

# TOWN OF MAMARONECK

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FALL / WINTER 2016 - 2017

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**RECREATION DEPARTMENT  
DISCOVER THE BENEFITS**

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# Welcome . . .

to a Fall & Winter of fun & activity!

**T**his brochure describes the broad range of recreation and park related activities and facilities that are and will be available to enhance your life over the coming months. We have tried to design this booklet with you and your family in mind, providing all the information you will need to fill your leisure hours with learning, fitness, relaxation and enjoyment.

We are a dedicated team of professionals committed to providing beneficial, life-enhancing opportunities for the community. We're here for you! If at any time you would like to talk with us, please feel free to stop by or call **381-7865**.

The Staff of the  
Town of Mamaroneck  
Recreation Dept.

## Mission Statement

The mission of the Town of Mamaroneck Recreation Department is to improve the quality of life for all residents by providing a wide variety of leisure and cultural activities, special events, facilities and services that encourage health, fitness, relaxation, enjoyment, cultural enrichment and learning as well as providing opportunities for community involvement.

We will strive to enrich and improve the well-being and quality of life for present and future generations of Mamaroneck residents through sound planning, development, maintenance, preservation and the development of quality leisure services and facilities.

## PARKS and RECREATION

**Be Happier.** Increase property value. **Attract new business.** Look better. Take care of latch key children. Reduce unemployment. **Create memories, conquer boredom.** Diminish chance of disease. **BUILD SELF-ESTEEM, Live Longer.** INCREASE COMMUNITY PRIDE. Eliminate boredom. **Relax Promote Sensitivity to Cultural Diversity.** Build Family Unity. Lose weight, Reduce Crime. **Provide safe places to play.** Educate children and adults, **MEET FRIENDS.** Lower health care costs. **TEACH VITAL LIFE SKILLS, increase tourism.** Diminish gang violence. Offer place for social interaction, Build Strong Bodies. **REDUCE STRESS.** Provide space to enjoy nature....

**The BENEFITS are ENDLESS**

# Town of Mamaroneck Recreation

## Fall/Winter Activities 2016-2017

### Recreation Department

Jill Fisher

*Superintendent of Recreation*

Maria Gallagher

*Asst. Superintendent*

*Senior Citizens*

Jennifer Pollak

*Recreation Supervisor*

Eileen Puleo

*Recreation Leader*

Rob Lunde

*Rink Manager*

Michelle Iannarelli

*Office Assistant*

Michael Gibson

*Maintenance*

### Recreation Commission

James Druker

*Chairman*

Robert Morello

Nathalie Orans

William Paonessa

Rita Plansky

Terry Rainaldi

Susan Sigel

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The Town of Mamaroneck Recreation Department welcomes residents of all abilities. Any resident needing special assistance should call the Superintendent of Recreation.

#### RECREATION OFFICE

(914) 381-7865

740 W. Boston Post Road, Mamaroneck

Office Hours 8:30 am - 4:30 pm - However, between Memorial Day and Labor Day the office closes at 4:00 pm.

Email Address: [recreationdept@townofmamaroneckny.org](mailto:recreationdept@townofmamaroneckny.org)

Town Web Page: [www.townofmamaroneckny.org](http://www.townofmamaroneckny.org)

Rink Web Page: [www.hommocksparkicerink.org](http://www.hommocksparkicerink.org)

Follow us on Facebook and Twitter

# Program Registration

The Town of Mamaroneck Recreation Department is pleased to offer several easy ways to register for programs.  
**Registration begins Monday, August 22nd.**



## In Person

740 W. Boston Post Road  
Mamaroneck, NY 10543



## Mail In

740 W. Boston Post Road  
Mamaroneck, NY 10543  
(Check or Money Order ONLY)



## Online

[www.townofmamaroneckny.org](http://www.townofmamaroneckny.org)

**In Person:** May be done for all Recreation Department programs.

- Two proofs of residency must be shown at time of registration. Visa/MasterCard/American Express/Discover, cash, check or money order are acceptable forms of payment.
- **Office hours are Monday thru Friday, 8:30 am to 4:30 pm\* and the 1st and 3rd Wednesday evening of the month from 6:00 pm to 8:00 pm.**
- \* **Please note: The office closes at 4:00 pm between Memorial Day and Labor Day.**

**Mail In:** Send a completed application form (downloaded from the Town website) with your payment (check or money order) and (2) photo copies of acceptable proofs of residency.

**to: Town of Mamaroneck Recreation Department  
740 West Boston Post Road, Mamaroneck, New York 10543**

- Registrations received prior to August 22nd will be accepted and held for processing the morning of August 23rd.
- Incomplete registrations will be returned.
- Photo copies of two legible proofs of residency must be submitted with application.
- If paying by check or money order, individual payments are necessary for each program.
- Please note that mail-in registration does not guarantee a space in a program. In the event that a class is closed, you will be placed on a wait list and will not be charged. You will be notified if a space becomes available.
- A receipt will be emailed to you after your application has been processed.
- The Recreation Department cannot be responsible for lost or misdirected mail.

**Online:** In order to register online you will need to establish an online account.

- Choose an activity type.
- Add the program to you cart.
- Choose the family member to register.
- Answer any registration questions.
- Continue to the shopping cart.
- Choose checkout and finish by paying.
- All receipts are in PDF format and you must have Adobe Acrobat to view them.
- All online registrations will be assessed a non-refundable convenience fee.

# Program Registration

**Non Resident Registration:** If space permits, non-residents may register for programs beginning Tuesday, September 6th, unless otherwise noted.

**Skating School Registration:** Please refer to page 11 for more detailed registration procedures.

**House League Hockey Registration:** Please refer to page 9 for more detailed registration procedures.

## ACCEPTABLE PROOF OF RESIDENCY

- Two acceptable proofs of residency are required including (1) valid government issued photo i.d. such as a driver's license, passport, etc. and either a utility bill, rent receipt, lease, or check with an address imprint. PLEASE NOTE: Last year's permit and library cards CANNOT BE USED as proof of residency. The Recreation Department reserves the right to reject any proof it deems questionable.

## REFUNDS

- A full refund will be issued for any program cancelled by the Recreation Department.
- **No refunds** will be approved for permits or trips.
- **Requests for refunds will be approved when received in writing directly to the Superintendent of Recreation and received in the Recreation Department Office at least fourteen (14) days prior to the first class/session. A 10% administrative fee will be charged. Requests received fourteen (14) to seven (7) days, a 50% refund will be given. No refunds will be considered if requested later than seven (7) days prior to the program start date.**
- All approved refunds will follow the Town Finance Department's bill payment schedule.

## PROGRAM CANCELLATIONS

Cancellations will be announced through the Recreation Office or through an automated message by calling 381-8471. Make up dates apply only to classes cancelled by the Recreation Department and not individual absences.

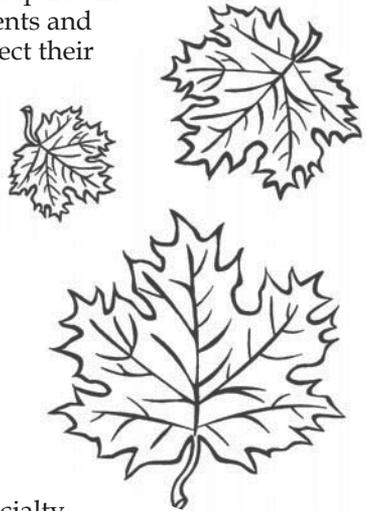
# Program Registration

## INSURANCE

Accident insurance is not provided for participants in these activities. It is recommended that parents and adults should obtain such insurance to protect their children or themselves.

## INSTRUCTOR POLICY

All staff/instructors employed by Mamaroneck Town Dept. of Recreation meet established minimum certification requirements & employment standards. Therefore, only those individuals properly authorized by the Town may teach at Town operated facilities.



## INSTRUCTORS WANTED

The Recreation Department is always looking for instructors to teach new and exciting class offerings. So if you have a specialty you would like to share, please contact us at 381-7865.

## PHOTO POLICY

**The Department reserves the right to photograph program participants for publicity purposes.**

## PROGRAMS FOR THE DISABLED

The South East Consortium for Special Services, Inc. is a voluntary, not for-profit corporation providing recreation programs and services year round for youth, teens and adults with developmental, physical, emotional and learning disabilities. Program information is available by contacting SEC at 698-5232.

## HOW TO WATCH A GOOD PROGRAM BE ELIMINATED

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. No one may participate without being registered.

**PLEASE REGISTER EARLY**

# Pool/Tennis/Ice Skating Permits

## HOW TO REGISTER FOR YOUR TOWN OF MAMARONECK POOL, TENNIS AND ICE SKATING PERMITS

- To enjoy resident privileges and rates at the Pool, Tennis Courts and Ice Skating Rink, a Town resident will need a **valid** 2016 - 2017 pool, tennis or ice skating permit. Each family member requires a photo identification permit. Positive identification and proof of current Town residency is required - previous season's permit is not an acceptable proof of residency.
  - **COME IN PERSON** to the Recreation Office, 740 W. Boston Post Road, Mamaroneck. Open weekdays **8:30 am - 4:30 pm\*** and **the 1st and 3rd Wednesday evening of the month from 6:00 - 8:00 pm.**
- \* Please note: The office closes at 4:00 pm between Memorial Day and Labor Day.
- Renewal pool, tennis and ice skating applications will be sent to last year's permit holders or may be downloaded from the Town website.

### **A Message from the Mamaroneck Board of Education**

The Hommocks Pool was built in 1969 by the Mamaroneck School District as a part of the construction of the Hommocks Middle School. The School District is responsible for ongoing maintenance and improvements of the pool. However, understanding that the pool is a valuable asset to all residents of the community, the School District and the Town of Mamaroneck have always had a cooperative arrangement whereby the Town rents the pool in order to make it available for the community. The Town and the School District work closely to minimize any disruptions caused by closures for periodic maintenance or renovations and will continue to try to keep the public informed of the issues relating to the pool.

**The Town of Mamaroneck gratefully acknowledges the cooperation extended by the Mamaroneck School District with regard to the use of various school facilities.**

# Hommocks Park Ice Rink

## HOMMOCKS PARK ICE RINK

Boston Post Road & Weaver Street  
(Behind Hommocks Middle School)



Mamaroneck's recently renovated facility will be open for public skating October 1st through June 18th. Take the opportunity to learn to skate, play hockey or attend a public skating session, offering fun for the entire family. Special promotions and events are offered throughout the season. Refer to specific programs for fees and registration information.

### DAILY PUBLIC SKATING SCHEDULE - October 1 - April 15, 2017

The Rink is open for public skating during the following hours:

Sunday	11:00 am to 5:15 pm**
Monday	12:30 to 2:30 pm
Tuesday	1:00 to 5:15 pm
Thursday	1:00 to 5:15 pm
Friday	1:00 to 5:15 pm 7:15 to 9:15 pm*
Saturday	1:00 to 5:15 pm**



\*Friday Night Skate with music and lights.

\*\*During October the Public Session will end at 4:00 pm.

### HOLIDAY PUBLIC SKATING SCHEDULE - WEEKDAYS

Columbus Day - October 10th .....	11:00 am to 5:15 pm
Veteran's Day - November 11th .....	11:00 am to 5:15 pm
Wednesday Before Thanksgiving - November 23rd .....	1:00 to 5:15 pm
Friday After Thanksgiving - November 25th .....	11:00 am to 5:15 pm
Holiday Recess - December 22nd to January 2nd.....	11:00 am to 5:15 pm
Martin Luther King Day - January 16th.....	11:00 am to 5:15 pm
Mid-Winter Recess - February 20th to February 24th .....	11:00 am to 5:15 pm

**RINK CLOSED:** Thanksgiving, Christmas and Easter

Rink Manager: Rob Lunde

Rink Number: 914-834-1069

Email: [hpir@townofmamaroneckny.org](mailto:hpir@townofmamaroneckny.org)

Rink Web Page: [www.hommocksparkicerink.org](http://www.hommocksparkicerink.org)

Town Web Page: [www.townofmamaroneckny.org](http://www.townofmamaroneckny.org)

# Hommocks Park Ice Rink

## DAILY INDIVIDUAL RINK ADMISSIONS

	Resident Discount Card	General Public
Adult (12 & over)	\$6.50	\$8.50
Child (11 & under)	\$6.00	\$7.50
Senior Citizen (62+)	\$5.25	\$6.50
Skate Rental	\$3.50	\$4.50
Groups (minimum 12-reserv. req'd.)	\$6.00	\$6.25
Skate Rental Group	\$3.00	\$3.50
<b>Discount Card - 12 Sessions</b>		
Adult (12 & over)	\$65.00	\$85.00
Child (11 & under)	\$60.00	\$75.00
Senior Citizen (62+)	\$52.50	\$65.00
Skate Rentals	\$35.00	\$45.00
<b>Season Passes</b>		
Family *	\$390.00	\$490.00
Adult (12 & over)	\$180.00	\$240.00
Child (11 & under)	\$145.00	\$200.00
* A family is parent(s) and children under 23 years of age who permanently reside in the home.		
<b>High School/College Hockey</b>		
Adult	\$5.00	\$5.00
Student/child	\$4.00	\$4.00
<b>Resident Skating Rink Permit Fees</b>		
Individual I.D. Card	\$20.00	
Family I.D. Card	\$30.00	

## RESIDENT ADMISSION DISCOUNTS

Resident discounted rink admissions are available to all valid pool and tennis permit holders. Residents who do not utilize those facilities may obtain a Resident Rink Identification Card available for \$20/person or \$30/family (see page 5 for information on how to obtain this permit). Valid passes must be presented to the cashier at time of admission.



# Hommocks Park Ice Rink

**FUTURE RANGERS PROGRAM** at Hommocks Ice Rink

Ages 5 - 12

**Day:** Saturday and Sunday

**Time:** 4:15 - 5:15 pm

**Dates:** September 17th - October 16th (No Program October 8th & 9th)

**Fee:** Resident: \$240 Rye Neck: \$250 Non Resident: \$260

Learn what it takes to be a Blueshirt. This clinic directed by Tommy Greason, Director of the House League Hockey Program in cooperation with the NY Rangers, will provide a solid foundation in the fundamentals of hockey.

Sessions are designed for all levels so if you need to get the rust off the skates and challenge your skills, improve your stick work or get a better understanding of the game, this program is for you. All sessions will concentrate on skating skills,

stick work and game situations. All participants are required to be in full equipment. See Mandatory Equipment list on page 9.

**This clinic is eight hours of instruction and game situations only. Ice will be divided based on skill level. All participants will receive a Future Ranger Jersey.**



**TRY HOCKEY FOR FREE DAY WITH THE NY RANGERS** Ages 5 - 10  
at Hommocks Ice Rink

**Day:** Saturday

**Time:** T.B.A.

**Dates:** T.B.A.

**Fee:** FREE



Not sure if hockey is for you? Try Hockey for Free Day gives kids the opportunity to try the sport for FREE!! This introductory on-ice lesson with professional instruction is offered in cooperation with the NY Rangers. This program will include: Free admission, rental skates and loaner equipment. Appearances and autographs with NY Rangers alumni and members of the NY Rangers Development Team. All participants will receive an exclusive NY Rangers hockey stick.



**Pre-registration is required for this program. Limited number of spaces available.**

Rink Web Page: [www.hommocksparkicerink.org](http://www.hommocksparkicerink.org)

# Hommocks Park Ice Rink

HOUSE LEAGUE HOCKEY at Hommocks Ice Rink

Ages 5 - 12

**Day:** Saturday & Tuesday

**Time:** See schedule on page 10

**Dates:** November 12th – March 18th

**Fee:** Resident: \$575\*  
Rye Neck Resident: As of Oct. 11th: (space permitting) \$670  
Non Resident: As of Oct. 11th: (space permitting) \$755  
*\*After October 7th, resident fee increases by \$100, space permitting.*

This program with an emphasis on sound fundamental USA certified instruction and basic hockey strategy for children ages 5 - 12 (**birth date as of June 30, 2017**). The House League program also provides recreational competition on intramural basis.

**Mandatory equipment:** A USA Ice Hockey approved helmet and full face guard (clear plastic or a cage), a **colored mouth piece** which must be attached to the face guard, Ice hockey gloves, ice hockey elbow, shin and shoulder pads, ice hockey pants, supporter and protective cup(boys), pelvic protector(girls) neck guard, ice hockey stick and skates. Hockey socks to cover shin guards. **No one will be permitted on the ice without proper equipment.**

**REGISTRATION INFORMATION:** There are a limited number of spaces available in each group. Register early. All participants must pre-register with USA Hockey and bring proof of registration with them before they can register for the House League program. Register at [www.usahockeyregistration.com](http://www.usahockeyregistration.com), go to the section for Ice Players and Coaches and follow the prompts.

**No one will be permitted onto the ice without being registered for the program.**

All placements that do not meet the skills groupings will be made at the sole discretion of the program coordinator. Please enroll your child in the appropriate group as outlined on page 10.

We are recommending that first time House League Hockey participants register for the Sunday Session 1 Skating School Pre-Hockey Lessons. This particular class will help get your child ready for the hockey season. See pages 11-13 for more details.

# Hommocks Park Ice Rink

## HOCKEY GROUP DESCRIPTION AND SCHEDULE:

**PLEASE NOTE:** Weeknight practices will be scheduled in 55 minute blocks. Refer to schedule in players manual for exact days and times.

**Group A (Advanced)** This group will be high tempo skating and hockey skills. Players must be proficient in skating, hockey skills and knowledge.

Saturday	9:50 - 10:45 am
Tuesday as per schedule	5:30 - 6:25 pm or 6:30 - 7:25 pm

**Group B (Intermediate)** This group will focus on skating & hockey positioning and strategy. Players should be able to skate and have some hockey skills/knowledge.

Saturday	10:50 - 11:45 am
Tuesday as per schedule	5:30 - 6:25 pm or 6:30 - 7:25 pm

**Group C (Beginner)** This group will concentrate on learning power skating techniques. Players that have never played hockey and have little to no skating experience.

Saturday	11:50 - 12:45 pm
Tuesday as per schedule	5:30 - 6:25 pm or 6:30 - 7:25 pm



# Hommocks Park Ice Rink



## Skating School



**DIRECTOR:** Alana Kelton 914-834-1069 ext. 205  
AKelton@townofmamaroneckny.org

Group lessons for ages 4 through adult (Beginner to Advanced). Testing will be done in the fifth week for those students ready to advance and are members of the ISI.

*Please Note:* Some levels are difficult and may take a skater more than 5 weeks to complete. See list of skating levels.

**Group Lessons are offered on** Tuesdays, Thursdays, Fridays or Sundays. There are five (30) minute classes per session.

**Fee:** \$85/Resident \$105/Non Resident (Skate rental not included)

### CLASS DATES:

**Session 1:** Oct. 6th - Nov. 13th

**Session 2:** Nov. 15th - Jan. 8th (No Program Nov. 24th - Nov. 27th)

**Session 3:** Jan. 3rd - Feb. 12th

**Session 4:** Feb. 7th - March 26th (No Program Feb. 19th - Feb. 24th)

**Session 5:** March 21st - May 7th (No Program Apr. 11th - 16th)

**Session 6:** May 12th - June 18th (Fridays & Sundays only)  
(No Program May 26th & 28th)

### REGISTRATION DATES:

Registration is held at the Hommocks Park Ice Rink ONLY, on a first come, first served basis. Proof of residency is required for residents. We cannot take registration for more than one session at a time and no priority is given to participants who are currently enrolled.

	<u>Residents ONLY</u>	<u>General Public</u>	<u>General Public</u>
	5:30 - 7:00 pm	8:30 - 10:30 am	6:00 - 7:00 pm
<b>Session 1:</b>	Sept. 26th	Sept. 27th	Sept. 29th
<b>Session 2:</b>	Nov. 7th	Nov. 8th	Nov. 10th
<b>Session 3:</b>	Dec. 12th	Dec. 13th	Dec. 15th
<b>Session 4:</b>	Feb. 6th	Feb. 7th	Feb. 9th
<b>Session 5:</b>	March 20th	March 21st	March 23rd
<b>Session 6:</b>	May 1st	May 2nd	May 4th

# Hommocks Park Ice Rink

## Group Lesson Schedule - Skating Levels & Elements

### **Pre-Hockey Beginner Group Skating Lessons - Session 1 ONLY - Ages 5 to 8**

This program is being offered through our Skating School. Focus will be on forward and backwards skating, hockey stops, forward and backward swizzles, gliding on one foot, forward crossovers, 2 foot turns on hockey skates. It is recommended that all first time House League Hockey players take this class. Hockey skates and helmet required. Sunday 10:15 am during Session 1 only.

### **Tots 1 and Advanced Tot/Beginner - Ages 4 to 6**

Fall down, stand up, march across ice without help, forward swizzle, stop, two foot glide, back marching, starting to glide.

Tuesday or Thursday 3:45 pm

Sunday 9:45 or 10:15 am

Friday 1:00 or 3:45 pm

### **Tots 2 - Ages 4 to 6 who have already taken lessons**

1 foot glide, backward swizzles, stop, forward pumping.

Tuesday, Thursday or Friday 1:00 or 3:45 pm

Sunday 9:45 or 10:15 am

### **Pre-Alpha - Beginner - Ages 7 & up**

1 foot gliding, backward swizzles, stop, forward pumping.

Tuesday, Thursday or Friday 4:15 pm

Sunday 9:45 or 10:15 am

### **Sp Alpha - Ages 4 to 6 who have taken lessons**

#### **Alpha - Ages 7 & up who have taken lessons**

Forward stroking, forward crossovers in each direction, backward skating, snowplow.

Tuesday, Thursday or Friday 4:15 pm

Sunday 9:45 or 10:15 am

### **Beta - Completed Alpha Level**

Backward stroking, back crossovers in each direction, t-stops both feet.

Tuesday, Thursday or Friday 4:45 pm

Sunday 9:45 or 10:15 am

### **Gamma/Delta - Completed Beta Level**

Gamma - Right and left outside 3 turns, right and left Mohawks, hockey stops.

Delta - Right and left inside 3 turns, forward outside and inside edges, bunny hop, lunge or shoot the duck.

Tuesday, Thursday or Friday 4:45 pm

Sunday 9:45 or 10:15 am

### **Free Style 1 - Any age that has completed Gamma/Delta**

Waltz jump, half flip, pivot, 2 foot spin, backward outside and inside edges, spiral.

Sunday 9:45 am

**Free Style 2 & 3 - Ballet jump, half lutz, half toe walley, 2 forward spirals, one foot spin dance step sequence.**

Sunday 9:45 am

**Adult - Beginner** Thursday 1:00 pm

Sunday 10:15 am

**Adult - Advanced** Sunday 10:15 am

# Hommocks Park Ice Rink

Skaters may progress at their own pace with ISI badge program.

Skaters wishing to be registered with the ISI must pay an annual membership fee of \$15.00. Ribbons or badges will be given to skaters qualified to advance to the next level.

Testing will be done on the last class of each session. *Please note:* Some levels are more difficult and may take a skater more than 5 weeks to complete.

## What is the ISI?

The Ice Skating Institute is the organization which supports the development and operation of ice rinks and provides recreational ice skating programs in the United States.

**Private Lessons:** Available by appointment, after Oct. 1st, contact Skating Director at Hommocks Rink at (914) 834-1069, ext. 205 or [AKelton@townofmamaroneckny.org](mailto:AKelton@townofmamaroneckny.org).



## HELPFUL SKATING HINTS

- Although our spectator area is heated, you'll want to dress warmly when you come ice skating. Snow pants, gloves and helmets are recommended. It's always better to dress in layers so you may take off a layer or two if needed.
- Selecting the proper skate size is very important. Your skates should be approximately one-half size smaller than your shoe size. You want your skates to be snug, but not so tight that it's uncomfortable. You should be able to wiggle your toes. Lace your skates tightly, starting at the bottom and lacing to the top, not skipping any eyelets.

# Hommocks Park Ice Rink

## CELEBRATE A HOMMOCKS BIRTHDAY ON ICE

Special birthday packages are available including ice time for all guests, skate rentals and a meal prepared by Rink concessionaire, Slap Shot Café. Reservations are required with a non-refundable \$40 deposit. To book a party or for additional information, please call 914-834-1069.



## PARTY PACKAGE PRICES (12 or more)

Resident I.D. Card Discount

\$16.25 per person

\$19.25 per person including skates

General Public

\$16.50 per person

\$20.00 per person including skates

- This package includes admission and concession menu choice of: hot dog or pizza slice, soda with second refill and a bag of potato chips.
- Also includes paper goods and tablecloths. Patrons may provide a cake and individual party favors. Party table and skate rental limited to (2) hours. Patrons are required to clean table after use.



**NO BALLOONS OR CONFETTI. NO OUTSIDE FOOD OR BEVERAGE ALLOWED, EXCEPT FOR BIRTHDAY CAKE.**

## ORGANIZED GROUP DISCOUNT ADMISSION

\$6.25 per person

\$9.75 per person including skates

- Available to any organized group. Religious groups, scouts and clubs are welcome.
- Minimum 12 required for group discount.
- Groups **MUST** contact the Rink Office in advance by calling 914-834-1069 during public hours.

# Hommocks Park Ice Rink

## GROUP CHARTER/ICE RENTALS

- Community groups and hockey teams may charter the rink facilities. Detailed information may be obtained by calling 914-834-1069.
- Off peak ice time is available for rent. Please contact rink manager for list of times or check the rink web page at [www.hommocksparkicerink.org](http://www.hommocksparkicerink.org).

## ANNUAL TOY DRIVE & SKATE WITH SANTA

Sponsored by the Town of Mamaroneck Fire Department.  
Date T.B.D.



## RENT THE COMMUNITY ROOM AT THE HOMMOCKS ICE RINK

- Don't want to host a party in your home, why not rent the Hommocks Park Ice Rink Community Room for group meetings or private parties.
- Rental Fees are based on a three hour period.  
Fee of \$50 for each additional hour.
  - Larchmont-Mamaroneck based Not for Profit Organizations - \$200/3hr. rental
  - Not for Profit Organizations - \$225/3hr. rental
  - Resident Private Party - \$250/3hr. rental
  - Non Resident Private Party - \$275/3hr. rental
- Room dimensions are 46' x 40' with a maximum occupancy of 131. No smoking or alcohol is allowed. There is an 9:00 pm curfew. For more details, contact the Rink Manager's Office at 914-834-1069.



## ICE SKATING AT LARCHMONT GARDENS LAKE



Provided Mother Nature cooperates, the lake will be open for outdoor skating again this winter ONLY when the park "No Skating" signs are covered indicating a safe surface.

# Hommocks Pool

## POOL PERMIT FEES

June 1, 2016 – May 31, 2017

The Hommocks Swimming Pool use is restricted to persons holding valid permits and their guests. All guests are required to pay the prevailing guest fee.

There are no prorated Permits issued.

**No refunds on guest fees for inclement weather conditions.**

**Pool Hotline: 834-0052**

	Resident		Rye Neck		Non Resident	
<b>Yearly: Valid 12 months from date of purchase</b>	Family	\$540	Family	\$610	Family	\$650
	Individual	\$245	Individual	\$285	Individual	\$320
	Senior Citizen 62+	\$150	Senior Citizen 62+	\$165	Senior Citizen 62+	\$200
	Basic Individual	\$155	Basic Individual	\$195		
<b>School Year: Valid Sept. 12 - June 16 (9.5 months)</b>	Family	\$440	Family	\$510	Family	\$550
	Individual	\$205	Individual	\$245	Individual	\$280
	Senior Citizen 62+	\$115	Senior Citizen 62+	\$130	Senior Citizen 62+	\$165
<b>Winter: Valid Jan. 1 - June 16 (5.5 Months)</b>	Family	\$260	Family	\$300	Family	\$325
	Individual	\$120	Individual	\$145	Individual	\$165
	Senior Citizen 62+	\$75	Senior Citizen 62+	\$85	Senior Citizen 62+	\$105
Guest Punch Card \$95			Replacement Card \$5			



# Hommocks Pool

## PERMIT CLASSIFICATIONS

**FAMILY:** Parent(s) and children under 23 years of age who permanently reside in the home. An individual card will be issued for each member of the immediate family.

**INDIVIDUAL:** No further charge will be made once permit has been issued.

**BASIC INDIVIDUAL:** An adult (13 years and over) having this permit will be charged \$3 each time the card is used. A child (12 years and under) will be charged \$2 each time the card is used. There are NO guest privileges with this permit.

**SENIOR CITIZEN:** Eligibility age is 62 and over, proof of age must be shown at the time of registration.

**RYE NECK:** Included ONLY those individuals residing in the Rye Neck section of the Village of Mamaroneck but not the Town of Mamaroneck.

**NON RESIDENT:** Permits will be issued to families or individuals who reside outside the Town of Mamaroneck and Rye Neck.

**SCHOOL YEAR:** Permits valid from September 12, 2016 – June 16, 2017 (9.5 months). Resident, Rye Neck or Non Resident Families, Individuals or Senior Citizens are eligible.

**WINTER:** Permits valid January 1, 2017 - June 16, 2017 (5.5 Months). Resident, Rye Neck or Non Resident Families, Individuals or Senior Citizens are eligible.

**GUEST PUNCH CARD:** This card can be purchased by valid permit holders for 10 Adult or 20 Youth admissions to the pool. Guest Punch Cards cannot be used without a permit holder present. Only one card will be issued per valid Family, Individual or Senior Citizen permit holder at a time.

**GUEST FEES:** Four guests per permit holder. Guest must be accompanied by the permit holder and pay prevailing guest fee upon entrance. No guest privileges with Daily Permits.

GUEST FEES:	Weekdays	Weekends/ Holidays
ADULT GUEST (13 years and older)	\$6	\$12
CHILD GUEST (12 years and under)	\$3	\$6

# Hommocks Pool

## DAILY POOL HOURS

September 12, 2016 – June 16, 2017

Subject to Mamaroneck School District Schedule

Monday – Thursday .....	6:00 pm	–	9:10 pm
Saturday and Sunday .....	Noon	–	6:10 pm
School Vacations/Holidays and Conference Days.....	5:00 pm	–	9:10 pm
Christmas Eve and New Year’s Eve.....	Noon	–	3:40 pm



Pool will be CLOSED School Snow days, Thanksgiving, Christmas, New Year’s Day, Memorial Day and is subject to the School District Schedule. **Fall maintenance** will take place the week after Labor Day and **Spring maintenance** is tentatively scheduled for the March/April break.

For Pool Closure Information check the Recreation Departments Website [www.townofmamaroneckny.org](http://www.townofmamaroneckny.org) or Facebook page.

Management reserves the right to close certain sections and/or pools to ensure swimmer safety and meet health code requirements. Patrons are expected to familiarize themselves with all established pool rules and regulations. Rules can be found on the back of the permit applications.

**HELP KEEP THE POOL OPEN!** Children in diaper stage **MUST** wear a swim diaper (available for purchase in the pool office) or rubber pants over a diaper. Contamination will result in pool closure.

# Hommocks Pool

## **BUBBLE BABIES** (Pool Permit Required)

Ages 6 months – 2 ½

**Day:** Saturday  
**Time:** 11:30 am – Noon  
**Dates:** **Session 1:** October 15th – November 19th  
Make up: December 3rd  
**Session 2:** January 21st – March 11th  
(No Program February 18th & 25th)  
Make up: March 18th  
**Fee:** Resident: \$80 Non Resident: \$90



This course is six half hour swim lessons where the parent and child learn together under instructor supervision. Acclimate your child to water and learn to instruct your child in the areas of bubble blowing, reaching, pulling and kicking. Parent must participate with their child in the water. Child must wear a swim diaper or rubber pants over their diaper. Make up classes are for cancellations by the Recreation Department ONLY.

## **SEAHORSE** (Pool Permit Required)

Ages 2 ½ - 3 ½

**Day:** Saturday  
**Time:** 11:30 am – Noon  
**Dates:** **Session 1:** October 15th – November 19th  
Make up: December 3rd  
**Session 2:** January 21st – March 11th  
(No Program February 18th & 25th)  
Make up: March 18th  
**Fee:** Resident: \$80  
Non Resident: \$90



For children not ready for group lessons or able to separate from their parents, but are starting to swim or move on their own with a floatation device. Parents have the option to start in the water and then slowly separate to allow the child to gain confidence.

# Hommocks Pool

## SWIM LESSONS

(Pool Permit Required)

Ages 3 - 12

**Day:** Saturday

**Time:** 9:30 – 11:30 am

(9 half hour lessons)

**Dates: Session 1:** October 1st – December 10th

(No Program October 8th & November 26th)

Make up: December 17th

**Session 2:** January 7th – March 25th

(No Program January 14th, February 18th & 25th)

Make up: April 1st

**Fee:** Resident: \$110

Non Resident: \$120

### **Mandatory Skills Evaluation:**

**Session 1:** Tuesday, September 27th; 6:15 – 7:15 pm

**Session 2:** Tuesday, January 3rd; 6:15 - 7:15 pm

All swim lessons are broken into TOTS (3 -5 yrs) and YOUTH (6 – 12 yrs) and will be assigned a half hour time slot by the aquatics staff based on the results of the skills evaluation. Participants may NOT register for a specific class time. The class list will be emailed out and posted on the pool bulletin board the Thursday before classes begin after 4pm. Missed skills evaluation will delay class placement and participation. Child to instructor ratio of 5:1 for Tots and 6:1 for Youth will be maintained.

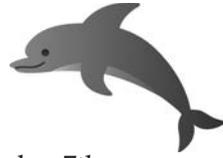
**Registration required prior to the skills evaluation, no registration will be taken after. Participants MUST have a valid pool permit prior to the first class.**



# Hommocks Pool

## DOLPHINS PRE TEAM

(Pool Permit Required)



Ages 7 - 12

**Day:** Monday & Wednesday

**Time:** 6:00 - 6:45 pm

**Dates:** **Session 1:** September 19th – December 7th  
(No Program October 3rd, 10th, 12th & November 23rd)  
Make up: December 12th

**Session 2:** January 9th – March 27th  
(No Program January 16th, February 20th & 22nd)  
Make up: March 29th

**Fee:** Resident: \$200                      Non Resident: \$220

Dolphins is a non-competitive pre-team program for children who have progressed out of swim lessons but are not ready for the competitiveness of a swim team. They will learn the fundamentals of competitive strokes, starts and turns. Participants must be able to swim one length of the pool using front crawl and one length back stroke.

**The Staff will evaluate the children the first day of class.**

**\*NEW\***

## PADI SEAL SCUBA TEAM

(No Permit Required)



Ages 8 - 12

**Day:** Saturday

**Time:** 1:30 - 3:00 pm

**Dates:** **Session 1:** October 15th - November 19th  
**Session 2:** January 21st - March 11th (No program Feb. 18th & 25th)

**Fee:** Resident: \$230                      Non Resident: \$260

The PADI Seal Team is an exciting underwater activity filled introduction to the world of scuba diving. Instruction will be provided by the dive professionals at Captain Mikes Diving. This program will give children a chance to use actual scuba equipment and experience adventure, discovery, and thrills. Your child will participate in a different Aqua Mission each week and earn a PADI Seal Team certification. All diving will take place in the pool with classroom instruction following. Seal Team members are required to have their own mask, snorkel, and fins and be comfortable in the water. Captain Mikes Diving has a full line of equipment available for purchase. Please register at the Town of Mamaroneck Recreation Department.

# Hommocks Pool

## LIFEGUARDING

Ages 15 & up

(No Pool Permit Required)

**Day:** Monday & Saturday

**Time:** Monday 6:00 – 9:00 pm; Saturday 12:30 – 3:30 pm

**Dates:** Pretest: Thursday, January 5th 6:00 – 7:00 pm

**Session 1:** January 7th – February 13th (No Program Jan. 14th & 16th)

Pretest: Thursday, March 2nd 6:00 – 7:00 pm

**Session 2:** March 4th – April 3rd

**Fee:** Resident: \$400 Non Resident: \$450

**No refunds for this program. Any class missed will result in failure.**

This program consists of instruction in Lifeguarding, First Aid and CPR/AED for the Professional Rescuer (certification good for 2 years). The first class will consist of the Pre Course Skills test in the water (you must be able to complete these skills to participate in the class).



The skills required to take this course are:

1. Swim 300 yards continuously using 100 yards front crawl, 100 yards breast stroke and 100 yards choice of freestyle or breaststroke.
2. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 - 10 feet, retrieve a 10 pound object, return to surface and swim 20 yards back to starting point with both hands holding the object and exit the water without a ladder or steps within 1 minute and 40 seconds.
3. Tread water for 2 minutes using only your legs.

## EARLY MORNING SWIM

Ages 15 & up

(No Pool Permit Required)

**Day:** Monday, Tuesday, Wednesday & Friday

**Time:** 6:00 – 7:30 am (Must exit building by 7:45 am)

**Dates:** **Session 1:** September 12th – December 9th

(No Program Oct. 3rd, 4th, 10th, 12th, Nov. 11th, 23rd & 25th)

**Session 2:** December 12th – March 17th

(No Program Dec. 23rd, 26th – 30th, Jan. 2nd, 16th & Feb. 20th - 24th)

**Session 3:** March 20th – June 16th

(No Program April 10th – 14th & May 29th)

**Fee:** \$160/session (minimum of 40 dates)

\$560/yearly (all 4 sessions Fall – Summer)



In cooperation with Westchester Master Swimming Association and the Mamaroneck Board of Education, join our recreational lap swim “club”, under lifeguard supervision. One five lane course will be reserved for the EMS swimmers. Swimmers must be willing to share lanes and circle swim. \*\*Please be advised that Mamaroneck High School Swim teams will also be using the pools during Sessions 1 and 2.

# Hommocks Pool

## AQUA JOG

Ages 15 & up

(No Pool Permit Required)

**Day:** Tuesday & Thursday

**Time:** 7:00 – 7:45 pm

**Dates:** **Session 1:** October 11th – November 17th

Make up: November 22nd

**Session 2:** January 10th – February 16th

Make up: February 28th

**Session 3:** March 7th – April 20th (No Program April 11th & 13th)

Make up: April 25th

**Fee:** Resident: \$120

Non Resident: \$145



A low impact, cardio-vascular workout without the risk of injury; it strengthens muscles, tones the body and burns fat. Aqua jog belts are provided. Participants must be comfortable in deep water. Instructor: Angie King, Certified Aqua Jog instructor. **Minimum class size is 10.**

## AQUA ZUMBA

Ages 15 & up

(No Pool Permit Required)

**Day:** Saturday

**Time:** 4:00 – 5:00 pm

**Dates:** **Session 1:** September 24th – December 10th Make up: December 17th

(No Program October 8th & November 26th)

**Session 2:** January 7th – March 25th

(No Program January 14th & February 25th)

**Fee:** Resident: \$100

Non Resident: \$120



Join the party and ditch the workout!! Aqua Zumba is for anyone who wants to get a complete workout in half the time. Come learn Zumba moves in the pool set to international rhythms and take your fitness level to a greater place. Aqua Zumba is a great way to burn calories while experiencing zero impact on your joints! **Minimum class size is 10.** Instructor: Mary Ann Liebowitz, Certified Aqua Zumba Instructor.

## B WATER: TRIATHLON SWIM PROGRAM

Ages 18 & up

(No Pool Permit Required)

**Day:** Thursday

**Time:** 7:00 – 8:00 pm

**Dates:** **Session 1:** October 6th – December 1st (No Program Nov. 24th)

Make up: December 8th

**Session 2:** December 15th – February 16th (No Program Dec. 22nd & 29th)

Make up: March 2nd

**Session 3:** March 9th – May 4th (No Program April 13th)

Make up: May 11th

**Fee:** Resident: \$150

Non Resident: \$170



Learn how to get faster and use less energy for your next race! Coach Jeff Boyer, USAT Level 2 Coach, and Head Coach of B Athletic Multisport, runs this program specifically for triathlon with a freestyle stroke focus. All sessions will include technique drills and interval sets to help improve your stroke, open water skills, and your performance! Distances will be from 1500 - 3000yds based on ability. Must be able to swim freestyle/front crawl stroke to participate.

Email [jboyer@bamultisport.com](mailto:jboyer@bamultisport.com) with questions.

# Tennis Programs



## TENNIS

at Memorial Park



Town of Mamaroneck 2016 permit required.

**MEMORIAL PARK (Myrtle Blvd.)** (4) Tennis courts 9:00 am - Dusk

April 1st thru October 31st

Attendants will be on duty to control play through September only.

### MEMORIAL PARK TENNIS PERMIT FEES:

	Resident-Town of Mamaroneck	Resident-Villages of Larchmont & Mamaroneck**
Family*	\$270	\$320
Adult (age 17 and older)	\$125	\$165
Senior Citizen (age 60 and older)	\$110	\$145
Youth (ages 16 and younger)	\$90	\$115

\* A Family is parent(s) and children under 23 residing in the same home.

\*\* Excluding Rye Neck residents

### GUEST FEES (guest of permit holders only):

Monday - Friday (except holidays)	Adult: \$5	Youth: \$4
Saturdays, Sundays & Holidays	Adult: \$7	Youth: \$5

### TENNIS INSTRUCTION PROGRAMS

A comprehensive Group Lesson Program for Adults and Youth will be offered again this season under the direction of Nancy Sadlier of Lifetime Racquet Sports, 481-5134.

**Please note:** For all classes, both adult and youth players are asked to bring their own tennis racket and one unopened new can of tennis balls.

**RAIN POLICY:** If it is raining at the time of the lesson, there will be no lesson. If it is questionable, report to the courts to find out the status of the lesson. Every attempt will be made to dry the courts.

**Tennis Hotline: 381-8471 or check the Recreation website for program & lesson updates.**



# Tennis Programs

## ADULT LESSONS - 16 years of age and older

### TUNE-UP WORKSHOP at Memorial Park Courts

**Day:** Monday & Wednesday  
**Time:** 9:00 - 10:30 am or 10:30 am - Noon  
**Dates:** September 12th - October 24th  
(No Program October 3rd, 10th & 12th)  
Make up: Week of October 24th  
**Fee:** Resident Permit Holder: \$260  
Resident Non-Permit Holder: \$275  
Non Resident: \$290



An opportunity for players to brush up on tennis skills through drills, games and point play. Players will be grouped by ability. (10) classes.

### DOUBLES STRATEGY CLINICS at Memorial Park Courts

**Day:** Tuesday or Thursday  
**Time:** 1½ hour: Classes run between 9:00 am - Noon  
**Dates:** September 13th - October 18th (No Program October 4th)  
Make up: Week of October 17th & 24th  
**Fee:** Resident Permit Holder: \$150  
Resident Non Permit Holder: \$165  
Non Resident: \$180



Instruction opportunity for beginner, intermediate and advanced players in ground stroke, volley, overhead and serve with up to four players per court. (5) classes.

### ADULT INDIVIDUAL TENNIS INSTRUCTION at Memorial Park Courts

**Day:** Monday, Tuesday, Wednesday or Thursday  
9:00 am to Noon Tuesday or Thursday  
**Time:** 10:30 am to Noon Monday or Wednesday  
**Dates:** September 12th - October 24th  
(No Program October 3rd, 4th, 10th & 12th)  
Make up: Week of October 24th  
**Fee:** Resident Permit Holder: \$130  
Resident Non Permit Holder: \$145  
Non Resident: \$160



(5) Individual 30 minute tennis lessons.

# Tennis Programs

## YOUTH TENNIS LESSONS - 15 years and younger

(No skills evaluation required)



### FALL JUNIOR DEVELOPMENT LESSONS

at Memorial Park Tennis Courts

Ages 6 - 15

(And those who have completed Little Aces)

**Day:** Tuesday or Thursday

**Time:** 3:30 - 4:30 pm or 4:30 - 5:30 pm

**Dates:** September 13th - October 18th (No Program October 4th)

Make up: Week of October 17th & 24th

**Fee:** Resident Permit Holder: \$95 Resident Non Permit Holder: \$110

Non Resident: \$125

Players of all abilities will learn the fundamentals of ground strokes, volley, overhead and serve. (5) classes.

### LITTLE ACES INTRODUCTION TO TENNIS

at Memorial Park Tennis Courts

Kindergartners

& First Graders

**Day:** Friday

**Time:** 3:30 - 4:30 pm or 4:30 - 5:30 pm

**Dates:** September 16th - October 14th (No Program October 7th)

Make up: October 17th & 24th

**Fee:** Resident: \$90

Non Resident: \$105

Children will learn the basics of the game (forehand, backhand and volley).



# Tennis Programs

## PEE WEE TENNIS INSTRUCTION

Ages 4 - 6

at Memorial Park Courts

**Day:** Tuesday or Thursday

**Time:** 1:00 - 1:45 pm or 1:45 - 2:30 pm

**Dates:** September 13th - October 18th (No Program October 4th)

Make up: Week of October 17th & 24th

**Fee:** Resident: \$75

Non Resident: \$90

This program is designed to introduce children to the game of tennis in a fun and self-rewarding way. (5) classes.



## YOUTH INDIVIDUAL TENNIS LESSONS

Ages 7 - 15

at Memorial Park Courts

**Day:** Monday or Wednesday

**Time:** 3:00 - 6:00 pm

**Dates:** Sept. 12th - October 24th  
(No Program October 3rd, 10th & 12th)

Make up: Week of October 24th

**Fee:** Resident Permit Holder: \$130

Resident Non Permit Holder: \$145

Non Resident: \$160

(5) Individual 30 minute tennis lessons.



# Tot Programs

**MOMMY & ME MUSIC & MOVEMENT**  
at Hommocks Ice Rink Community Room

Ages 9 months - 4 years

**Day:** Thursday

**Time:** 9:30 - 10:10 am                      9 - 18 months  
10:15 - 10:55 am                      19 months - 4 years

**Dates:** **Session 1:** September 22nd - December 1st  
(No Program November 24th)

Make up: December 8th

**Session 2:** January 19th - March 30th  
(No Program February 23rd)

Make up: April 6th

**Fee:** Resident: \$115                      Non Resident: \$135

Children will move to music, giggle to funny rhymes and pretend to be wild and wonderful animals in this lively interactive program with "Dawny Dew" Halasz. Music is a natural connection tool that brings people together and helps them interact with one another. Children are engaged with the use of puppets, felt board activities, nursery rhymes and songs. We encourage active participation by parents or caregivers. This musical program promotes early language skills and socialization. Space is limited.



**\*NEW\***

**TOT MUSIC EXPRESS**

at Hommocks Ice Rink Community Room

Ages 1 - 5

**Day:** Monday

**Time:** 1:15 - 1:55 pm

**Dates:** **Session 1:** September 19th - December 5th  
(No Program October 3rd & 10th)

Make up: December 12th

**Session 2:** January 23rd - April 3rd (No Program February 20th)

Make up: April 17th

**Fee:** Resident: \$115  
Non Resident: \$135

A FUN and CREATIVE music class incorporating songs, nursery rhymes and movement. Your child is encouraged to use musical instruments and a variety of other toys and props to enable them to develop their language, confidence, social skills and creativity. Parent or caregiver is welcome to participate.



# Tot Programs

**PRE BALLET** at Hommocks Ice Rink Community Room

Ages 3 - 5

**Day:** Monday  
**Time:** 12:30 - 1:10 pm  
**Dates:** **Session 1:** September 19th - December 5th  
(No Program October 3rd & 10th)  
Make up: December 12th  
**Session 2:** January 23rd - April 3rd  
(No Program February 20th)  
Make up: April 17th



**Day:** Thursday  
**Time:** 11:00 - 11:40 am  
**Dates:** **Session 1:** September 22nd - December 1st  
(No Program November 24th)  
Make up: December 8th  
**Session 2:** January 19th - March 30th  
(No Program February 23rd)  
Make up: April 6th

**Fee:** Resident: \$115                      Non Resident: \$135

Children will learn ballet basics with a focus on positions, rhythm, coordination and motor skills. Movements will be taught through creative exercises and fun games. Join "Dawny Dew" Halasz for this lively interactive program.

## CREATIVE MOVEMENT CLASSES

Ages 3 - 5

at VFW Lodge, 1288 Boston Post Rd.

**Day:** Tuesday  
**Time:** 3:45 - 4:30 pm  
**Dates:** January 17th- March 28th (No Program February 21st)  
Make up: April 4th

**Fee:** Resident: \$115                      Non Resident: \$135

These creative movement classes will introduce young children to music and movement. Children learn self-discipline, listening skills and coordination skills while playing fun games. No special skills or abilities required. Please wear loose comfortable clothing, sneakers or comfortable shoes. You may drop your child off and wait in one of our waiting rooms. Program will be taught by "Dawny Dew" Halasz.



# Tot Programs

**\*NEW\***

**GYM ON WHEELS GYMNASTICS**  
at Hommocks Ice Rink Community Room

Ages 22 months - 4 years

**Day:** Wednesday  
**Time:** 10:30 - 11:00 am 22 - 35 months  
**Fee:** Resident: \$120 Non Resident: \$130  
**Time:** 11:15 - 11:55 am 3 - 4 years  
**Fee:** Resident: \$125 Non Resident: \$135

**Dates:** **Session 1:** September 14th - November 9th  
(No Program October 12th)  
Make up: November 16th  
**Session 2:** January 11th - March 8th (No Program February 22nd)  
Make up: March 15th

A dynamic class that will enhance your child's fine and gross motor skills through stretching, aerobic exercises, gymnastics, group games, music and song. New games and new skills will add variety each week to this high energy class. A certified instructor will guide your child through this fun, nurturing and self-esteem building program.



**TOTAL SPORTS SQUIRTS** at Memorial Park

Ages 3 - 5

**Day:** Tuesday  
**Time:** 3:30 - 4:30 pm  
**Dates:** September 20th - November 1st (No program October 4th)  
Make up: November 8th  
**Fee:** Resident \$130 Non Resident \$145

The Total Sport Squirts program introduces children to a variety of sports such as soccer, baseball, lacrosse, hockey and T-Ball. Games and drills are designed by the US Sports Institute to capture each child's imagination. All activities promote hand-eye coordination, movement, balance and most importantly FUN!



# Tot Programs

## **SOCCER SQUIRTS** at Memorial Park

Ages 3 - 5

**Day:** Thursday  
**Time:** 2:30 - 3:30 pm  
3:30 - 4:30 pm  
4:30 - 5:30 pm  
**Dates:** September 22nd - November 3rd  
Make up: November 10th  
**Fee:** Resident \$150  
Non Resident \$165

**Day:** Friday  
**Time:** 10:45 - 11:45 am  
**Dates:** September 23rd - November 4th  
Make up: November 11th  
**Fee:** Resident \$150  
Non Resident \$165



US Sports Institute's Soccer Squirts program provides an introduction to the game of soccer in a fun filled, safe environment for children ages 3 - 5. The program includes enjoyable and imaginative games and scrimmages. Soccer Squirts is designed to develop motor skills, balance and coordination within a low pressure social environment. The Soccer Squirts class schedule includes a range of games based upon, short passing, dribbling, turning and shooting.

## **T-BALL SQUIRTS** at Memorial Park

Ages 3 - 5

**Day:** Tuesday  
**Time:** 1:15 - 2:15 pm  
**Dates:** September 20th - November 1st  
(No program October 4th)  
Make up: November 8th  
**Fee:** Resident \$130  
Non Resident \$145



The US Sports Institute's T-Ball Squirts is a great way to introduce your young sluggers to the exciting game of baseball! T-Ball Squirts focuses on the fundamental skills of the game: including hitting, throwing, catching and running bases. Using safe and developmentally appropriate equipment, core components of T-Ball are learned through a series of fun games and activities.

# Tot Programs

## PARENT & ME - T-BALL SQUIRTS

Ages 2 - 3

at Memorial Park

**Day:** Tuesday  
**Time:** 12:15 - 1:00 pm  
**Dates:** September 20th - November 1st  
(No program October 4th)  
Make up: November 8th  
**Fee:** Resident \$130  
Non Resident \$145



The US Sports Institute's Parent & Me T-Ball Squirts program is a fun and positive introduction to t-ball. With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through a program of structured activities, fun based games, and scrimmages.

## PARENT & ME - SOCCER SQUIRTS

Ages 2 - 3

at Memorial Park

**Day:** Friday  
**Time:** 11:45 am - 12:30 pm  
**Dates:** September 23rd - November 4th  
Make up: November 11th  
**Fee:** Resident \$150 Non Resident \$165



The US Sports Institute's Parent & Me Soccer Squirts program is a fun and positive introduction to soccer. With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun based games, and scrimmages.

## PARENT & ME - TOTAL SPORTS

Ages 2 - 3

at Memorial Park

**Day:** Friday  
**Time:** 9:30 - 10:15 am  
**Dates:** September 23rd - November 4th  
Make up: November 11th  
**Fee:** Resident \$150  
Non Resident \$165



The US Sports Institute's Parent & Me Total Sports Squirts program allow children aged 2-3 to experience a new sport in each session of the program with a helping hand from Mom or Dad! Children have the opportunity to try T-Ball, lacrosse, soccer, basketball, floor hockey, parachute games and more in a safe and structured environment. The Total Sports Squirts program is ideal for any child just starting out in the world of sports.

# Youth Programs

## CARTOONING

Ages 5 – 8

at VFW Lodge, 1288 Boston Post Rd.

**Day:** Thursday

**Time:** 3:45 - 4:30 pm

**Dates:** **Session 1:** September 22nd – December 1st

(No Program November 24th)

Make up: December 8th

**Session 2:** January 19th – March 30th (No Program February 23rd)

Make up: April 6th

**Fee:** Resident: \$120 Non Resident: \$140



Does your child like to doodle? Explore the world of cartooning with Eileen Tacoma. Participants will be introduced to the fun & imaginative world of cartooning. Students will also be introduced to various styles of cartooning such as animals, super heroes and create your own character. Supply list available at the Recreation Office.

## ACRYLIC PAINTING FOR YOUNG ARTISTS

Ages 7 - 11

at VFW Lodge, 1288 Boston Post Rd.

**Day:** Thursday

**Time:** 4:40 - 5:30 pm

**Dates:** **Session 1:** September 22nd – December 1st

(No Program November 24th)

Make up: December 8th

**Session 2:** January 19th – March 30th

(No Program February 23rd)

Make up: April 6th

**Fee:** Resident: \$120 Non Resident: \$140



Your child will learn to create paintings of real scenes they choose themselves from photos, pictures and from still life and original drawings. Each young artist will paint their own creation with the guidance of Eileen Tacoma. This adventure in painting will provide instruction and fun for the entire class. Please Note: Bring canvas panels and paints and photos that interest you. Supply list available at the Recreation Office.

## PAINT PARTY WITH NANDO

Ages 7 - 14

at VFW Lodge, 1288 Boston Post Rd.

**Day:** Friday

**Time:** 4:00 - 5:30 pm

**Dates:** December 2nd

**Fee:** Resident: \$25 Non Resident: \$30



If you are looking for something fun and exciting for your child or a group of friends, join this painting party with Nando. Any occasion is a great time to get together to paint. This painting adventure is fun for everyone and we'll show you how to paint your masterpiece with no experience necessary. We supply everything. Ice Cream Sundaes will be served at end of class.

# Youth Programs

## CURIOLOGISTS

Ages 4 – 5

at Hommocks Ice Rink Community Room

**Day:** Tuesday

**Time:** 10:00 – 11:00 am

**Dates:** **Session 1:** September 13th – October 25th  
(No Program October 4th)

Make up: November 1st

**Session 2:** January 10th – February 28th  
(No Program February 7th & 21st)

Make up: March 7th

**Fee:** Resident: \$135      Non Resident: \$145



**Fall: Curiologists: It's ALIVE!** - The Curiologists will explore biology, the science of living things. Through research and experiments with living matter and models, students come to understand what defines life on this planet and how living systems are connected. Learn about the diversity of the animal and plants world and get hands-on with some experiments that demonstrate the unique function of living organisms.

**Winter: Curiologists: From Head to Toe!** - The Curiologists will explore human physiology, the science of our human selves by exploring the muscular, skeletal, nervous, digestive, respiratory, and immune systems that makes their bodies work. Kids will discover how their voice box works, how many bones they have, how thousands of "tasters" on their tongues help them distinguish flavors, how the DNA in their cells is different from everyone else's, and more.

## EDIBLE CREATIONS

Ages 6 - 8

at VFW Lodge, 1288 Boston Post Rd.

**Day:** Monday

**Time:** 3:30 – 4:45 pm

**Dates:** October 17th – November 28th

Make up: December 5th

**Fee:** Resident: \$90      Non Resident: \$110

This program will offer young children the exposure to basic food preparation techniques while designing edible food creations. "Chef Kathy" will engage your child's creativity through projects that can be taken home and displayed (or eaten) for the family. Children will be given directions, measurements and ingredients while preparing tasty treats each week. Everything including FUN, supplied.



PLEASE INFORM THE RECREATION OFFICE OF ANY FOOD ALLERGIES.

# Youth Programs

## COMBO DANCE CLASS

Ages 5 - 6

at VFW Lodge, 1288 Boston Post Rd.

**Day:** Thursday

**Time:** 3:45 - 4:30 pm

**Dates:** **Session 1:** September 22nd - December 1st  
(No Program November 24th)

Make up: December 8th

**Session 2:** January 19th - March 30th  
(No Program February 23rd)

Make up: April 6th

**Fee:** Resident: \$115 Non Resident: \$135



“Dawny Dew” Halasz has designed these classes to introduce your child to ballet, jazz and modern dance with just the right balance of discipline and fun. This class will feature great music with simple choreography, fun games and creative movement while promoting gross motor skill development in a relaxed setting. Child should bring a water bottle to class. **Parents can drop off children or wait in the waiting room. All parents are invited to enjoy their children’s progress at the last class performance.**

## HIP HOP/JAZZ CLASS

Ages 7 - 11

at VFW Lodge, 1288 Boston Post Rd.

**Day:** Thursday

**Time:** 4:30 - 5:30 pm

**Dates:** **Session 1:** September 22nd - December 1st  
(No Program November 24th)

Make up: December 8th

**Session 2:** January 19th - March 30th  
(No Program February 23rd)

Make up: April 6th

**Fee:** Resident: \$115 Non Resident: \$135

These classes will explore the techniques of Hip Hop and Jazz with fun and upbeat energy. There will be an emphasis on rhythm, since music and beats are an important part of Hip Hop and Jazz dance. Basic techniques will be explored including; walks, turns and leaps, as well as locomotor functions. “Dawny Dew” Halasz will provide an hour of great music and fun dancing. Child should bring a water bottle to class.



**Parents can drop off children or wait in the waiting room. All parents are invited to enjoy their children’s progress at the last class performance.**

# Youth Programs

## SENIOR TOTAL SPORTS SQUIRTS at Memorial Park

Ages 5 - 7

**Day:** Tuesday

**Time:** 4:30 - 5:30 pm

**Dates:** September 20th - November 1st  
(No program October 4th)

Make up: November 8th

**Fee:** Resident: \$130

Non Resident: \$145

The US Sports Institute's Senior Total Sports Squirts program is ideal for players that have graduated out of our squirts programs. This program allows players to be introduced to the basic techniques of a variety of sports such as soccer, baseball, lacrosse, hockey and T-Ball.



## SENIOR SOCCER SQUIRTS at Memorial Park

Ages 5 - 7

**Day:** Thursday

**Time:** 4:30 - 5:30 pm

**Dates:** September 22nd - November 3rd  
Make up: November 10th

**Fee:** Resident: \$150

Non Resident: \$165

The US Sports Institute's Senior Soccer Squirts program will teach the player the principles of attacking, defending and passing and will be encouraged to apply these skills to game scenarios. This program will allow players to develop and progress within the sport.



## Youth Programs

### BEGINNER KAYAKING at Harbor Island Beach

Grades 4th - 6th

**Day:** Saturday & Sunday

**Time:** 12:30 - 1:30 pm

**Dates:** September 10th, 11th, 17th & 18th

Make up: September 24th & 25th

**Fee:** Resident: \$100 Non Resident: \$120

In cooperation with the Village of Mamaroneck. This course is designed to introduce participants to basic kayaking skills and water safety while having fun. Participants will learn important skills including, paddling techniques and what to do if they tip over. As skills grow, participants will begin exploring the local coastline and waterways in the Mamaroneck/Larchmont area.

PFD will be provided or you may bring your own. Kayaks will be provided.



### KAYAK FUN at Harbor Island Beach

Grades 7th - 9th

**Day:** Saturday & Sunday

**Time:** 10:45 - 12:15 pm

**Dates:** September 10th, 11th, 17th & 18th

Make up: September 24th & 25th

**Fee:** Resident: \$120 Non Resident: \$140

In cooperation with the Village of Mamaroneck. Learn basic kayaking skills, water safety and just have fun exploring the local coastline and waterways in the Mamaroneck /Larchmont area.

PFD will be provided or you may bring your own. Kayaks will be provided. Staff will consist of a Director and Lifeguard.

Possible adventure sites to include: East and West Basins at Harbor Island, Otter Creek, Hen Island, Crab Island / Flagler, Larchmont Reservoir. Limited enrollment.

# Youth Programs

## BEGINNER FENCING

at Hommocks Ice Rink Community Room

**Day:** Wednesday

**Time:** 3:30 - 5:00 pm

**Dates:** **Session 1:** September 14th – November 9th  
(No Program October 12th)

Make up: November 16th

**Session 2:** November 30th – February 1st  
(No Program December 21st)

Make up: February 8th

**Session 3:** March 1st – April 26th (No Program April 12th)

Make up: May 3rd

**Fee:** Resident: \$340 Non Resident: \$360

Fencing is a sport that builds agility, speed, coordination and focus. It's a great way to have fun and get in shape. This intro level class is structured for the beginner participant and will include games to introduce children to the sport in a fun way. Fencers will learn the fundamentals of fencing and get the chance to fence against one another in a real bout. All equipment will be provided.

Ages 9 & up



## ADVANCED FENCING

at Hommocks Ice Rink Community Room

**Day:** Thursday

**Time:** 3:30 – 5:00 pm

**Dates:** **Session 1:** September 15th – November 3rd  
Make-Up: November 10th

**Session 2:** December 1st – February 2nd  
(No Program December 22nd & 29th)

Make-Up: February 9th

**Session 3:** March 2nd – April 27th  
(No Program April 13th)

Make-Up: May 4th

**Fee:** Resident: \$340 Non Resident: \$360

This advanced class builds on the fundamentals taught in the Beginner class. The class is structured to include warm up, blade and footwork drills, strategy building, bouting, and preparation for competition. Beginner class recommended or previous fencing experience preferred.

Ages 9 & up



# Youth Programs

## SCHOOL BREAK PROGRAMS

### MASTERS OF MAGIC

at Hommocks Park Ice Rink Community Room

Grades K - 5

**Day:** Friday  
**Time:** 9:00 am - Noon  
**Date:** November 11th  
**Fee:** Resident: \$40 Non Resident: \$50



Young Magicians - Learn how to trick your friends and family! Make objects disappear, float in midair and learn to astound everyone with a magical mastery of mind-reading tricks.

### AVIATION COMES ALIVE

at Hommocks Park Ice Rink Community Room

Grades K - 5

**Day:** Friday  
**Time:** 12:30 - 3:30 pm  
**Date:** November 11th  
**Fee:** Resident: \$40  
Non Resident: \$50



In this exciting program you will build your very own aircraft and delight as they fly overhead. With a diverse array of amazing models to take home, this adventure in aviation is sure to have you soaring.

**THOSE WHO REGISTER FOR BOTH PROGRAMS CAN STAY THROUGH THE LUNCH BREAK. BRING A LUNCH, SUPERVISION WILL BE PROVIDED.**

### BRICK KIDS

at Hommocks Ice Rink Community Room

Grades K - 3

**Day:** Monday - Thursday  
**Time:** 9:00 am - Noon  
**Dates:** February 20th - 23rd  
**Fee:** Resident: \$145  
Non Resident: \$165



Join Linda Tedesco and her Brick Kids crew as you explore the art of LEGO® bricks. We will be constructing a large-scale sculpture together and also making mosaics, exploring moveable kinetic art, building musical instruments and even creating jewelry that you get to bring home. There will be an Art Exhibit for the parents on the last day. Bring your camera, you will be amazed.

# Youth Programs

## NOVEMBER SUPERINTENDENT CONFERENCE DAY WORKSHOPS WITH



### EXPLORING ARCHITECTURE

at Hommocks Park Ice Rink Community Room

Grades 1 - 4

**Day:** Tuesday  
**Time:** 11:00 am - 2:00 pm  
**Date:** November 8th  
**Fee:** Resident: \$45 Non Resident: \$55



In this architecture class, kids will explore architectural feats through the ages and then think about their own ideas for architectural concepts. They begin to design their own work on paper and then discuss their plans with the class. Kids will then build their creations using tabletop material (cardboard, wood, metal wire, plastic and other common materials). Kids may work in groups, pairs or individually.

### ROLLER COASTER PHYSICS

at Hommocks Park Ice Rink Community Room

Grades 1 - 4

**Day:** Tuesday  
**Time:** 2:15 - 5:15 pm  
**Date:** November 8th  
**Fee:** Resident: \$45 Non Resident: \$55



Participants will build their own roller coaster out of foam and marbles. In the process, they will learn how roller coasters work, what friction is and how it works for us (and against us!). They will make speedy loops, hills, climbs, jumps and more.

**THOSE WHO REGISTER FOR BOTH PROGRAMS CAN STAY THROUGH THE BRIEF BREAK. BRING A SNACK, SUPERVISION WILL BE PROVIDED.**

# Youth Programs

## BABYSITTER'S TRAINING

Ages 11 - 14

at Hommocks Park Ice Rink Community Room

**Day:** Tuesday

**Time:** 3:30 - 6:00 pm

**Dates:** **Session 1:** January 10th & 17th

**Session 2:** March 7th & 14th

**Fee:** Resident: \$85 Non Resident: \$105

This Red Cross course designed for adolescents 11 - 14 years of age, is an interactive based program that provides participants with hands-on learning experiences. Participants receive a top quality Babysitter's Guide, a check list and certification if they meet the course requirements. This is excellent training for babysitters and those wishing to start babysitting.



**\*NEW\***

## PIZZA/BINGO FUN NIGHT

Ages 7 - 11

at VFW Lodge, 1288 Boston Post Rd.

**Day:** Friday

**Time:** 6:00 - 8:00 pm

**Date:** **Session 1:** October 14th

**Session 2:** February 10th

**Fee:** Resident: \$15 Non Resident: \$20



A fun evening out for your child while they join their friends for a slice of pizza, soda/beverage, snacks and many games of BINGO. Lots of excitement and prizes throughout the program. Join us for an enjoyable evening to the start the weekend.

# Golf Programs

## INTRODUCTION TO GOLF at Saxon Woods Golf Course

### Adults (18 & up)

**Day:** Monday  
**Time:** 5:30 - 6:30 pm  
**Dates:** September 19th, 26th,  
October 17th, 24th  
**Fee:** Resident - \$140 per person  
Non Resident - \$165 per person

### Youth (7 - 17)

**Day:** Tuesday  
**Time:** 5:30 - 6:30 pm  
**Dates:** September 20th, 27th,  
October 11th, 18th  
**Fee:** Resident - \$140 per child  
Non Resident - \$165 per child

Participants will be given instruction in all aspects of the game, while developing skill and confidence. All levels are welcome. All necessary equipment will be provided, just bring your sneakers and smile! **Minimum 5 per class.**



### Parent / Child (7 & up)

**Day:** Thursday  
**Time:** 5:30 - 6:30 pm  
**Dates:** September 29th,  
October 6th, 13th, 20th  
**Fee:** Resident: \$100 per person  
Non Resident: \$125 per person



A great opportunity for parent and child to learn the game of golf and improve their skills while spending an evening together.

**1 child per parent, must be same parent and same child each week.**

**Director: Charlie Meola, PGA Head Professional at Saxon Woods Golf Course.**

In the case in inclement weather, please call the golf course at 231-3461 1 hour prior to the start of class. Classes canceled by pro will be made up.

**No registration accepted at golf course.**

## Adult Programs

### ADULT KAYAKING at Harbor Island Beach

Ages 16 & up

**Day:** Saturday & Sunday  
**Time:** 10:45 am - 12:15 pm  
**Dates:** September 10th, 11th, 17th & 18th  
Make up: September 24th & 25th  
**Fee:** Resident: \$120 Non Resident: \$140

In cooperation with the Village of Mamaroneck. This course is designed to introduce participants to the sport of kayaking. Participants will learn important skills, including, paddling techniques and what to do if they tip over, water safety and just have fun. As skills grow, participants will begin exploring the local coastline and waterways in the Mamaroneck/Larchmont area.

PFD will be provided or you may bring your own. Kayaks will be provided.



### PADDLEBOARDING at Harbor Island Beach

Ages 14 & up

**Day:** Saturday & Sunday  
**Time:** 9:00 - 10:00 am  
**Dates:** September 10th, 11th, 17th & 18th  
Make up: September 24th  
**Fee:** Resident: \$120 Non Resident: \$140



This course, in cooperation with the Village of Mamaroneck, is designed to introduce participants to the sport of SUP (Stand-Up Paddleboarding). This introductory class will teach participants Paddleboarding basics, kneeling, standing, maneuvering and water safety. All participants must be comfortable in the water. Boards, paddles and PFD will be provided or you may bring your own. Maximum class size: 5.

## Adult Programs

**WOMEN'S PHYSICAL FITNESS** at Hommocks Ice Rink Community Room

**Day:** Monday, Wednesday, Friday

**Time:** 9:00 - 10:00 am

**Dates:** **Session 1:** September 19th - December 9th  
(No Program October 3rd, 10th & 12th, November 11th, 23rd & 25th)  
Make up: Week of December 12th

**Session 2:** January 4th - March 22nd  
(No Program January 16th, February 20th, 22nd & 24th)  
Make up: March 24th

**Fee:** Resident: \$205                      Non Resident: \$260

This program will use various techniques to balance cardio and enhanced strength training through low impact weight training exercises. Relaxation stretches using yoga poses will tone your body and ease your mind. Heike Rauls, Certified Instructor. **Minimum class size: 12.**



# Adult Programs

## TOTAL BODY CONDITIONING at Hommocks Ice Rink Community Room

**Day:** Monday & Thursday

**Time:** 7:15 - 8:15 pm

**Dates:** **Session 1-** September 19th - December 8th  
(No Program October 3rd, 10th, November 24th)

Make up: Week of December 12th

**Session 2-** January 5th - March 27th

(No Program January 16th, February 20th & 23rd)

Make up: March 30th

**Fee:** Resident: \$140      Non Resident: \$180

Join our Total Body Conditioning class introducing cardio workouts, weight training, aerobic step and abdominal work. All levels of fitness welcome. It is recommended that all participants bring their own towel to class. Mats and steps are provided. Mary Ann Liebowitz, Certified Instructor. **Minimum class size: 12.**



## YOGASCULPT at Hommocks Ice Rink Community Room

**Day:** Monday & Thursday

**Time:** 8:15 - 9:15 pm

**Dates:** **Session 1:** September 19th - December 8th  
(No Program October 3rd, 10th & November 24th)

Make up: December 12th

**Session 2:** January 5th - March 27th

(No Program January 16th, February 20th & 23rd)

Make up: March 30th

**Fee:** Resident: \$140      Non Resident: \$180

Yogasculpt is a blend of yoga exercises and stretch techniques to help build strength, flexibility and balance in the mind and the body. This combination will help diminish the effects of aging along with creating serenity and calm in both mind and body allowing for better physical function. Mary Ann Liebowitz, Certified Instructor. **Minimum class size: 12.**



## TOTAL BODY CONDITIONING/YOGASCULPT COMBO

Sign up for both Total Body Conditioning and Yoga Sculpt for a discounted fee. Resident: \$240    Non Resident: \$320

# Adult Programs

## ZUMBA® EXERCISE PARTY

at VFW Lodge 1288 Boston Post Rd.

**Day:** Saturday

**Time:** 9:00 - 10:00 am

**Dates:** **Session 1:** September 10th – October 22nd Make-up: October 29th

**Session 2:** November 5th – December 17th

**Session 3:** January 7th – February 18th Make-up: February 25th

**Session 4:** March 4th - April 22nd (No Program April 15th)

**Fee:** Resident: \$77 Non Resident: \$87

**TRY A CLASS:** Want to see what all the fun is about – Take a Trial Class for \$10 (Fee will be put toward your registration if you decide to join us).

**PAY AT DOOR** - Take a Zumba® Class when you want - \$12

**PUNCH CARD** -Zumba® when you want with a Punch Card.

Convenient way to pay and Save! Must be used within Two Consecutive Sessions. A Total of 11 classes.

**FEE:** Resident: \$125 Non Resident: \$135

**Please Note: Only Checks or Cash will be accepted at the class.**

Laugh, Dance, Sweat and have Fun. This exercise session is all about Energy and Great Music. Make Friends while you Torch those calories away. Zumba® is a hot new fitness program based on a fusion of Latin and international dance movements. The Zumba® routine features interval training, where fast and slow rhythms and resistance training are combined to sculpt and



tone the body while burning fat in Zumba® -“So as they say Ditch the Workout & join the party!” **Instructors:** Laura Solow, winner of “Best of Westchester” for her Zumba® class. Assisted by Christina Pizzimenti. All instructors are Zumba® Licensed and CPR certified.

# Adult Programs

## POWER VOLLEYBALL at Hommocks School Gym

**Day:** Wednesday & Sunday  
**Time:** 7:00 – 9:00 pm (Wednesday)  
1:00 – 3:00 pm (Sunday)  
**Dates:** November 16th – May 3rd (Wednesday)  
December 4th – April 30th (Sunday)



**No program during school vacations or closings.**

**Fee:** Resident H.S. Student: \$40  
Resident: \$100                      Non Resident: \$150

Power Volleyball is for the advanced player and is a competitive non instructional program set in a recreational format. Participants should have an understanding of the rules and positions. For safety reasons, registered participants will be evaluated at the start of the program. Program schedule is subject to change due to School District calendar of events. School district calendar can be found on Recreation Department website.

## MEN'S BASKETBALL at Hommocks School Gym                      Ages 18 & up

**Day:** Monday & Thursday  
**Time:** 7:00 – 9:00 pm  
**Dates:** October 17th – April 27th  
**No program during school vacations or closings.**  
**Fee:** \$5 Nightly      Pay at the door.

Participants are required to bring their own basketball. Program schedule is subject to change due to School District calendar of events. School district calendar can be found on Recreation Department website.



# Adult Programs

**LADIES BINGO NIGHT**  
at VFW Lodge, 1288 Boston Post Rd.

21 & over

**Day:** Friday  
**Time:** 5:30 - 9:00 pm  
**Dates:** November 4th  
**Fee:** Resident: \$30  
Non Resident: \$35



You loved LADIES BINGO in the Spring and now you can enjoy it in the Fall. What could be better than a night out with friends, a buffet dinner and great prizes. Doors open at 5:30, Buffet dinner begins at 6:15 and then the fun begins at 7:00 pm. As always, bring your favorite beverage, snacks and dessert.

**\*NEW\***  
**BOOT SCOOTIN FUN at LINE DANCING**  
at VFW Lodge, 1288 Boston Post Rd.

21 & over

**Day:** Friday  
**Time:** 5:30 - 9:00 pm  
**Dates:** March 3rd  
**Fee:** Resident: \$20 Non Resident: \$25

Grab your partner or your friends and join us for great country music, step-by-step lessons, delicious light food, and fun! We will be kicking and heating up the night with line dancing featuring our professional caller, Adam Cherko who will provide loads of fun and laughs for everyone. Feel free to bring your country western outfits, your favorite beverages and snacks to add to the festivities. Space is limited so register soon and don't miss out on this exciting evening.



# Adult Programs

**\*NEW\***

## **FAMILY BINGO NIGHT**

at VFW Lodge, 1288 Boston Post Rd.

All Ages

**Day:** Friday

**Time:** 6:30 – 8:30 pm

**Dates:** January 20th

**Fee:** Resident: \$5      Non Resident: \$10



Take the chill out of winter and join us for our first Family Bingo Night. An evening of great quality family time and meeting up with friends. Bingo games with prizes throughout the night and a grand prize at the conclusion. One Bingo Board per person. Bring a dessert to share and receive an additional Bingo Board. We will supply juice, soda and coffee, but feel free to bring munchies for your table. Invite aunts, uncles, grandparents and friends – this will be a fun night for all!

**PAINT ESCAPE** at VFW Lodge, 1288 Boston Post Rd.

Ages 21 & up

**Day:** Friday

**Time:** 6:30 - 9:30 pm

**Dates:** **Session 1:** December 2nd

**Session 2:** February 3rd

**Fee:** Resident: \$25      Non Resident: \$30

Escape with your friends, date or spouse and join Nando for a fun time. Paint Escape supplies all the materials you will need to create your “masterpiece” with the help of our art instructor. Bring your favorite beverage and snack and be prepared for an exciting social adventure. Remember



no artistic ability required. We will have coffee available at the end of class while you admire everyone’s work. Onsite parking available.

# Senior Citizen Programs

## TOWN OF MAMARONECK SENIOR CENTER HOURS

**Monday - Friday: 10:00 am - 3:30 pm**

**Memorial Day - Labor Day 10:00 am - 3:00 pm**

The Town of Mamaroneck Senior Center operates under the auspices of the Town of Mamaroneck Community Services Office. The Center, located at 1288 Boston Post Road (VFW David Potts Jr. Post #1156) is completely accessible with handicapped restroom facilities and ample parking. The Center provides a wide variety of recreational, social and educational activities, weekdays, year round. The Center is open to seniors age 55 and over. Most activities are free or have a nominal charge. Some classes have a fee for participants. A monthly calendar of events and programs is available at the Center and on the Town of Mamaroneck website.

**The present membership fee is \$35.00. Non-resident members may pay a higher fee for events/trips held outside the senior center.** Identification and proof of residency is required. For membership information and a calendar of events, call Activities Coordinator, Maria Gallagher: 834-8840.

A hot lunch is served daily at noon. Reservations are required. The cost of the meal is \$4.55 per day; the minimum suggested contribution is \$3.00 per day. Participants under the age of 60 must pay the full cost of the meal.

Curb to curb bus transportation to and from the Center is available for seniors living in the Town of Mamaroneck and Villages of Larchmont and Mamaroneck. Suggested contribution for bus transportation is 1.00 per day for 2016. The Senior Bus Service provides curb-to-curb transportation to Stop & Shop on Wednesday morning and afternoon. Reservations must be made *at least one day in advance* by calling the Senior Center at 834-8840 between the hours of 9:00 am and 3:00 pm. The contribution for trips to the grocery store is \$1.00.

Additional transportation options for senior citizens include:

- Transportation to Medical Appointments: Call the Community Service Office at 381-7840.
- Transportation to Senior Center and Grocery Shopping: Call the Senior Center at 834-8840.

Our Transportation Services are also funded by U.S. Department of Health & Human Services, New York State Office of the Aging, & the Westchester County Department of Senior Programs & Services.

# Senior Citizen Programs

**Must be 55 years or older and a registered member of Senior Center to participate. Membership Fee is \$35.**

**All programs held at VFW Lodge, 1288 Boston Post Road  
Call 834-8840 for further information.**

## TAI CHI FOR SENIORS

**Day:** Thursday

**Time:** 10:30 - 11:30 am

**Fee:** \$100/year

Please register at Senior Center.



Eleanor Dreyfus will guide you through the benefits of this ancient Chinese form of exercise. Possible benefits of this class include; falls prevention, balance boosting, stress and pain reduction, immune system enhancement, easing depression, increasing bone density, lessening Parkinson's disease symptoms.

## SENIOR ART CLASS

**Day:** Wednesday

**Time:** 1:00 - 3:00 pm

**Fee:** \$125/year

Please register at Senior Center.

Advanced level art program for seniors. Art instructor Pat Sutherland offers professional advice and instruction while class works on personal painting/drawings. Students choose medium to work with and must provide their own supplies. Class displays work at Annual Art Exhibit at Larchmont Library.



## STAY STRONG AND FIT EXERCISE

**Day:** TBA - Mid September (usually Wednesday)

**Time:** 1:15 - 2:15 pm

**Fee:** FREE PROGRAM

Join our instructor for an exercise program designed to improve balance, agility, cardiovascular endurance, flexibility and strength. This free class is brought to us by the Mainstream Program and Westchester County Department of Senior Programs & Services.



# Senior Citizen Programs

## DANCERCISE

**Day:** Wednesday

**Time:** 10:30 - 11:30 am

**Fee:** FREE PROGRAM

A casual drop in exercise/dance class for seniors. Senior Center Assistant Coordinator, Kathleen Flynn will guide you through dance steps to your favorite tunes. Move and groove during this fun work out!



## ZUMBA GOLD

**Day:** Twice a month (call Senior Center for dates)

**Time:** 1:30 - 2:15 pm

**Fee:** \$1/class 2016

Join Laura Solow for a total-body wellness program that feels like a party while it revitalizes your mind and body. Zumba Gold classes provide modified, low-impact moves for older adults.

## OTHER WEEKLY ACTIVITIES

### MAH JONGG

**Day:** Monday, Tuesday, Friday

**Time:** 10:00 am

### BRIDGE

**Day:** Tuesday & Thursday

**Time:** Noon

### POKER

**Day:** Monday & Thursday

**Time:** 10:00 am

### BOARD GAMES

**Day:** Monday, Tuesday, Thursday & Friday

**Time:** 11:00 am



## MONTHLY ACTIVITIES:

Monthly Blood Pressure Screening, Medicare Minute, Holiday Celebrations, Special Bingo Birthday Events, Movies, Handcrafts and Sewing Projects, Arts and Crafts, Trips to Local Shopping Centers and Places of Interest as well as Guest Speakers.

# Memorial Park

Memorial Park on Myrtle Blvd offers a variety of activities and recreational opportunities for all ages. Four newly re-surfaced tennis courts are available (permit required - see page 5) to Town residents who would like to have a friendly game with a neighbor. Lessons are available (see page 24) for those who would like to learn the game or sharpen their skills. **Please note: Attendant on duty daily May thru September.**



## PLAYGROUNDS

At Memorial Park there is a tot playground for 2 - 5 year olds and one for 5 - 12 year olds to enjoy. Both are surrounded by rubberized safety surfacing.

## RECREATIONAL ACTIVITIES UNDERNEATH THE MURRAY AVENUE BRIDGES

The blacktop has been re-surfaced underneath these 2 separate bridges to provide for a variety of activities. One bay provides a smooth surface and large area to be used as a tennis warm-up area.



The other bay is designed with interactive children activities. This area includes a miniature track, shuffleboard, giant checkers and hopscotch.

Equipment for these activities including a volleyball net and game pieces for chess/checker tables may be borrowed from the on-duty attendant by leaving a Town of Mamaroneck Recreation Department permit card or driver's license.



# Sheldrake Environmental Center

Sheldrake Environmental Center  
685 Weaver Street, Larchmont, NY 10538  
914-834-1443 [www.sheldrakecenter.org](http://www.sheldrakecenter.org)

## Inspiring Children and Adults to Connect with Nature

### **Sheldrake's 2016 Fall Festival**

This day of family fun is back! Pumpkins, animals, music, crafts and more! Stay tuned for date.

### **Young Explorers Nature Program – *Pick your day and time!***

Interested in a nature program for your child and friends at a time that is convenient for you? Get together at least 5 children in the same age group, pick your time and day, and we'll help you coordinate a custom program created to meet your needs!

### **2017 February Break Camp**

Monday-Friday, February 20 - 24, 9:30 am - 12:30 pm

Children ages 3 - 5 search for signs of animal life, learn how animals and plants survive the cold, become snow detectives. They also enjoy nature-themed story time, do crafts and play games.

### **Girl Scout Workshops**

Sheldrake can be a resource for nature and environmental activities for scouts with programs designed to meet the requirements to earn their badges.

## Inspiring Children and Adults to Make a Difference

### **International Coastal Cleanup**

Be part of the worldwide effort by helping clean up Manor Beach and the Larchmont Reservoir Conservancy. Stay tuned for date.

### **Compost Bin Sale & Workshop**

Buy a compost bin and we'll include a workshop on backyard composting to get you started. Stay tuned for date.

### **Train to Become a Volunteer Environmental Educator**

Classes begin in Fall 2016

Love children and nature? We are seeking candidates for our Volunteer Environmental Educator Training Program. You will learn how to teach children about the natural world. After completing the course, you will lead nature trips for elementary school children.

*Please go to [www.sheldrakecenter.org](http://www.sheldrakecenter.org) or contact Amy at [scheduling@sheldrakecenter.org](mailto:scheduling@sheldrakecenter.org) for more info and to register.*

# Town of Mamaroneck Recreation

## FOR FURTHER INFORMATION REGARDING...

The **Larchmont-Mamaroneck Little League** contact  
[www.lmlittleleague.org](http://www.lmlittleleague.org)

The **Larchmont Junior Soccer League** contact Sidney Ings at [ljsl@aol.com](mailto:ljsl@aol.com)

For **Flint Platform Tennis permits** contact the Village of Larchmont  
Recreation Committee at 834-1919.

The **Mamaroneck Youth Hockey Association** contact [MYHAHockey.com](http://MYHAHockey.com)

The **Mamaroneck Midget Football League**, contact [www.mpmfl.com](http://www.mpmfl.com)

The **Larchmont/Mamaroneck Youth Lacrosse Association** contact [www.lmyl.net](http://www.lmyl.net)

The **Larchmont/Mamaroneck Basketball Association** contact [www.LMBAbasketball.com](http://www.LMBAbasketball.com)

The **Mamaroneck Junior Soccer League** contact [www.mjsl.com](http://www.mjsl.com)

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## Thank you...

The Town of Mamaroneck Recreation Department would like to thank the following local businesses for their support.

Sponsorships of our Summer Concerts in Memorial Park were made by:

Capital One Bank of Larchmont  
Stop & Shop, Larchmont  
Ray Catena Lexus, Larchmont  
Coldwell Banker  
Trustco Bank  
Verizon Fios  
BMW - Mamaroneck  
New York Life Insurance

We hope you will patronize these businesses.

# Save the Dates

## BUNNY HOP & LIL' BUNNY HOP 5K RUN/WALK

**Sunday, April 23, 2017**



Start/Finish - Memorial Park – Located on Myrtle Blvd, Larchmont  
Free parking is available across the street in Commuter Lot #1.

**Bunny Hop:**  
(3.1 mile) – All Ages  
Race Start Time: 9:00 am  
Pre-registration: \$30  
Race day: \$40 – Space permitting  
cash or check only

**Mail, Fax or Email Registration Form To:**  
Town of Mamaroneck Recreation Dept.  
740 W. Boston Post Road  
Mamaroneck, NY 10543  
Fax: 914-381-7813  
[recreationdept@townofmamaroneckny.org](mailto:recreationdept@townofmamaroneckny.org)  
For more information call the Recreation  
Office – 914-381-7865



**Lil' Bunny Hop:**  
(1 mile) – 12 years and under  
Race Start Time: 8:30 am  
Pre-registration: \$15  
Race day: \$20 – Space permitting  
cash or check only  
(Adults running with a child are free.)

**Packet Pickup:**  
At Recreation Office  
Wednesday, April 19th, 6:00 – 8:00 pm  
or  
At Memorial Park  
Race morning starting at 7:30 am

Entry fee includes T-shirt  
(not guaranteed to race day registrants)

**NO REFUNDS.**

**No Baby Strollers, Jogging  
Strollers or Pets please.**

**Rain or Shine**

Hosted by: Town of Mamaroneck Recreation Department and Town of Mamaroneck Fire Department

# Town of Mamaroneck Recreation Dept.

## Individual Program Application

Participant \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone/Ext. \_\_\_\_\_

Cell Phone \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Email \_\_\_\_\_

Program \_\_\_\_\_

Session \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Fee \_\_\_\_\_

I, the participant or parent/guardian of the above named child, who participates in programs organized by the Town of Mamaroneck Recreation Department, assume all risks and hazards incidental to the conduct of the activity and transportation to and from the activity. I am aware that participating in any recreational program can be a dangerous activity involving risks of injury. I specifically release, absolve, indemnify and waive any claims against the Town of Mamaroneck, the Town of Mamaroneck Recreation Department, their organizers, sponsors and any supervisors appointed by them from liability. Photo Permission - Participants permit the taking of photographs of themselves and their children during recreational activities for publication and use by the Recreation Department for promotional purposes unless otherwise stated.

By completing this application, I acknowledge the Recreation Dept. policies for program registration and refunds.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Individual check are necessary for each program.

Check Enclosed. (For mail in only)

Make checks payable to Town of Mamaroneck and mail to Recreation Dept., 740 W. Boston Post Rd. Mamaroneck, NY 10543.

# TOWN OF MAMARONECK

Department of Recreation  
740 West Boston Post Road  
Mamaroneck, New York 10543  
[www.townofmamaroneckny.org](http://www.townofmamaroneckny.org)

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White Plains, NY

**Dated Material  
for Delivery**

## Town of Mamaroneck

Nancy Seligson  
*Supervisor*

Ernest C. Odierna  
*Councilman*

Abby Katz  
*Councilwoman*

Jaine Elkind Eney  
*Councilwoman*

Tom Murphy  
*Councilman*

Stephen V. Altieri  
*Town Administrator*

### **\*NEW\*** **Online Registration**

Visit our website to  
register for an online  
account.

[www.townofmamaroneckny.org](http://www.townofmamaroneckny.org)



**FALL/WINTER RESIDENT  
PROGRAM REGISTRATION Begins  
Monday, August 22nd at 8:30 am**