

Freeport Recreation Center  
130 East Merrick Road  
Freeport, NY 11520

# \* NEWLY ADDED WINTER PROGRAMS \*

## Wrestling

For Ages 1st-6<sup>th</sup> Grade.

Learn the basics of wrestling in a safe and fun environment led by experienced Freeport Wrestling Coaches and Alumni.

Thursdays: 6:00pm-7:00pm

Jan. 22, 29 Feb. 5, 12, 26 Mar. 5, 12, 19

Fee: Res. \$60 Non-Res. \$75

## Double Dutch:

For Ages 1st Grade & up + 1 Adult

This class requires 1 adult and 1 child. Join us for a fun filled hour of activity, laughter, and learning! Double Dutch will teach basics with simple and engaging routines. All skill levels are welcome.

Saturdays: 12:00pm-1:00pm

Jan. 24, 31 Feb. 7, 14, 28 Mar. 7, 14, 21

Fee: Res. \$60 Non-Res. \$75

## Intro Fitness:

Every fitness journey begins with an intro. Come join this beginner friendly full-body aerobics class. Get your body moving with our fun throw-back 90s vibe.

Thursdays: 7:00pm-8:00pm

Jan. 22, 29 Feb. 5, 12, 26 Mar. 5, 12, 19, 26 Apr. 2

Fee: Res. \$65 Non-Res. \$80

## REGISTRATION

Residents Jan. 10<sup>th</sup> 7:00am-11:00am

Non-Res. Jan. 11<sup>th</sup> 7:00am-11:00am

