

"LET THE WORKOUT BEGIN"

**Aerobics, Latin dance,
Zumba all in one
class.**

FEE: Res. \$35 Resident Sr. \$31.50
Non. Res. \$50 Non Res. Sr. \$45.00

TUES. & THURS. 7-8PM

Session 1 Sept. 10, 15, 17, 22, 24, 29, Oct. 1, 6, 8, 13 **15

Session 2 Oct. 20, 22, 27, 29, Nov. 3, 5, 10, 12, 17, 19 **24

Session 3 Dec. 1, 3, 8, 10, 15, 17, Jan. 5, 7, 12, 14, **19

Session 4 Jan. 21, 26, 28, Feb. 2, 4, 9, 11, 16, 18, 23 **25

Session 5 Mar. 2, 4, 9, 11, 16, 18, 23, 25, Apr. 6, 8 **13

**** Reserved for make-ups**

SENIOR PROGRAM

See Senior Calendar

SWIM INSTRUCTION

FEE: Resident \$65 Non-Res. \$110

Wednesdays 7:30-8:30pm Beginner and Advanced Beginner

Fall dates: Sept. 23, 30, Oct. 7, 14, 21, 28, Nov. 4, 18, Dec. 2, 9

Winter dates: Jan. 20, 27, Feb. 3, 10, 17, 24, Mar. 3, 10, 17, 24

VOLLEYBALL

FEE: Resident \$50 Non-Res. \$65

Mondays 8:30-10:30pm

Dates: October 5, 26, Nov. 2, 9, 16, 23, 30, Dec. 7

CLASSES WILL BE HELD AT GIBLYN ELEMENTARY

ZUMBA

Zumba is a "feel-Happy" workout that is great for both body and mind.

Mondays Date and times to be announced

BIRTHDAY PARTIES

FOR INFORMATION CALL (516) 377-2314



Freeport Recreation Center

INC. VILLAGE OF FREEPORT
130 East Merrick Road
Freeport, NY 11520
(516) 377-2314 FAX (516) 377-2318
www.freeportny.gov



FALL AND WINTER REGISTRATION

FALL REGISTRATION:

SEPTEMBER 2009

RESIDENTS: SAT. & SUN. SEPT. 12 & 13
10am-2pm

NON-RESIDENTS: MONDAY SEPT. 14
9am-9pm

WINTER REGISTRATION:

JANUARY 2010

RESIDENTS: SATURDAY JAN. 9
10am-2pm

NON-RESIDENTS: SUNDAY JAN. 10
10am-2pm

FEE: RES. \$35 NON-RES. \$50

unless otherwise indicated.

Programs and fees subject to change

ALL PATRONS MUST HOLD A CURRENT ACTIVITY CARD

ART Instruction in a variety of styles and media 9-12 years old
Saturdays 12:15 –1:45 pm

FALL DATES: Sept. 26, Oct 10, 17, 24, 31, Nov. 7, 14, Dec 5

WINTER DATES: Jan. 23, 30, Feb. 6, 27, March 6, 13, 20, 27

BOWLING

FRIDAYS The Freeport Recreation Center Bowling League is designed to offer bowlers the opportunity to be a part of a league that provides enjoyment and competition for all participants.

(This is not an "instructional" league).

BOWLING IS HELD AT: BALDWIN BOWLING CENTER
2407 GRAND AVENUE, BALDWIN, NY

FEE: RES. \$70.00 per session
NON-RES. \$85.00 per session

Session 1 Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 20, Dec. 4, 11, 18
Session 2 Jan. 8, 15, 22, 29, Feb. 5, 12, 26, Mar. 5, 12, 19, 26

DIVISIONS: Bantam/Prep ages 7-11 yrs. 4:45pm-6:15pm
Juniors/Majors ages 12-18 yrs. 3:30pm-4:45pm

BROADWAY & YOU ages 9-12 years **New 2 hr. class**

Fridays A Theatrical workshop including basic skills in Acting, singing and dancing.
4pm-6pm Oct. 16, 23, 30, Nov. 20, Dec. 18, Jan. 8, 15, 29, Feb. 5, 26
Mar. 5, 12, 19, 26, Apr. 9, 16, 23

SHOW April 30, 2010

FEE: RES. \$100 NON-RES. \$120

ADULT PROGRAMS ages 16 & up

AQUACISE Shallow water, minimal strain exercise

TIME:

Mon. 5:15-6pm Wed. 9-9:45am Fri. 9-9:45am

FEE: Resident \$65 Resident. Senior \$58.50
Non-Res. \$110 Non-Res. Senior \$99.00

Fall dates: Mon. Sept. 21, Oct. 5, 19, 26, Nov. 2, 9, 16, 23, 30, Dec. 7
Wed. Sept. 23, 30, Oct. 7, 14, 21, 28, Nov. 4, 18, Dec. 2, 9
Fri. Sept. 25, Oct. 2, 9, 16, 30, Nov. 6, 13, 20, Dec. 4, 18

Winter dates: Mon. Jan. 25, Feb. 1, 8, 22, Mar. 1, 8, 15, 22, Apr. 5, 12
Wed. Jan. 27, Feb. 3, 10, 17, 24, Mar. 3, 10, 17, 24, 31
Fri. Jan. 29, Feb. 5, 19, 26, Mar. 5, 12, 19, 26, Apr. 10, 17

BODY, MIND, SPIRIT WORKOUT

Marianne Pizzo, Instr.

Cardiovascular training, Strength & Muscle conditioning, Stretching, Back Safety and Relaxation techniques.

FEE: Resident \$35 Res. Senior \$31.50
Non Res. \$50 Non Res. Senior \$45

Above fees are for 10 classes

IF YOU HAVE AN ADULT YEARLY PLAN CLASSES ARE INCLUDED

TUES. 6:30-7:30PM Sept. 1, 3, 8, 10, 15, 17, 22, 24, 29
Oct. 1, 6, 8, 13, 15, 20, 22, 27, 29

THURS 5:15-6:15PM Nov. 3, 5, 10, 12, 17, 19, 24
Dec. 1, 3, 8, 10, 15, 17

SAT 9-10am Sept. 12, 26, Oct. 10, 17, 24, 31, Nov. 7, 14,
Dec. 5, 12, 19

FENCING

Learn basics, loosen up, stretch, footwork, attach & parries. Equipment available.

MONDAYS Beg. 7:30-8:15pm Int. 8:15-9pm

FEE: Res. \$55 Non-Res. \$70

FALL DATES: Sept. 21, Oct. 5, 19, 26, Nov. 2, 9, 16, 23, 30, Dec. 7

WINTER Jan. 25, Feb. 1, 8, 22, Mar. 1, 8, 15, 22, 29 Apr. 12

BASKETBALL**Wednesdays****BOYS****Grades 6th– 9th****7:30-8:30pm****FEE: Resident \$30 NON-Res. \$45****Fall dates: Sept. 30, Oct. 7, 14, 21, 28, Nov. 4****Winter dates: to be announced****VOLLEYBALL****ages 10-18 yrs.****FEE: Resident \$35
Non-Res. \$50****Beginner Mondays 6:30-8:30pm**
Oct. 5, 26, Nov. 2, 9, 16, 23, 30, Dec. 7**Intermediate Wednesdays 7:00-9:00pm**
Oct. 7, 14, 21, 28, Nov. 4, 18, Dec. 2, 9**CLASS WILL BE HELD AT GIBLYN ELEMENTARY SCHOOL**

This program teaches drills and may guide you through discipline and leadership skills.

Serving Drills	how to properly serve both underhand and overhand
Bump Drills	how to properly return and serve a pass
Setting Drills	proper technique for perfect spike
Defensive Drills	Positioning
Spike Drills	how to spike; including proper hand position, jump and run technique.
Block Drills	how to defend the opponents spike including positioning, jumping and hand positioning.

FREEPORT SKATING ACADEMYFOR INFORMATION CALL **LIZ ELDREDGE****(516) 377-2314 ext 14****WAITING LIST**

The Recreation Center has a waiting list to determine which programs require additional classes. Please put your name on the waiting list.

CRAFTS AND CREATIVITY

Ages: Pre K & Kind. 10:15-11am

1st & 2nd gr. 11:15-12pm

Saturdays **Fall dates:** Sept. 26, Oct. 10, 17, 24, 31,
Nov. 7, 14, Dec. 5**Winter dates:** Jan. 23, 30, Feb. 6, 27,
Mar. 6, 13, 20, 27**DANCE**

Basic Ballet	Age 4-5 yrs.	9:30am-10:15am
Ballet/Tap Combo	Age 6-8yrs	10:15-11:15am
Tap/Jazz Combo	Age 9-11yrs	11:15am-12:15pm
Hip Hop/Jazz	Age 12-13yrs	12:15-1pm

Registration for this program is one time only. This program consists of an 11 week session with a performance in mid January.

FEE: Res. \$60 Non-Res. \$90**DATES:** Sept. 26, Oct. 10, 17, 24, 31, Nov. 7, 14,
Dec. 5, 12, 19, Jan. 9

Good attendance is extremely important, please make every effort to attend all classes!

FENCINGSkills & fundamentals taught with opportunity to compete
Equipment provided.

Ages 9 & up

Saturdays Beg. 9:45-10:30am Int. 9-9:45am

FALL DATES: Sept. 26, Oct. 10, 17, 24, 31, Nov. 7, 14, Dec. 5**WINTER “** Jan. 23, 30, Feb. 6, 27, Mar. 6, 13, 20, 27**GUITAR**

Learn note reading and chords. Grades 5 & up

TUESDAYS MUST HAVE OWN GUITAR

4:30-5:15PM

FALL DATES: Sept. 22, 29, Oct. 6, 13, 27, Nov. 3, 10, 17**WINTER “** Jan. 19, 26, Feb. 2, 9, 23, Mar. 2, 9, 16

GYM PROGRAM

fun with concentration on fitness,
Developmental exercises, sports, & games.

Ages: 4-6 yrs.

Tuesdays 4-5pm

FALL DATES: Sept. 22, 29, Oct. 6, 13, 27, Nov. 3, 10, 17

WINTER "": Jan. 19, 26, Feb. 2, 9, 16, 23, Mar. 2, 9

KARATE

Designed to teach basic concepts of self defense

Ages: 5-11 yrs. PER MONTH FEE

Tuesday & Friday Pee Wee 5-6pm, Jrs. 6-7p, Adv. 7-8pm

Tues. & Fri Fees: Res. \$85.00 Non-Res. \$100

Wednesday Pee Wee 5-6pm, Juniors 6-7pm

Wednesday Fees: Res. \$42.50 Non-Res. \$50.00

Payments are due on the 1st of the month

KIDDIE CLUB

The Kiddie Club, is a nursery program open to children 3 to 4 1/2 yrs. Old (must be 3 by Dec. 1, 2009).

Includes music, games, development of social skills and learning through play, story time, arts and crafts, and movement exploration. Special programs utilize the gym, pool, playground, and ice rink. There is a morning session or an afternoon session. Child may attend 2, 3, 4, or 5 days.

Operates weekdays from September-June

AM session: 9am-11:30am

PM session: 1pm-3:30pm

2 days a week **monthly** fee—\$100 Res. and \$120 Non-Res

3 days a week **monthly** fee—\$115 Res. and \$135 Non-Res.

4 days a week **monthly** fee—\$125 Res. and \$145 Non-Res.

5 days a week **monthly** fee—\$135 Res. and \$155 Non-Res.

Monthly fees must be paid by the 1st of every month.

START DATE FOR KIDDIE CLUB IS SEPTEMBER 14

MOM & TOT

Program designed for parent and child.
Includes movement exploration, simple exercise, rhythm activities, games and motor development.

Saturdays 10:30-11:15am ages 1 1/2 to 2 1/2 years

DATES:

FALL Sept. 26, Oct. 10, 17, 24, 31, Nov. 7, 14, Dec. 5

LIFEGUARD ACADEMY SWIM LESSONS

Saturdays

FEE: Resident \$65 Non-Res. \$110

DATES:

FALL Sept. 26, Oct. 10, 17, 24, 31, Nov. 7, 14, 21, Dec. 5, 19

WINTER Jan. 23, 30, Feb. 6, 13, 27, Mar. 6, 13, 20, 27, Apr 10

Levels 1-5 are ages 6 and up

Level A - Parent & Child Aquatics 9:15-9:45am

Parent accompanies child in water; includes water adjustment front and back floating, breath control, water exit.

Level 1 - Introduction to water skills 8:30-9am

Skills include breath control and underway swimming, Floating, treading water, swimming with arm & leg action on front and back.

Level 2-Fundamental Aquatic skills 8:30-9am

Skills include breath control, buoyancy on front and back, swimming and changing direction, swimming on side; swim 15 feet using arm and leg action.

Level 3- Stroke Development 9:15-9:45am

Skills include breath control and underwater swimming, buoyancy on front and back, front and back crawl; Introduction to backstroke and butterfly.

Level 4 - Stroke Improvement 8-8:30am

Skills include swim front crawl 25 yds., elementary Backstroke, breast stroke, butterfly.

Level 5-Stroke Refinement 9:15-9:45am

Guard Start Teaches skills for eventual Lifeguard training **10-10:30am**

Lifeguard Training Days **Tuesday PM** Time: **TBA**

See lifeguarding flyer for information , registration and fees.

BASKETBALL GIRLS grades 5th & 6th

This clinic will include dribbling, passing, shooting, footwork and scrimmages.

Wednesdays

6:30-7:30pm

Dates:

Fall

Winter

Sept. 30, Oct 7, 14, 21, 28, Nov. 4

to be announced

FEE: Resident \$30

Non-Res. \$45