per class if minimum registration is met. No 9/30, 10/14 and 11/11.

Instructor: Judith Marx

Day: Monday

Time: 10:30-11:30am

Location: Community Center Performance Space

Start Date: September 9 (8 weeks)

Fee: \$75 Resident / \$90 Non-Resident

ADULT PROGRAMS

YOGA WITH KATHIE SCANLON

Yoga with Kathie Scanlon provides light hearted instruction in breathing techniques, alignment and body awareness in a friendly, community atmosphere. This is a beginning level class appropriate for those who are new to yoga, returning to a practice or those with a beginner's mind. Those with injuries or physical limitations will be assisted in finding safe and comfortable adaptations. The emphasis is on Basic Floor poses, along with some standing poses and final relaxation; this is not a power or Vinyasa class. Yoga offers the opportunity to learn to better manage stress, improve concentration, flexibility and balance. Walk-ins are welcome at a rate of \$14 per class if minimum registration has been met to run the class.

Instructor: Kathie Scanlon

Day: Tuesday

Time: 9:30-10:45am

Location: Community Center Performance Space

Start Date: September 10 (8 weeks)

Fee: \$85 Resident / \$100 Non-Resident

YOGA WITH KATHY BARNES

What separates yoga from "exercising" is the focus on integrating the body and mind. Regular practice develops heightened physical and mental awareness, brings about beneficial changes to our bodies and helps create a sense of well-being. It allows us to shift away from unhealthy patterns and habits and helps to prevent future problems as well. Walk-ins are welcome at a \$14 fee per class if minimum registration is met to run the class. Kathy's class emphasizes proper alignment of the body, building strength and flexibility of the muscles and joints, and the integration of the healing powers of the breath. No 9/30, 10/14 and 11/11.

Instructor: Kathy Barnes, CYT

Day: Monday

Time: 7:30-8:45pm

Location: Old VFW Hall, Cold Spring

Start Date: September 16 (8 weeks)

Fee: \$85 Resident / \$100 Non-Resident

VOLLEYBALL (18 years +)

Instructor: Gloria McVey

Day/Time: Thursday, 7:30-9:30pm

Day/Time: Sunday, 6:00-8:00pm

Location: Community Center Gym

Start Date: Ongoing

Fee: \$3 per night Residents/\$5 Non-Residents

WRITE YOUR WORLD

Everyone has stories to tell, whether or not they stem from imagination or memory. Have you always wanted to write but think you're not a writer? Need encouragement to move past a block? Want to hone your craft? Interested in personal memoir? This is the workshop for you, whether you're a beginner or an experienced writer. Susan Wallach provides a safe atmosphere, using prompts to spark your creative voice. **** All writing done in the workshop.** No 10/9.

Instructor: Susan Wallach

Day: Wednesday

Time: 10:00am-12:00pm

Location: Philipstown Community Center

Start Date: September 11 (6 weeks) *no 10/9

Fee: \$95 Resident / \$110 Non-Resident

ZUMBA®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Walk-ins are welcome at a \$14 fee per class if minimum registration is met to run the class.

Instructor: Anabel Sakal

Day: Thursday

Time: 1:30-2:30pm

Location: Philipstown Community Center

Start Date: September 12 (8 weeks)

Fee: \$85 Resident / \$100 Non-Resident

IMPORTANT DEPARTMENT INFORMATION

OFFICE HOURS: M - F, 8:30am - 4:00pm
PHONE: (845)424-4618 or 424-4662

website: www.philipstownrecreation.com
FAX: (845)424-4686

The Philipstown Recreation Commission reserves the right to change or cancel programs. The Commission reserves the right to deny entry into, or remove any participant from any program due to disciplinary problems, or to avoid creating a staffing hardship which is beyond reasonable expectations of the PRD. We reserve the right to photograph, video or record any Recreation program and use for future promotions. The Town is not responsible for typographical errors.

PROGRAM INFORMATION

Seasonal brochures are inserted in the paper 4 times during the year. Program brochures and flyers are also available at the Department Office and Town Hall.

REGISTRATION

No one may participate in any program unless they are pre-registered. Incomplete or inaccurate forms may be returned. Remember.. all our programs have limited registration. Be sure to register as soon as possible. All registrations are on a first come first serve basis. There is a \$15.00 late registration fee for all programs with a registration deadline. PLEASE NOTE: ALL OUTSTANDING BILLS MUST BE PAID BEFORE PARTICIPATION IN NEW PROGRAMS.

PAYMENT INFORMATION

- Methods: We accept payments by cash, check Mastercard, Visa or Discover.
- Payment Plan: A payment plan is available to resident families. We also offer a sliding scale fee, based on income tax returns. Please call the Recreation Department. Requests are kept confidential.
- Walk-In: It is suggested that you register in person for all programs at the Recreation Office
- Phone-In: You may register by phone. Payment must be received 2 weeks before program starts. If payment is not received by the due date there is no guarantee for admittance into a program.
- Mail-In: Completed registration forms together with appropriate fees will be accepted by mail, unless program specifies otherwise. Space in any program cannot be guaranteed. No registration confirmation is sent. Your cancelled check is your receipt.
- Online: Visit www.philipstownrecreation.com.
- Non-Resident: There is an additional fee for non-residents in all programs. Call office for details.

PARENTS RESPONSIBILITY

Programs and sports are for registrants and team members only. Do not allow your children to "hang out" at practices or programs where they are not registered. Recreation and /or School staff will not be responsible for extra people. Parents must be responsible to know when a program begins and ends. It is unfair to drop off children early or pick them up late, to and from any program.

CANCELLATIONS

Listen to WHUD 100.7 for cancellations or other emergencies. Please do not call the radio station. Cancellations will also be posted on www.philipstownrecreation.com. We must plan in advance to create our programs, which includes scheduling staff and facilities, and purchasing necessary supplies. Please register early to avoid canceling a program.

REFUND / CREDIT

Refunds will be issued to all registrants in case of program cancellation by the Recreation Department. Refunds, at registrant's request, may be made up to one week prior to the start of the program. Participants may be offered a pro-rated credit towards future recreation fees if a documented medical problem prevents completion of a program. All department credits must be used within a year of date issued. No refunds for ticket purchases for any trips, events or theatre productions. There is a 15% administrative fee for all refunds and withdrawals issued less than one week prior to the start of the program. Once the program has begun, there are no refunds except for documented medical reason.

RETURNED CHECKS

There is a charge of \$30 for any check returned, regardless of the amount of the check. Checks cannot be redeposited.

INSURANCE

The Town's insurance plan is in excess of all other valid and collectable individual or group accident and/or health insurance in force at the time of an accident. You must submit all bills to your own insurance first, and then the Town policy will pick-up the unpaid balances up to the limits of the policy less deductible.

DIRECTIONS



CLAUDIO MARZOLLO COMMUNITY CENTER OF PHILIPSTOWN

107 GLENCLYFFE DRIVE, GARRISON:

Go south at the traffic light at the intersection of 9D and Route 403. Turn into the second driveway on the right (Glenclyffe Drive), a short distance after the Highlands Country Club entrance. Follow Glenclyffe Drive and make your first left. Go past the fields and into the parking lot. **We ask that you please drive slowly on the grounds of the Community Center and the Garrison Institute in consideration of all who use this property.**

OLD VFW HALL, KEMBLE AVENUE, COLD SPRING:

The Old VFW Hall, is located on Kemble Avenue in the heart of Cold Spring Village. Head down Main Street toward the river, and make a left hand turn onto Rock Street. Follow Rock Street to Kemble Avenue and make a right hand turn. The building is on the left hand side of the street. Park across the street around the fenced-in field.

PHILIPSTOWN PARK:

The Town Park is located on Route 9D, in Garrison. There is ample parking available, except during Soccer and Lacrosse seasons, due to the popularity of these programs. When parking is at a premium, please park as close to the neighboring cars as possible and be aware that there are many other program participants trying to find a space.

PHILIPSTOWN DEPOT THEATRE:

From Route 9D in Garrison, take either Upper Station Road or Lower Station Road down the hill to Garrison's Landing. At the bottom of the hill, park in either Metro North Parking Lot (free on weekends and evenings). The Theatre is in the old train station on the West (river) side of the tracks. The smaller, northern lot is the closest parking lot and has an underpass to the theatre. If you come by train, get off at Garrison Station, take the overpass to the river side of the tracks and walk north to the old train station.

CONTINENTAL VILLAGE CLUBHOUSE:

Traveling on Route 9 South towards Peekskill, turn onto Winston Lane, the road immediately south of the Stadium Restaurant. Stay right on Winston Lane to a right-hand turn on Ox Yoke Road. This takes you to the Clubhouse.

