

Freeport Recreation Center



130 East Merrick Rd.
Freeport, NY 11520
(516) 377-2314 Fax (516) 377-2318
www.freeportny.gov



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Summer Registration for Camps and Programs

Freeport Residents:
Saturday, April 18th
8:00am-11:00am

Non-Residents:
Sunday, April 19th
8:00am-11:00am



Summer Registration for Swim Programs

Freeport Residents: Saturday, May 16th 8:00am-11:00am

Non-Residents: Sunday, May 17th 8:00am-11:00am

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Hours of Operation

Monday-Friday 6:15am-10pm*
 Saturday & Sunday 7:00am-6:00pm*

Sat./Sun.-Swimming pool opens at 10am.
 (**ALL activities end 1/2 hr before closing)

Plans and Activity Cards may be purchased Monday-Friday 9am-8pm
 Sat./Sun. 10am-4pm

Village Holidays

CLOSED ALL DAY

Labor Day Presidents Day
 Thanksgiving Easter Sunday
 Christmas Day Memorial Day
 New Year's Day Fourth of July
 Martin Luther King Jr. Day

EARLY CLOSING (5PM)

Columbus Day Christmas Eve
 Veteran's Day New Year's Eve
 Thanksgiving Eve Good Friday
 Day After Thanksgiving
Mother's Day and Father's Day-2PM Closing

Plans

*New 6 Month Option Available

	RESIDENT	NON-RESIDENT
INDIVIDUAL		
12 Month	\$225	\$315
*6 Month	\$135	\$190
Summer	\$112	\$158
SENIOR (60) & HANDICAPPED		
12 Month	\$175	\$240
*6 Month	\$105	\$145
Summer	\$88	\$120
CHILD		
12 Month	\$200	\$275
*6 Month	\$120	\$165
Summer	\$100	\$137
COUPLE		
12 Month	\$400	\$500
*6 Month	\$240	\$300
Summer	\$200	\$250
FAMILY		
12 Month	\$465	\$650
*6 Month	\$280	\$390
Summer	\$232	\$325

Daily Admission

	RESIDENT	NON-RESIDENT	
ADULT	\$6	ADULT	\$10
CHILD/ SENIOR OR HANDI- CAPPED	\$4	CHILD/ SENIOR OR HANDI- CAPPED	\$8.00
HANDI- CAPPED CHILD	\$3	HANDI- CAPPED CHILD	\$5
ONE DAY PASS WITHOUT CARD	\$10	ONE DAY PASS WITH- OUT CARD	\$12

SUMMER MEMBERSHIPS ARE AVAILABLE FROM JULY 1ST THROUGH LABOR DAY.

ACTIVITY CARDS:

RESIDENTS \$5.00 AGES 3 & UP—PROOF OF RESIDENCY REQUIRED ANNUALLY; PICTURE ID AND UTILITY BILL. CHILDREN MUST HAVE FREEPORT REPORT CARD OR INVOICE/STATEMENT FROM SCHOOL. MANAGEMENT MAY ACCEPT OTHER OFFICIAL SUBSTITUTES.

NON-RESIDENTS \$10.00 AGES 3 & UP

- SENIOR: 60 & OVER
- FAMILY PLAN: SPOUSES AND CHILDREN 21 YEARS OLD & YOUNGER, UNMARRIED, LIVING AT THE SAME RESIDENCE
- COUPLE: TWO ADULTS LIVING IN THE SAME RESIDENCE.
- HANDICAPPED: PERMANENT PHYSICALLY DISABLED OR MENTALLY CHALLENGED PERSON WITH NYS ACCESS PASS CARD OR NASSAU COUNTY LEISURE PASS

SUMMER CAMP

Enrollment is limited and space will be reserved on a first come first served basis. Freeport Village Residents will be given the opportunity to register first.

ABSOLUTELY NO REFUNDS OR CREDITS

A copy of your child's immunization record and doctor's note is required and **MUST** be given to the Freeport Recreation Center before the first day of the program.

Payment in full is required at the time of registration.

Fees listed are per 2 week sessions

All grades listed are as of September 2015

SESSION 1
SESSION 2
SESSION 3
SESSION 4

JUNE 29th-JULY 10th
JULY 13th—JULY 24th
JULY 27th—AUGUST 7th
AUGUST 10th-AUGUST 21st

HALF DAY PROGRAM

KIDDIE PROGRAM

AGE 3 by the 1st of December —Kindergarten

9:00AM-12:00NOON

Children in the Kiddie program **must be toilet trained.**

Kiddie Program includes swimming, sports, arts & crafts and music

Resident \$170 Non-Resident \$190



FULL DAY PROGRAMS

9:00AM-4:00PM

(Lunch is not provided for Full Day Programs.)
All grades listed are as of September 2015

JUNIOR PROGRAM

GRADES 1st through 4th

Junior Program includes
swimming, sports, arts & crafts and music

Resident \$310 Non-Resident \$325

SPORTS PROGRAM

GRADES 5th through 7th ONLY

Sports Program includes daily exercises, swimming, basketball, soccer,
volleyball, box lacrosse, deck hockey and more!

Trips included.

(Trips to be announced)

***Fridays: Campers are to be dropped off at Baldwin Lanes
EVERY Friday at 9:00AM.**

****There will be no Early Care available on Friday Mornings
for Sports Camp****

Resident \$400 Non-Resident \$450

EARLY CARE AND AFTER CARE

(Junior and Sports Camp Only)

This program is not a structured program. Our goal is to provide a safe environment for the children of parents who need extended time.

Early care: 8:00-9:00AM \$5 per day

After care: 4:00-5:00PM \$5 per day (\$10 Late Fee after 5PM)

Please note: Children must be picked up no later than 5:00PM. If child is picked up after 5:00PM, there will be an additional late charge of \$10

SWIM LESSONS

FEE: Resident \$75 Non-Resident \$115

Wednesdays: July 1, 8, 15, 22, 29 Aug. 5, 12, 19, 26, 28 (Last class will be on Friday)
Saturdays: June 20, 27 July 11, 18, 25 Aug. 1, 8, 15, 22, 29

Level A — Parent & Child Aquatics (6 months—5 years)

Parent must accompany child in water.

Skills include water adjustment front and back floating, breath control, and water exit.

Wednesdays 10:00 -10:30AM

Saturdays 11:00-11:30AM

Dates for Levels B-6

Session 1: M-F July 6, 7, 8, 9, 10, 13, 14, 15, 16, 17

Session 2: M-F July 27, 28, 29, 30, 31 Aug 3, 4, 5, 6, 7

Saturdays: June 20, 27 July 11, 18, 25 Aug. 1, 8, 15, 22, 29

Level B - Big Dippers

M-F 11:00-11:30AM

This class is a “learn to swim” class designed for 4-5 year olds who have taken level A. **Parent Participation Required.**

(Levels 1-5 are ages 6 & up)

Level 1 - Introduction to water skills M-F 8:45-9:15AM OR 5:30-6:00PM

Saturdays 9:00-9:30AM

Skills include breath control and underwater swimming, floating, treading water, swimming with arm & leg action on front & back

Level 2 - Fundamental Aquatic skills M-F 8:45-9:15AM OR 5:30-6:00PM

Saturdays 9:00-9:30AM

Skills include breath control, buoyancy, on front and back, swimming and changing direction, swimming on side, and swimming 15 feet using arms and legs.

Level 3 - Stroke Development

M-F 9:15-9:45AM

Saturdays 9:30-10:00AM

Skills include breath control and underwater swimming, buoyancy on front and back, front & back crawl, and introduction to backstroke and butterfly

Level 4 –Stroke Improvement

M-F 10:00-10:30AM

Saturdays 9:30-10:00AM

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

Level 5– Stroke Refinement

M-F 9:15-9:45AM

Saturdays 9:15-9:45AM

Endurance and stroke coordination in the freestyle, backstroke, and breaststroke. Introduction to the butterfly.

Level 6– Fitness Swimmer Saturdays 10:00-10:30AM
Resident \$135 Non-Resident \$225

Refine strokes to swim with greater ease, efficiency and power. Competitive starts and turns for racing. Use of fins and paddles and pull buoys for endurance.

Requirements: Must have completed level 5.

Diving– Basic Instruction for learning to Dive. Dates and Times TBA

Private Swim Lessons

One on One lesson with trained and certified Water Safety Instructors. All levels accepted.
\$30 per 1/2 hour lesson

Stroke Clinic with Coach Bonnie Ages 6-16yrs

FEE: Resident \$75 Non-Res. \$85

This post-swim team stroke clinic is recommended for beginner through experienced swimmers who wish to prepare for competitive swimming. The clinic will focus on the fundamentals of competitive swimming which include the four basic strokes, starts, turns and endurance. For the beginner it is a great way to get a feel for team participation and for the experienced it is an opportunity to develop and refine your current techniques.

Clinic will be held Monday– Thursday, April 13th to April 30th.

8 years & Under-6-6:30pm

9-16 years-6:30-7:30pm

***Registration will begin April 1, 2015**

SWIM TEAM

FEE: Resident \$110

Non-Resident \$130

The Freeport Devils are a part of the Nassau County Municipal Swim Conference. This program runs from June through August with approximately 4 practices scheduled per week during the course of the program. The team will compete against other Nassau County teams. Meets will be announced. Freeport will accept all swimmers ages 6 through 16 years of age.

Parent's Orientation TBA



SUMMER BROADWAY & YOU

A musical production for children who like to perform, sing, act and dance! Directed by Robyn Workman.

GRADES 3rd through 8th
Mondays, Wednesdays & Fridays
4:30-6:30PM

Resident \$200
Non-Resident \$225

Dates: June 29 July 1, 6, 8, 10, 13, 15, 17,
20, 22, 24, 27, 29, 31 August 3, 5, 7, 10,
12, 14, 17, 19, 21

BROADWAY & YOU JUNIOR

Broadway and You Junior allows our younger actors to get on the big stage with the BIG kids from Broadway and You. The children will learn songs, act and play. They will be part of the Broadway and You production at the end of the session.

Directed by Robyn Workman.

GRADES K through 2nd
Tuesdays and Thursdays
4:30-5:30PM

Resident \$150
Non-Resident \$175

Dates: June 30 July 2, 7, 9, 14, 16, 21, 23,
28, 30 August 4, 6, 11, 13, 18, 20



KIDDIE CLUB

Pre-school program for children ages 3-4 years old
(must be 3 by Dec. 1, 2015)



Kiddie Club, our pre-school program, is offered in a classroom setting. Daily activities include music, games, story time, arts & crafts, movement and exploration. This program is further enhanced by the amenities offered in our Recreation Center. Our indoor heated swimming pool, ice rink, gymnasium and outdoor playground are included in the program's curriculum.

Based on availability, parents may choose a morning OR afternoon session.

Three, four, or five day options are available.

AM session: 9:00am-11:30am

PM session: 1:00pm-3:30pm

3 days a week monthly fee Res. \$125 and Non-Res. \$145

4 days a week monthly fee Res. \$135 and Non-Res. \$155

5 days a week monthly fee Res. \$145 and Non-Res. \$165

*Kiddie Club is a September-June commitment, broken down into 10 monthly payments.

***Payments are due on the first of every month. A \$20 late fee will be charged if payment is not received by the 15th of each month.**

KARATE

ages 5-11 years

Designed to teach basic concepts of self defense

PRICES ARE PER MONTH

Tuesday & Friday Pee Wee 5-6PM Juniors 6-7PM Advanced 7-8PM

MONTHLY FEE FOR TUES/FRI: Resident \$85 Non-Resident \$100

Wednesday Pee Wee 5-6PM Juniors 6-7PM Advanced 7-8PM

MONTHLY FEE FOR WED: Resident \$42.50 Non-Resident \$50

Payments are due on the first of every month.

*** Please note that this is an on-going program.**

****For the Month of July: Classes will be offered on Wednesday Only.
Price will be adjusted.**



Kids Yoga

ages 5 to 9 years old

Yoga for kids encourages healthy self-esteem, body awareness, and cooperation with others in a non-competitive space. Yoga will enhance your child's flexibility, strength, and coordination. There will be a focus on breathing and relaxation techniques as well as time for art therapy!

Thursdays 4:15-5:15PM

FEE: Resident \$45 Non-Resident \$60

Dates: April 30 May 7, 14, 21, 28 June 4, 11, 18

Kids Zumba

ages 8 to 12 years old

A fun-filled hour of movement in a party-like atmosphere including reggaetone, hip hop, salsa, meringue & latin American beats. A great way to burn off a lot of energy!

Tuesdays 4:15-5:15PM

FEE: Resident \$45 Non-Resident \$60

Dates: April 28 May 5, 12, 19, 26 June 2, 9, 16

LACROSSE CLINIC
ages 6 to 12 years old

Boys and Girls
Program teaches passing,
catching, ground balls, ball control,
shooting and non contact drills.

FEE: Resident \$45
Non-Resident \$60

Dates and Times TBA.
Please see separate flyer.
*Helmets and pads are not required.
Sticks will be provided.

MOM & TOT
ages 1½ to 2½ years old

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

Saturdays 10:30-11:15AM
FEE: Resident \$45
Non-Resident \$60

Dates: May 2, 9, 16, 30 June 6, 13, 20, 27



QUICK START TENNIS
ages 6 to 11 years old

Boys and Girls
A play format to bring kids into the game with specialized equipment, tailored to age and size.

Wednesday: 4:00PM-5:00PM Ages 6 to 8 years
5:00PM-6:00PM Ages 9 to 11 years

FEE: Resident \$45
Non-Resident \$60
Dates: April 29 May 6, 13, 27 June 3, 10, 17, 24

ADULT PROGRAMS

16 years & older

AQUACISE

Shallow water, minimal strain exercise program

*Aquacise is held in the outdoor pool during the summer months.

FEE: Resident \$75 Resident Senior \$67.50
Non-Resident \$115 Non-Res.Senior \$103.50

Monday, Wednesday or Friday 9:00-9:45AM

DATES:

Mon. June 15, 22, 29 July 6, 13, 20, 27 Aug. 3, 10, 17
Wed. June 17, 24 July 1, 8, 15, 22, 29 Aug. 5, 12, 19
Fri. June 19, 26 July 3, 10, 17, 24, 31 Aug. 7, 14, 21

DEEP WATER RUNNING

Various exercises done in deep water using Aqua-Belts.

***Registration for this class will begin on April 18th & 19th**

FEE: Resident \$75 Resident Senior \$67.50
Non-Resident \$115 Non-Res.Senior \$103.50

Session 1: Monday & Wednesday 11AM-12PM

Mondays: April 27 May 4, 11 June 1, 8
Wednesdays: April 29 May 6, 13, 27 June 3

Session 2: Monday & Wednesday 6:00-7:00PM

Mondays: July 6, 13, 20, 27 Aug. 3
Wednesdays: July 8, 15, 22, 29 Aug. 5

ADULT SWIM

Introduction to basic swimming techniques. Learn to tread and float in water. Introduction to the crawl stroke.

FEE: Resident \$70
Non-Resident \$115

Wednesday 7:30-8:30PM

DATES: June 17, 24 July 1, 8, 15, 22, 29 Aug. 5, 12, 19



Group Fitness Classes

A 10 Class Group Fitness Punch Card must be purchased. **This card will allow entrance into any of the group fitness classes below.**

Punch cards do have an expiration date.

BODY, MIND & SPIRIT WORKOUT

Get motivated and fit while having fun in a safe, non-judgmental atmosphere.

Tuesdays 5:45-6:45PM

Thursdays 5:45-6:45PM

Saturdays 9:00-10:00AM

Boot Camp (New this Spring!!)

Class will begin on March 31, 2015 @ 6:30AM

If you want a full body workout, than this class is for you!

This class will be very similar to Insanity and P90X...it's a killer, but the results will be worth it!

Tuesdays 6:30-7:30AM

Thursdays 6:30-7:30AM & 7:00-8:00PM

PILATES

This non-impact class is taught with a strong emphasis on strengthening the core.

Mondays 6:00-7:00PM

YOGA

A dynamic series of postures which will increase your flexibility, strength and stamina for over-all body awareness.

Mondays 5:00-6:00PM

CARD FEES:

Resident	\$50	Resident Senior	\$45
Non-Resident	\$65	Non-Resident Senior	\$60

ZUMBA & ZUMBA TONING

Mondays 7:30PM-8:30PM

A“feel happy” workout that is great for both body and mind.

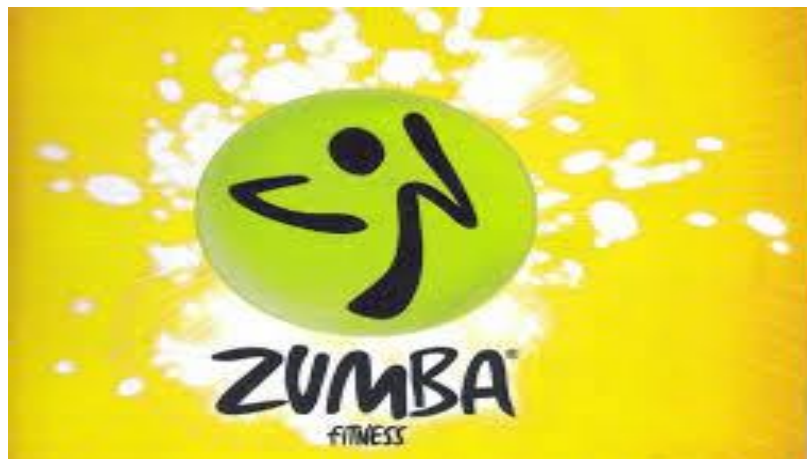
Zumba combines Latin rhythms and easy to follow moves to create a dynamic fitness program, and when it comes to body sculpting Zumba Toning raises the bar (or rather the toning stick). Learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba and Zumba Toning are the perfect combination of classes to sculpt your body naturally while having a total blast!!!

**One week will be a Zumba class, and the next week will be a Zumba Toning class. Please bring light weights to the Toning class.

FEE: Res. \$55.00 Non. Res. \$70.00

DATES: March 30 April 6, 13, 20, 27 May 4, 11 June 1, 8, 15

*Registration for this class will begin on March 23, 2015.



Programs, fees, and dates subject to change

**All patrons must hold a current activity card at time of
Registration.**

ABSOLUTELY NO REFUNDS OR CREDITS

SPECIAL EVENTS

Triple Play

Swim-Skate-Sports

During the school break bring your children to our
“Triple Play” program.

- Swim in our indoor heated pool
- Ice skate in our indoor ice rink
- Sports in our gymnasium

Dates & Times:

April 6, 7, 8, 9, 10

12:00-4:00pm

FEE: \$7 (includes skate rentals)

Movies by the Bay

Friday Evenings (TBA) throughout the summer down at Seabreeze Park

Fall Registration

Resident: Saturday, September 19, 2015 8:00AM-11:00AM

Non-Resident: Sunday, September 20, 2015 8:00AM-11:00AM

SENIOR PROGRAMS

The Recreation Center offers a multitude of Senior Programs. Some of the highlights are as follows:

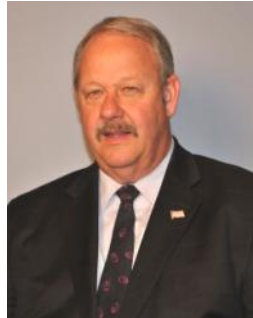
- Pick up the Pace (Great for Seniors with arthritis): Held on Tuesdays
- Tai Chi (Great for Seniors with arthritis): Held on Thursdays
- Line Dancing: Held on Thursdays
- Meditation: Held on Wednesdays
- Senior Lounge: Cards games, pool table etc... : Open 7 days a week.

Please call Bruce Burnham at 516-771-4194 or come to the main office for more information regarding dates and times of our Senior Programs.



***Incorporated Village of Freeport
46 N. Ocean Ave.
Freeport, NY 11520***

Robert T. Kennedy, Mayor



***Victoria Dinielli
Manager, Recreation Center***

