



OSSINING RECREATION & PARKS DEPARTMENT



FALL 2016 PROGRAM BROCHURE



Sing Sing Kill Greenway
Joseph G. Caputo Community
Center—Lower Parking Lot
1,800' long scenic walkway elevated above
the Sing Sing Kill



Sparta Park

Hudson Street & Liberty Street

Sparta Park features Hudson River views, gazebo, benches
and a playground

FALL 2016 PROGRAM REGISTRATION:

Fall Program registration begins both on-line and in person on:
Wednesday, September 7th at 9:00am

Ossining Recreation & Parks Department

95 Broadway, Ossining, NY 10562

Phone: 914-941-3189 Fax: 914-941-3417

www.villageofossining.org - - - - - www.townofossining.com

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Village Manager

Paul Fraioli

RECREATION & PARKS

Superintendent of Recreation & Parks

Christopher Soi

Recreation

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Ardyce Thornton	Recreation Assistant
Brenna Burrows	Recreation Assistant
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Gabriel Cardona	Front Desk Clerk
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Parks

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Parks Staff

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TOWN BOARD

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RECREATION & PARKS ADVISORY BOARD

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Martin Engelhardt Kurt Emerick

Marlene Cheatham Andrew Jimney

Rika Levin - Village Board Liaison

Kim Jeffrey - Town Board Liaison

Recreation Advisory Board meetings are held at the Joseph G. Caputo Community Center on the **second Monday** of every month at 7:00. Meetings are open to the public and all are welcome to join us. The Board does not meet in July and August.

Phone Numbers of Interest

Police Non-Emergency	941-4099
Municipal Building	941-3554
Senior Nutrition	762-8953
Ossining D.P.W.	941-4660
Ossining Water Dept.	941-6111

Visit the "Recreation & Parks" page of the Village website at www.villageofossining.org, for all the recreation and park information you need to know!

Make sure to "Like" us on **Facebook!**



Registration Information

REGISTRATION - FALL 2016

- Registration for **FALL 2016** programs begin:
 - In Person & On-line: **Wednesday, September 7th at 9:00am.**
 - On-line registration: visit the following link to access our on-line registration site: <https://apm.activecommunities.com/ossiningrecreation>
- All registrations are on a first come, first served basis.
- **Rec ID Card Required:** A current Ossining Recreation Dept. ID card is required to register for **all** programs. ID's must be renewed annually. You may obtain or renew a Rec ID Card by completing the "2016 Recreation ID Card & Membership Form", provide proof of residency and submit payment to the Recreation Office.
- Rec ID Card Fees as of **January 1st, 2016:**
 - Residents: \$10.00 for Youth & Adult (*residing in the Village or Unincorporated Area of Town*)
 - Non-Residents: \$20.00 - Youth, \$45.00 - Adult
- Proof of residency required: one (1) photo ID and one (1) supporting document, i.e. utility bill, lease, tax bill, bank statement. ID must be valid and document must be current.
- Rec IDs can be purchased or renewed at the Recreation Office located in the Joseph G. Caputo Community Center **ONLY** during the following days and times:
 - Monday: 9:00am - 3:00pm
 - Tues. - Fri.: 9:00am - 9:00pm
 - Saturdays: 8:00am - 1:30pm
- Non-resident participants are welcome on a space available basis. Non-residents pay an additional 20% of the program fee for all programs.
- Ossining Senior citizens get a 10% discount on selected programs.
- Fees are listed with each program. Checks or money orders are the **ONLY** acceptable forms of payment when registering in person. All checks should be made payable to: "**Village of Ossining**" or as otherwise specified in the program description.
- Credit/Debit Cards can **ONLY** be used when registering online. Credit/debit cards are **NOT** accepted at the Recreation Office. A computer is available in the Community Center lobby to access our online registration for those interested in paying with a credit/debit card. Please note, a "*convenience charge*" of approximately 6% of the program fee is assessed to all online purchases.
- **NO CASH** is accepted for program registration. Small cash purchases such as Rec ID Cards, replacement cards or visitor pool passes may be made by cash, only if exact change is provided and the purchase does not exceed \$50.00.
- If a check is returned by the bank, there will be a \$35.00 charge in addition to the charge for the program which must be repaid by certified check or money order within 10 days of notification of same.

REFUNDS

Ossining Recreation does **NOT** issue refunds unless a program has been canceled due to insufficient registration. Registrants assume full responsibility for any changes in their personal life which may affect their ability to participate.

In rare cases, a participant may encounter an unforeseeable, and unavoidable, situation that they feel may warrant a refund of fees paid. These situations require a refund request to be submitted in writing to the Recreation Department and then reviewed on an individual basis by the Superintendent of Recreation, who will make a final refund determination. A processing fee of \$15.00 will be retained by the Village in all cases that refunds, or partial refunds, are granted.

ENROLL EARLY!

In order for most of our programs to run, a minimum number of registrations must be reached. Also, many of our programs have a maximum enrollment number as a means of allowing for proper facilitation of the program.

To avoid any issues at the time of registration, the best advice is to **register early...don't wait!** Please note, programs are at risk of being cancelled if registrations are left to the last minute!

WAIT LIST

If a program/class reaches maximum registration, a wait list will be established. The department will make every effort to accommodate those on the wait lists. If any openings become available in a program, the names of those on the wait list will be contacted in the order they were received.

MEDICAL INSURANCE

As an applicant for participation in recreation programs offered by the Ossining Recreation & Parks Department, it is extremely important that you are aware that the Town and Village does **NOT** provide a medical insurance policy for such programs. If you do not have a medical insurance policy, we urge that you secure such a policy before you use any park or enroll in any Recreation Department programs.

All persons participating in Recreation & Parks programs do so at their own risk.

TELL US HOW WE'RE DOING!

The Recreation Department is constantly looking for ways to improve existing programs. We want to hear your ideas for creative new programs and/or events that you would like to see.

Email us at csoi@villageofossining.org with any ideas and/or suggestions to be reviewed by our Recreation Staff.

Program & General Information

PROGRAM BEHAVIOR

Participants are expected to exhibit appropriate behavior at all times while engaging in activities and programs conducted by the Recreation & Parks Department. We ask all participants to adhere to the following guidelines so that our programs are safe and enjoyable to all. Additional rules may be developed and implemented for specific programs and athletic leagues as deemed necessary by staff.

Participants in Ossining Recreation Department programs shall:

- Show respect to all fellow participants, staff members and themselves.
- Refrain from using foul or abusive language.
- Refrain from causing bodily harm to other participants and staff.
- Show respect and care for equipment, supplies and facilities.

Participants who fail to adhere to these basic guidelines will be removed from a program when it is determined by staff that their behavior is detrimental to the safety, well-being or enjoyment of the program by others. The decision to formally remove or suspend a program participant will be made by the Superintendent of Recreation after consultation with program staff as well as the Village Manager.

PROGRAM CANCELLATIONS

Programs must sometimes be cancelled due to weather conditions and other situations that occasionally arise. The Recreation Department strives to notify participants of these instances in a timely fashion and utilize such methods as phone calls, e-mail messages and posted notices to the department website. In order to appropriately communicate this information with registered participants it is very important to provide the Recreation Department with your most current contact information including primary phone number and e-mail address.

Generally, programs are not held when school is not in session. Cancelled classes and program sessions are normally made up at the end of the program season and every effort is made to provide participants with full value for the programs they register for. If questions arise on whether a program will be held, please call the Recreation Office at 914-941-3189.

NORWEST - REGIONAL SPECIAL SERVICES

Therapeutic Recreation For Special Populations

Is your child (ages 5 - 21) in a special education program? NorWest may have a recreation program for you. NorWest complies with the regulations of the state and county Health Dept. and is funded by a NYS OMRDD Family Support Service Grant. Call Director Chris Morabito for more info at (914) 737-4797.

JOSEPH G. CAPUTO COMMUNITY CENTER

The Joseph G. Caputo Community Center located at 95 Broadway provides many recreation activities and opportunities for the Greater Ossining community. The building is open from 9:00am to 10:00pm Monday through Saturday.

The Community Center which houses the Recreation & Parks Department Offices, includes 3 multi-purpose rooms, a gameroom, gymnasium and aquatic center. The Town of Ossining Senior Nutrition Center and related programming is located on the lower level. Also located in the building is the Ossining Heritage Area Visitors Center, an excellent educational exhibit that includes information and displays focused on the Old Croton Aqueduct and the Sing Sing Prison.

Ossining-based, non-profit organizations are permitted to use the three multi-purpose rooms in the Community Center for meetings. An **"Application for Use of Bldgs/ Grounds"** must be submitted to the Recreation Department at least 10 working days prior to the planned event.

Approval will be on a first-come, first-served basis. Priority will be given to Recreation Department programming over outside organizations.

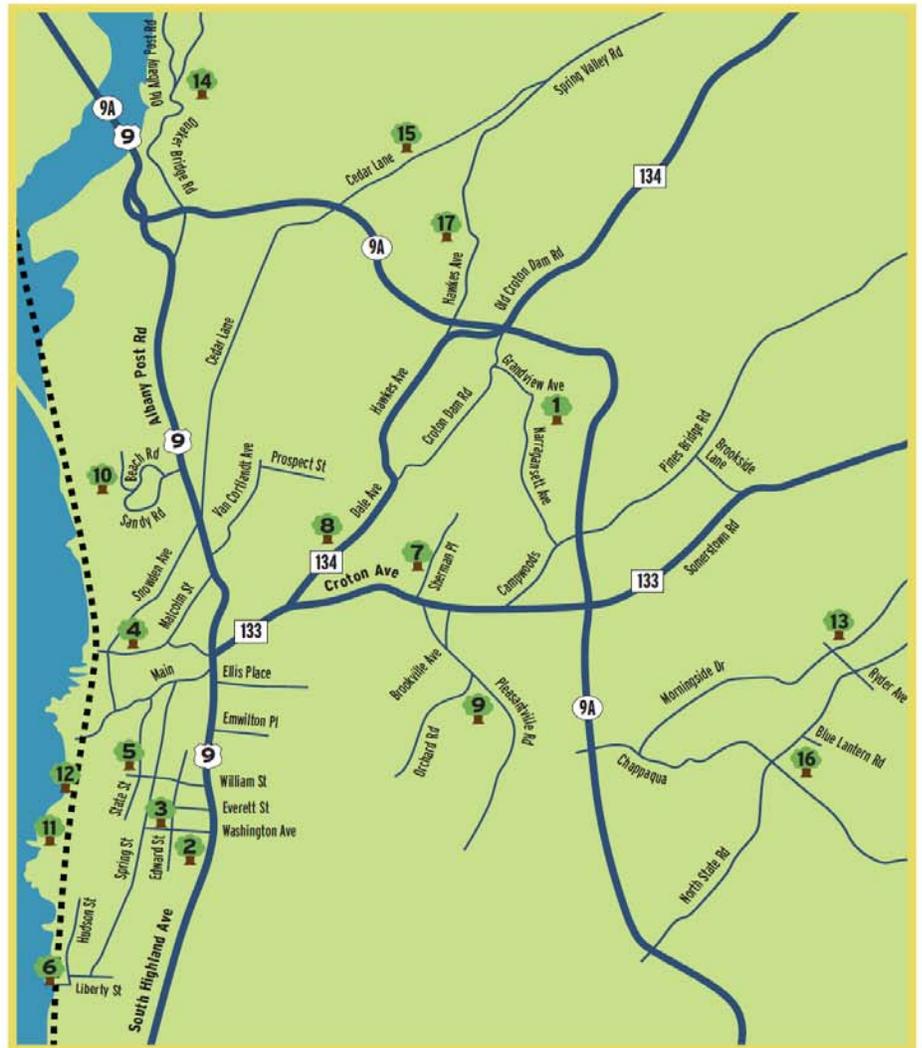


Parks Information

Ossining Parks

Ossining Recreation & Parks Department
 95 Broadway
 Ossining, NY
 914-941-3189

- 1. Veterans Park**
 Narragansett Avenue
 & Grandview Avenue
*Playground, Ball Fields (with lights),
 Basketball Court, Roller Hockey Rink,
 Shelter with Fireplace, Restrooms*
- 2. Nelson Park**
 Washington Street & Rte 9
*Playground, Ball Fields, Basketball
 Courts (with lights), Tennis Courts
 (with lights), Restrooms*
- 3. Nelson Sitting Park**
 Spring Street & Washington Street
Playground
- 4. Snowden Park**
 Snowden Avenue & Broadway
*Playground, Ball Field, Basketball
 Court, Skate Park, Grills, Restrooms*
- 5. William Street Tot Lot**
 State Street & William Street
Playground
- 6. Sparta Park**
 Hudson Street & Liberty Street
Playground, Gazebo
- 7. Arthur Jones Park**
 Sherman Place & Park Avenue
Playground, Basketball Half-Court
- 8. Dale Avenue Park**
 Dale Avenue
Playground, Swings
- 9. Richard Wishnie Park**
 Pleasantville Road & Orchard Road
Walking Path, Pond
- 10. Crawbuckie Nature Preserve**
 End of Beach Road
Hiking Trails, Viewing Platforms
- 11. Louis Engel Waterfront Park**
 Westerly Road & Secor Road
*Playground, Event Stage, Riverfront
 Walking Path, Beach, Kayak
 Launch/Storage, Spray Ground, Boat
 Ramp, Seating/Viewing Platforms,
 Restrooms*



- 12. Henry Gourdine Park** NEW
 Westerly Road & Secor Road
*Playground, Riverfront Walking Path,
 Performance/Event Space, Restroom*
- 13. Ryder Park**
 Morningside Drive
*Playground, Ball Fields, Tennis Courts,
 Pavilion, Restrooms*
- 14. Gerlach Park**
 Quaker Bridge Road &
 Old Albany Post Road
*Playground, Ball Field, Pavilion, Access
 to Aqueduct Trail, Restrooms*
- 15. Cedar Lane Park**
 Cedar Lane
*Community Garden, Dog Park, Art
 Center, Ball Field, Pavilion, Pond*
- 16. Buck Johnson Park**
 North State Road
Playgrounds
- 17. Sally Swope Sitting Park**
 Hawkes Avenue
Walking Trails, Nature Area

FALL 2016 - Youth Programs

COMING SOON!!!

THE OSSINING ART CENTER at Cedar Lane Park

Youth Art & Ceramic Programs will soon be offered through the Ossining Recreation & Parks Department at the newly renovated Shine House in Cedar Lane Park. Full program details will be shared once the final touches have been completed! Stay tuned and please feel free to email Superintendent Chris Soi at csoi@villageofossining.org with any Art Center related questions.



CLASSICAL BALLET CLASSES

Mommy and Me

Ages: 1 ½ - 3 yrs old
 Day: Thursdays
 Time: 4:00 - 4:45 pm
 Dates: Sept. 29 - Dec. 8
No class Nov. 24
 10 sessions

Day: Saturdays
 Time: 10:15 - 11:00 am
 Dates: Oct. 1 - Dec. 10
No class on Nov. 26
 10 sessions



Pre-Ballet

Ages: 5 - 7 yrs old
 Day: Thursdays
 Time: 5:30 - 6:30 pm
 Dates: Sept. 29 - Dec. 8
No class Nov. 24
 10 sessions

Day: Saturdays
 Time: 10:45 - 11:45 am
 Dates: Oct. 1 - Dec. 10
No class on Nov. 26
 10 sessions

Creative Movement

Ages: 3 - 5 yrs old
 Day: Thursdays
 Time: 4:45 - 5:30 pm
 Dates: Sept. 29 - Dec. 8
No class Nov. 24
 10 sessions

Day: Saturdays
 Time: 10:15 - 11:00 am
 Dates: Oct. 1 - Dec. 10
No class on Nov. 26
 10 sessions

Ballet

Ages: 7 yrs old and up
 Day: Thursdays
 Time: 6:30 - 7:30 pm
 Dates: Sept. 29 - Dec. 8
No class Nov. 24
 10 sessions

Day: Saturdays
 Time: 11:45 - 12:45 pm
 Dates: Oct. 1 - Dec. 10
No class on Nov. 26
 10 sessions



Fees: **45 minute classes:** \$160.00 for one/week \$290.00 for two/week **1 hour classes:** \$180.00 for one/week \$325.00 for two/week
 Instructor: Svetla Ferdinandova

Throughout time Classical Ballet has been based on the historical dances of the Royal Palaces. Ballet has always been associated not only with grace, beauty and music, but also with discipline. Ms. Ferdinandova is a professional and qualified Classical Ballet teacher with an extensive educational and stage background (MA in Ballet Pedagogy and Choreography) in the Vaganova (Russian) Method. With over 25 years experience, and having been a dancer and instructor in Europe and the United States, Ms. Ferdinandova has the opportunity to reach the students' heart, which makes them fall in love with dance/ballet. All classes require minimum enrollments in order to run.



Please note:

1. The program schedule may be subject to change based on final enrollment numbers.
2. Annual Concert/Recital: as part of the program all registered participants agree to participate in the Annual Concert/Recital. An additional costume cost of approximately \$35.00 will be required.
3. The Ossining Recreation & Parks Department has a NO REFUND policy. Please refer to the Refund Policy on pg. 2 of this brochure for details.

FALL 2016 - Youth Programs (cont.)

ART EXPLORERS

Grades: 1st - 3rd
 Day: Wednesdays
 Time: 4:00 - 5:30pm
 Dates: September 28 - December 7
 9 sessions
No class on Oct. 12 or Nov. 23
 Fee: \$170.00
 Location: Community Center
 Instructor: Cathy Faiella

ALWAYS NEW PROJECTS! Enjoy elbow deep excitement experimenting with materials & techniques including 3D fun, painting, drawing, papermache, and collage in an encouraging supportive environment. Your young artist will stretch their imagination & observational skills to develop their own artistic voice while drawing inspiration from famous artists & art from around the world. Creative risk taking was never so much fun!



ART QUEST

Grades: 4th - 7th
 Day: Tuesdays
 Time: 4:00 - 5:30pm
 Dates: September 27 - December 13
 9 sessions
No class on Oct. 4, Oct. 11 or Nov. 8
 Fee: \$170.00
 Location: Community Center
 Instructor: Cathy Faiella

Fall is the time for new discovery and some indoor/outdoor messiness! Crazy art exercises will help free up that artist in each of us! Acrylic & Watercolor painting, drawing from still life, collage and more 3D adventures will be covered. Creative risk taking and problem solving is encouraged!



USTA - "QUICK START" TENNIS

Ages: 6 to 10 yrs old
 Day: Mondays
 Times: 4:00 - 5:00pm (6 - 7 yrs old)
 5:00 - 6:00pm (8-10 yrs old)
 Dates: September 26 - November 28
 8 sessions - *No class on Oct. 10 or Oct. 31*
 Fee: \$85.00
 Location: Community Center Gym



A graduated length system for the court and the equipment as well as a new scoring system are incorporated into the program. Quick start tennis helps kids learn the basics and actually begin to play the "sport for a lifetime" even if he or she has never picked up a racquet before. Classes are grouped by age and level. Instructors are USTA clinicians assisted by trained aides.

Note: 5 year olds are sometimes considered for the younger class depending on physical readiness. Racquets provided. Children must wear sneakers.



OSSINING MARTIAL ARTS

Ages: 16 yrs old & younger
 Day: Saturdays (*Optional practice on Weds.*)
 Time: **Saturdays:**
 Beginners - 9:30 - 10:30am
 Intermediates - 10:30 - 12:20pm
 Advanced - 12:30 - 2:30pm
Wednesdays (*Optional practice session*)
 Beginners & Intermediate - 6:30 - 7:15pm
 Advanced - 7:15 - 8:15pm
 Adults - 8:15 - 9:30pm
 Dates: Saturdays: Sept. 24 - Dec. 17
 Wednesdays: Sept. 28 - Dec 21 (*optional*)
 12 sessions
No class on Nov. 23 & Nov. 26
 Fee: \$180.00
 Locations: Community Center
 Instructor: Pat Premdas

Ossining Martial Arts teaches two main disciplines, Japanese Jujitsu and Brazilian Jujitsu. We focus heavily on conditioning and discipline, while creating an environment for growth and leadership.



FALL 2016 - Youth Programs (cont.)

AFTER SCHOOL RECREATION

Grades: 1st - 6th grade
Days: Monday - Friday
Time: 3:00pm - 6:00pm
Dates: Year Round (School Year)
Fee: \$165.00 per month
Payments must be received **prior** to the start of the month in which the child is registering for.
Location: Community Center



Participants will receive assistance with homework upon arrival, and then participate in arts & crafts projects, games, activities, field trips and more! Staff will meet the school bus in front of the Community Center to ensure a safe and smooth transition to the After School program. During the fall & spring season trips may be scheduled to various parks & playgrounds. Snacks are provided.

Contact the school district to arrange bussing. Recreation Department picks up students from Roosevelt and AMD. Any questions relating to the After School program or to inquire about registration for the program, please call the Recreation Department at 941-3189. **Space is limited.**



“OPEN REC” @ the COMMUNITY CENTER

When: Monday - Saturday, 6:00pm - 9:45pm
Ages: Game Room: 8 to 18 years old
Gymnasium: 8 to 20 years old
Fee: Free with valid Rec I.D. Card

Safe and supervised activities at the Community Center. Activities include: table tennis, billiards, foosball, board games, basketball and other group games. Participants are **required** to sign-in upon arrival and must follow all Community Center rules while on-site.

GAME ROOM: Determined by age, participants are allowed to stay in the Game Room until the following times:*

- Participants up to 10 years old until 8:30 pm
- Participants up to 12 years old until 9:00 pm
- Participants up to 18 years old until 9:45 pm

GYMASIUM: Use of the gym is designated for the following age groups at the designated times:*

- Participants ages 8 - 14 years old: 6:00pm to 8:00 pm
- Participants ages 15 - 20 years old: 8:00pm to 9:45 pm

*Recreation Department staff on duty have authority to modify age requirements for game room or gym on any given evening if deemed appropriate.

Recreation Department reserves the right to adjust schedule and eligibility as necessary. Feel free to call ahead at 941-3189 to confirm “Open Rec” hours.



2016 - Youth Basketball Programs

BOYS BASKETBALL - CLINIC PROGRAM

Grades: 1st - 4th grade
Day: Saturdays
Time: 1:00 - 2:00pm (1st & 2nd Graders)
2:15 - 3:15pm (3rd & 4th Graders)
Dates: December 3 - February 11*
8 sessions
*Make-up on Feb. 18, if needed
No program: Dec. 24 & Dec. 31
Fee: \$80.00
Location: Community Center Gym

The clinics are limited to 40 participants in each session. The emphasis will be on skills development. The 3rd/4th Grade program will introduce players to competitive play in game situations.



BOYS BASKETBALL - LEAGUE PLAY

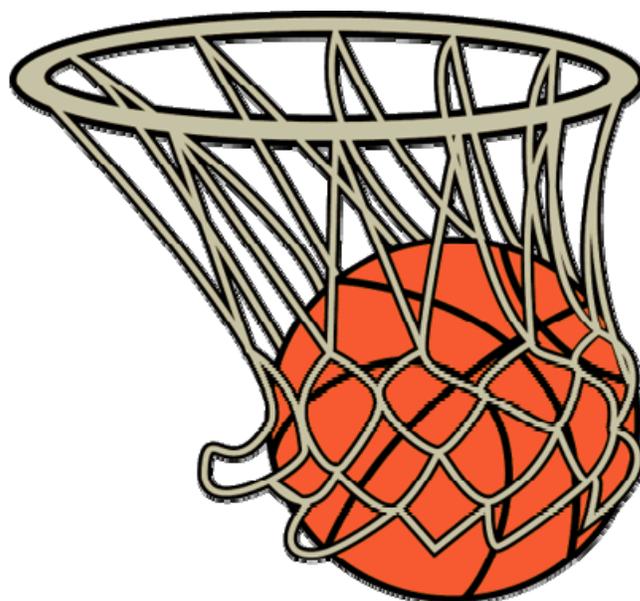
Grades: 5th & 6th grade
Days/Times: Games - Saturdays between 9am - 12pm
Practices - 1 evening per week, TBD
Start Date: Saturday, November 19
9:00am - Player Evaluation
10 Week Schedule + Playoffs
No program: Dec. 24 & Dec. 31
Fee: \$80.00
Location: Games: Community Center Gym
Practices: TBD

Grades: 7th & 8th grade
Days/Times: Games - Thursdays, 6:30pm or 7:30pm
Practices - 1 evening per week, TBD
Start Date: Saturday, November 19
12:00pm - Player Evaluation
10 Week Schedule + Playoffs
No program: Dec. 29
Fee: \$80.00
Location: Games: Community Center Gym
Practices: TBD

League Play is a program for boys in grades 5th thru 8th with set teams formed after the player evaluation session. **Registration is closed on Friday, November 18th.** This is an in-house recreational that strives to create balanced teams. All participants play a required minimum amount each game.

Volunteer coaches are always needed. Call the Recreation Office if you would like to coach. Training clinics for coaches may be offered.

IMPORTANT: Program registration closes on Friday, November 18th. This is a firm date, registrations after this date will NOT be accepted.



BOYS BASKETBALL - LEAGUE PLAY (cont.)

Grades: 9th & 10th grade
Days/Times: Games - Fridays, 6:30pm or 7:30pm
Practices - 1 evening per week, TBD
Start Date: Friday, December 2
6:30pm - Player Evaluation at Community Center Gym
10 Week Schedule
No program: Dec. 23 & Dec. 30
Fee: \$80.00
Location: Games: Home - Community Center Gym
Away (if needed): TBD
Practices: TBD

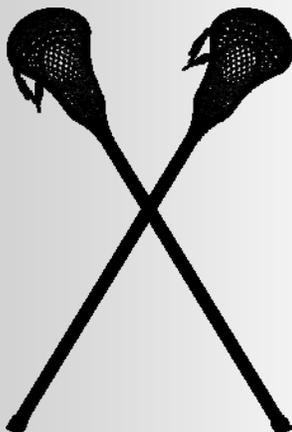
Based on registrations, a league will be formed with the appropriate number of teams. If there are not enough players for an "in-house" league, a league will be formed with teams from neighboring communities. If needed, a home and away game schedule will be established once all teams have been formed and confirmed.



Youth Sports Organizations

The list below highlights the independent youth sports organizations offering programs in Ossining. Program administration is managed directly by the individual organization and not by the Ossining Recreation & Parks Department. For further information on any of the youth sports organizations, please visit their website or contact them directly through the information provided.

- **AYSO (American Youth Soccer Organization)**
For Complete Registration Information, visit: www.eteamz.com/ossiningayso
- **JESSE A COLLYER JR. BASEBALL/SOFTBALL**
For program details and registration information go to www.jcysports.org.
For specific info on the baseball program email Matthew Lenaghan at madl99@hotmail.com.
For specific info on the softball program email Mary Yost at marypyost@yahoo.com.
- **OSSINING LITTLE LEAGUE FOOTBALL**
For program information, please check out the OLLF website for updates, www.ollf.org
- **OSSINING YOUTH HOCKEY ASSOCIATION (Roller Hockey)**
For program information please visit...www.oyhainfo.org.
- **OSSINING YOUTH LACROSSE**
For program information e-mail Mark Hallinan at mhallinan@ps17.ypschools.org



Special Events/Programs

Mind, Body, Spirit Ossining!

The Town of Ossining's exciting program, introduced this spring, continuing throughout the summer, and ending in September, Mind, Body, Spirit – Ossining, highlights Ossining's open spaces and local businesses. The Town of Ossining partners with businesses that focus on fitness and wellness to offer **FREE** classes to the public on the weekends at a Town or Village Park or open space so residents and visitors can learn how to be fit on their own at Ossining parks, or with guidance at local fitness and wellness centers.

September is the last opportunity this year to take advantage of these free Mind, Body, Spirit – Ossining offerings. For the next few weekends, Mind, Body, Spirit – Ossining events will showcase the expertise of Sue Radparvar of Studio95 Zumba, Enrique Rosario of ICU Fit Training, Open Door Family Medical Center, Club Fit, Delphi Dance Ensemble, and Kendra Rossney of Dragonfly Wellness Yoga Studio.

On Sunday, September 4th at 11:00am at Louis Engel Park, finish up your Labor Day weekend with the ladies of Delphi Dance Ensemble for a mini dance lesson and dance circle. You will learn more about the troupe/sisterhood, basic belly dance moves and gain a few tips to boost your self-confidence! No prior belly dance experience necessary. Participants should bring a bottle of water, hip scarf (optional) and wear comfortable clothing. Come out and be a part of the troupe for a day!

On Saturday, September 10th at 6:00pm at Louis Engel Park, come enjoy a slow and easy Yoga Flow down by the waterfront, led by Kendra Rossney of Dragonfly Wellness Yoga Studio. This class will focus on easy movements, mindful awareness, and breathing to facilitate a sense of peace and grounding. All are welcomed to attend and all levels are encouraged to participate in this FREE to the public offering. September is National Yoga Month, so don't miss this chance to participate!

On Saturday, September 17th at 9:30am at Louis Engel Park, join Club Fit Trainer, Tracy Bielenberg, and Fitness Director, Susie Reiner, on this all levels and all ages Boot Camp. The group will be divided based on age and/or ability and concurrent workouts will be done, including a warm up, total body workout using body weight exercises and park equipment, and finishing out with a cool down and stretch. There's no reason to keep your workout inside, exercise in the great outdoors for a refreshing and exhilarating 60 minute workout! Ages 10-75! First 25 participants to both events will receive a Club Fit water bottle, and all participants will have an opportunity to enter into a summer-long raffle for a Club Fit membership valued at over \$200.

On Sunday, September 18th at 9:30am at Louis Engel Park, come to the last 30-minute outdoor training sessions taught by ICU Fit Training's Enrique Rosario. This session's theme is "Football is Back." Celebrate the return of football with this 30-minute "Train like the Pros" workout. No experience or equipment necessary, just bring water. Don't forget your favorite team jersey and to wear your eye black, too!

On Saturday, September 24th at 9:30am at Nelson Park, bring your kids for an exciting program sponsored by Open Door Family Medical Center. Come and shake, rattle and roll with *Recess Rocks*®, a fun, dynamic movement program for elementary school children!

On Sunday, September 25th at 3:00pm at Louis Engel Park, Sue Radparvar of Ossining's Studio95 will lead participants in her Zumba "fitness party."

Please sign up for programs you are interested in at <http://www.townofossining.com/cms/projects/mind-body-spirit-ossining>, just make sure to select the business or trainer that you would like to learn from, but registration is not required. All are welcome, and all classes are free.

Special Events/Programs

FALL FAMILY FUN DAY

Day: Saturday, October 1st
Time: 10:00am - 1:00pm
Ages: 4 years old & up
Fee: Free
Location: Market Square

A great day of fun activities includes: hay ride, face painting, pumpkin painting, pie eating contest, and festive music. Join us to celebrate this wonderful time of year and the changing of the season!



HALLOWEEN DARE PROGRAM

Day: Monday, October 31st
Time: 6:00 - 8:00pm
Ages: 1 to 10 year olds
Fee: Free
Location: Community Center



Ossining Recreation and Parks and the Ossining Police Department welcome you to come and celebrate Halloween the safe way! Wear your costume, play games, win prizes and candy, be on TV with Officer Ed Walker and have a great time with all your friends. Adults in costume are welcome and for a really good one you might win a trophy.

TREE LIGHTING

Day: Friday, December 2nd
Time: 5:30pm
Ages: Open to all
Fee: Free
Location: Market Square

Santa and his elves will join the Village of Ossining at its annual tree lighting at Market Square. Enjoy the spirit of the season with Christmas carols and refreshments. Tree Lighting at 6:15pm with Santa's arrival to follow via the Ossining Fire Department Express!



BREAKFAST WITH SANTA

Day: Saturday, December 10th
Time: 10:00am & 11:00am
2 sessions
Ages: 1 to 12 year olds
Fee: Free
Location: Community Center

Get a ticket and reserve a space for either the 10am or 11am seating. There is a limit of 100 per session. Come meet and eat breakfast with Santa. Get a small gift and turn in your wish list to the Jolly Elf from the North Pole. Entertainment will be on hand to delight the youngsters. You must get your tickets in advance...no one will be allowed in without a ticket. Call the Recreation Department at 941-3189 for more information.



FALL 2016 - Adult Programs

COMING SOON!!!

THE OSSINING ART CENTER at Cedar Lane Park

Adult Art & Ceramic Programs will soon be offered through the Ossining Recreation & Parks Department at the newly renovated Shine House in Cedar Lane Park. Full program details will be shared once the final touches have been completed! Stay tuned and please feel free to email Superintendent Chris Soi at csoi@villageofossining.org with any Art Center related questions.

EXERCISE SMARTER NOT LONGER

Ages: 20 yrs old & up
 Days: Tuesdays & Thursdays
 Time: 7:15-7:45pm
 Fee: \$191.00
 Dates: September 27 to October 27
 10 Workouts
 Location: Community Center
 Instructor: Enrique Rosario of ICUfit TRAINING

At just **\$19/workout** you will get a complete fitness program that comes with nutritional guidance, meal plans and customized 30-minute workouts. Sign up and learn creative and efficient ways to exercise and improve your health. ICUfit TRAINING is a personal training/strength and conditioning service that sets itself apart by strategically using multiple training styles to increase the rate at which you get results. **SPOTS ARE LIMITED!**



CHAIR/FLOOR YOGA

Ages: 18 yrs old & up
 Day: Tuesdays
 Time: 6:15 - 7:15pm
 Dates: September 27 - December 13
 10 sessions
No class on Oct. 11 or Nov. 8
 Fee: \$140.00
 Location: Community Center
 Instructor: Aida Rivie Angela



Class will include all aspects of hatha yoga: Gentle postures (Asanas), breathing techniques (Pranayamas), regular practice and meditation/relaxation. This program promotes skeletal health and is safe for people with osteopenia and osteoporosis. Dr.'s permission needed, if diagnosed with any spinal conditions.

Required:

- Yoga mat - keeps chair from sliding
- Pillow/cushion for comfort.

BALLET FITNESS FOR ADULTS: WHITE SWAN

Ages: 18 yrs old & up
 Day: Thursdays or Saturdays
 Time: Thursday: 6:30 - 7:15pm
 Saturday: 12:30 - 1:15pm
 Dates: Thurs: September 29 - December 8
No class on Nov. 24
 Sats: October 1 - December 10
No class on Nov. 26
 10 sessions
 Fee: \$170.00
 Location: Community Center
 Instructor: Svetla Ferdinandova

These fitness exercises are ballet based - Floor, Barre and Center! This is the perfect exercise for women's bodies because you can concentrate on weight loss while acquiring the gracefulness of a ballerina. The class also aims to build self-confidence and develop aesthetically pleasing results. Ms. Ferdinandova is a professional and qualified Classical Ballet teacher with an extensive educational and stage background in Vaganova Russian Method. She holds an M.A. in Ballet Pedagogy and an M.A. in Choreography.



Please note:

1. The program schedule may be subject to change based on final enrollment numbers.
2. The Ossining Recreation & Parks Department has a **NO REFUND** policy. Please refer to the Refund Policy on pg. 2 of this brochure for details.

ADULT BASKETBALL

Ages: 25 yrs old & up
 Day: Thursdays
 Time: 8:00 - 9:45pm
 Dates: September 29 - December 8
 10 sessions
No program on Nov. 24
 Fee: \$50.00 (w/ valid Rec ID card)
 Location: Community Center

Informal "pick-up" games will be organized by the Program Supervisor. All participants must register in advance in order to participate. Participants will be asked to sign in each session to confirm registration.



FALL 2016 - Adult Programs (cont.)

STARTER TENNIS - ADULTS

Ages: 18 yrs old & up
 Days: Thursdays
 Time: 7:30 - 8:30pm
 Dates: September 29 - October 20
 5 sessions
 Fee: \$70.00
 Location: Shannon Ross Tennis Courts at Nelson Park

Introductory 5 - week program for **NEW** players to the game. One hour per week for 5 weeks. Minimum 4, maximum 6 players per group. Racquets available. Participants must wear sneakers.



STAINED GLASS WORKSHOP

Ages: 18 yrs old & up
 Day: Thursdays
 Time: 6:30 - 8:00 pm (Beginners & Advanced)
 Dates: September 29 - December 8
 10 sessions
 No class Nov. 24
 Fee: \$85.00
 Location: Community Center
 Instructor: Joan Peske

Instructor Joan Peske of Frog Hollow Glassworks offers a beginners class and a continuing class for students already working in stained glass. Beginners can purchase a \$140 starter kit, just materials or both which will be available the first night of the program. They will be instructed in the copper foil (Tiffany) method of stained glass and will complete at least one panel. Safety glasses must be worn.



OSSINING MARTIAL ARTS

Ages: 16 yrs old & up
 Day: Saturdays (Optional Practice on Weds.)
 Time: Saturdays: 12:30 - 2:00pm
 *Wednesdays: 8:15 - 9:30pm
 *Optional practice session
 Dates: Saturdays: September 24 - December 10
 Wednesdays: Sept. 28 - Dec 21 (optional)
 12 sessions
 No class on Nov. 23 or Nov. 26
 Fee: \$180.00
 Locations: Community Center



Ossining Martial Arts teaches two main disciplines, Japanese Jujitsu and Brazilian Jujitsu. We focus heavily on conditioning and discipline, while creating an environment for growth and leadership.

INTRO TO SEWING

Ages: 18 yrs old & up
 (Children at least 8 yrs of age are eligible if accompanied by a registered adult)
 Day: Fridays
 Time: 6:00 - 8:00 pm
 Dates: September 23 - December 9
 10 sessions
 No class on Nov. 11 or Nov. 25
 Fee: \$100.00 (\$60/child with registered adult)
 Location: Community Center
 Instructor: Betty Fletcher

This class is an introduction to sewing that will show you how to make clothes and other items for you and your family. Think curtains, pillow cases and your own creative projects. Basic supplies are included in the program fee. For more detailed information or any questions please call Betty Fletcher at 914-426-5079.



MORNING "OPEN GYM" - ADULTS

Ages: 18 yrs old & up
 Days: Every weekday (except Weds.)
 Time: 10:00am - 12:00pm
 Dates: Starts Sept. 26
 Fee: Free with Valid Rec ID Card
 Location: Community Center

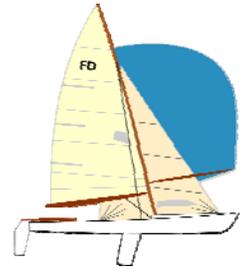
OPEN GYM Use of the gym for basketball, walking and/or general exercising. A valid Rec ID Card is required. Proof of valid Rec ID Card must be presented upon request. Recreation Department reserves right to adjust schedule to accommodate department programs.

COMMUNITY PROGRAMS & ATTRACTIONS

COMMUNITY SAILING PROGRAM

The sailing program now has two 23 foot sailboats ready for those who know how to sail or who want to take up sailing. Join for the upcoming season and get real hands on experience while meeting others who love to sail, socialize and get out on the Hudson River with the group. Once you have been out on the Hudson you will never look at Ossining in the same way again. This is one of the best deals in town. You can reach the Ossining Community Sailing Club for more information at:

membershipocsc@yahoo.com



OSSINING ORGANIC COMMUNITY GARDEN (OOCG)



Located in Cedar Lane Park, in Ossining is dedicated to providing the Ossining community access to growing vegetables, fruit, and flowers through sustainable organic gardening practices. The OOCG creates partnerships that extend beyond the garden walls through educational programs and outreach with the Ossining community at large. Organic Community Garden is accessible for gardeners with limited mobility. All new and returning gardeners must register, pay the fees and attend the mandatory orientation session in April.

BRYAN J. JOHNSON MEMORIAL BOAT RAMP - Louis Engel Waterfront Park

Eligibility: For boats up to 26 feet

Season: April-October

Fee: \$30.00 Daily use - resident \$50.00 Daily use - non resident
\$90.00 Season Pass - resident \$150.00 Season Pass - non res.

Daily passes can be purchased at ramp, season passes at the Community Center, call 941-3189. There will be an attendant on duty so "no pass - no use" is the policy.



FARMERS MARKET

Ossining's Down to Earth Farmers' Market, located at the corner of Main and Spring St., runs every Saturday, year-round, rain or shine. From May 21st through December 17th the market hours are 8:30am-2pm. The market features locally grown produce and fruit, farm raised poultry and meats, grass fed beef and heritage pork, eggs, honey, breads, pastry, pies, old fashioned cider donuts, farmstead cheese and other locally-sourced specialty foods. There is a Community Table program available to local Chamber members to reserve a table for informational purposes about their business. Inquiries should be sent to: info@DowntoEarthMarkets.com



OSSINING HERITAGE AREA & VISITORS CENTER



Located in the Joseph G. Caputo Community Center, the Ossining Heritage Area and Visitors Center offers life size exhibits on Sing Sing Prison, Old Croton Aqueduct and other significant historical information about Ossining. Ossining is one of fifteen areas in New York State to be included in this unique program designed to preserve the State's heritage and use historic, educational and recreational tools for economic development. **No fee to enter.**

FALL 2016 - Aquatics Programs

POOL PASS INFORMATION - 2016

OPEN SWIM PASS

Fee*: \$15.00 for adults
\$10.00 for youth (under 21 yrs old)
Non-residents: \$400.00 for an adult pass, plus
\$20.00 for additional family members.
***A current Rec ID Card is required**

Times:* Mon.- Fri.: 1:30pm - 3:00pm &
7:00pm - 9:00pm
Saturdays: 1:00pm - 6:00pm
Sundays: 1:00pm - 4:00pm

*Times are subject to change. See seasonal Pool Schedule for more detail.

The "Open Swim" Pass allows for access to the pool facility during "Open Swim" hours. If you have any questions regarding the pool schedule, please call the Recreation Office to confirm "Open Swim" hours at 914-941-3189.

Please note: Lap Swimming is **not** permitted with "Open Swim" registrations

LAP SWIMMING PASS

Fee: \$300.00 - Village residents
\$400.00 - Town (Unincorporated Area) residents
\$600.00 - Non-residents
Fee is prorated starting the first of the year. Passes are valid through Dec. 31, 2016.

Days: Monday - Friday

Times: 6:00am - 9:00am
12:00 - 3:00pm* (1:30-3:00pm w/Open Swim)
7:00pm - 9:00pm
**Except on Weds, pool closes 12-2pm for cleaning*

At least two lanes are available for your convenience. Additional Lap Swimming times may be added when pool availability allows. **Rec ID cards must be current to register for "Lap Swimming".**



AQUATIC BOOT CAMP: GET IN SHAPE with LIZZ

Days: Saturdays & Mondays
Time: Saturdays: 4pm - 5pm
Mondays: 7pm - 8pm
Dates: September 19 - November 28
No class on Oct. 10
Fee: \$175.00 one (1) day per week
\$275.00 two (2) days per week

Enjoy low impact with high impact results, burn calories, tone your body, flatten your abs, and strengthen your core! Your instructor, Lizz is a NY State Certified Personal Trainer with over 10 years experience and is a Reiki master and massage therapist. Saturday and Monday are separate programs.

SENIOR SWIM

Days: Monday - Friday
Time: 10:00am - 12:00pm
Fee: \$1.00 per day
Fee applies to residents & non-residents

It is designed to give seniors more experience in the water and share with them different exercises at several levels that they can perform. The water workout will consist of exercises using the barbells and water noodles at various levels to which class members can perform. A current Rec



BIRTHDAY PARTIES @ the Pool

Fee: \$200.00
Ages: 6 - 12 yrs old
Limit 20 children per party
Day/Time: Saturday afternoons, 2 time slots
1st: 1:30pm - 4:30pm
2nd: 4:30pm - 7:30pm
(Times include set-up and cleanup)

Birthday Party rentals are only available to Ossining residents. The \$200.00 fee includes approx. two hours in the multi-purpose room, and approx. one hour in the pool. An adult must be present at all times during the party.



****FOOD AND DRINKS ARE NOT PROVIDED****

OSSINING RESIDENTS ONLY

FALL 2016 - Aquatics Programs

Ossining Aquatic Center

FALL 2016 Pool Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00AM-9:00AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
9:00AM-10:00AM	Lessons	Lessons	Lessons	Lessons	Lessons	8:20AM-1:00PM Learn-to-Swim Lessons	
10:00AM-11:00AM	Senior Swim	Senior Swim	Senior Swim	Senior Swim	Senior Swim		
10:30AM-11:00AM	Exercise	Exercise	Exercise	Exercise	Exercise		
11:00AM-12:00PM	Senior Swim	Senior Swim	Senior Swim	Senior Swim	Senior Swim		
12:00PM-1:30PM	Lap Swim	Lap Swim	Wednesdays Pool closed 12-2PM	Lap Swim	Lap Swim	Open Swim begins at 1:00pm until 6pm	Open Swim begins at 1pm until 4pm
1:30PM-3:00PM	Open/Lap Swim	Open/Lap Swim		Open/Lap Swim	Open/Lap Swim		
3:00PM-7:00PM	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice		
6:30PM-8:00PM		Lessons	Lessons	Lessons			
7:00PM-9:00PM	Open Swim	Open Swim*	Open Swim*	Open Swim*	Open Swim		
7:00PM-9:00PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		



OPEN SWIM:*7:30pm start to Open Swim on Tuesday - Thursday

LAP LANES ARE FOR REGISTERED LAP SWIMMERS ONLY

Please note: Recreation Dept. may change/adjust schedule when deemed necessary

FALL 2016 - Aquatics Programs (cont.)

OSSINING AQUATICS: SWIMMING LESSON PROGRAM

Swim lessons are often an anxious, but memorable, experience for many novices, children and adults alike. We strive to create a low stress, high reward environment for beginner and intermediate swimmers by providing polite, professional, fun and energetic staff who enjoy teaching others how to swim.

Swimmers will overcome fears, gain confidence and strength, and believe in themselves as they learn the basics of safety, respect, and skill development in the water.

IMPORTANT NOTE: Swimmers not registered for the proper level will be reassigned to the correct level based on availability. If you are unsure of your swimmer's placement, please see a member of the aquatics staff for a swim assessment and appropriate assignment prior to registering your swimmer.

All lessons consist of ten (10) classes, and begin the week of September 26

No Lessons: 11/8, 11/24, 11/25, 11/26

PARENT/TOT SWIM CLASS

This program is designed to give young children experience in the water in the comfort of their own parent/caregiver. The ages for this program will be 6 months – 3 years old. Within your 8 sessions, the parent/caregiver and child work together to learn basic skills such as bubble blowing, kicking, big arms, and safety jumps. Through games, water play and the use of flotation devices/toys, your child will become comfortable in the pool. Class size is limited to 8 participants.

Date: Lessons begin the week of September 26

Fee: \$150.00 for ten (10) 30 minute classes

Sections:

A:	Monday	9:30am
B:	Tuesday	9:30am
D:	Thursday	9:30am
E:	Friday	9:30am
F:	Saturday	10:20am



LEARN TO SWIM - Level 1

Our goal is to build your child's confidence by creating a safe and fun environment where they can explore the possibilities of the water through skills which will increase their love of the water and ability to swim. Swimmers advancing to Level 2 should be confident in the water and be able to both put their face in the water and kick properly. Class size is limited to 4 participants.

Date: Lessons begin the week of September 26

Fee: \$150.00 for ten (10) 30 minute classes

Sections:

A:	Tuesday	6:20pm
B:	Tuesday	6:20pm
C:	Wednesday	9:30am
D:	Wednesday	7:00pm
E:	Wednesday	7:00pm
F:	Thursday	6:20pm
G:	Thursday	6:20pm
H:	Saturday	8:20am
I:	Saturday	8:20am
J:	Saturday	9:40am
K:	Saturday	9:40am
L:	Saturday	11:00am
M:	Saturday	11:00am

LEARN TO SWIM - Level 2

Building on the skills learned in Level 1, swimmers will complete the task of becoming independent in the water. Swimmers will learn various safety positions and the beginning skills needed to become an efficient and confident swimmer. Graduation of Learn to Swim will include a deep end test, where swimmers will prove their aquatic readiness. Class size is limited to 6 participants.

Date: Lessons begin the week of September 26

Fee: \$150.00 for ten (10) 30 minute classes

Sections:

A:	Tuesday	6:20pm
B:	Wednesday	7:00pm
C:	Thursday	6:20pm
D:	Saturday	8:20am
E:	Saturday	9:40am
F:	Saturday	9:40am
G:	Saturday	11:00am
H:	Saturday	11:00am

FALL 2016 - Aquatics Programs (cont.)

SKILL SCHOOL - Level 3

Strictly for swimmers who are safe in the water and capable in the deep end, participants will learn many of the fun drills that make aquatics an enjoyable, life long skill. Using different techniques and equipment, kids will learn the basics of above and under water swimming and the safety concerns related to diving and jumping in the water. Swimmers advancing to Level 4 should be able to swim underwater, hold a streamline position while kicking, and show an understanding of the freestyle and backstrokes. Class size is limited to 6 participants.

Date: Lessons begin the week of September 26

Fee: \$150.00 for ten (10) 30 minute classes

Sections:

A:	Tuesday	7:00pm
B:	Wednesday	6:20pm
C:	Wednesday	6:20pm
D:	Thursday	7:00pm
E:	Thursday	7:00pm
F:	Saturday	9:00am
G:	Saturday	9:00am
H:	Saturday	10:20am



SKILL SCHOOL - Level 4

Building on the skills acquired in Level 3, swimmers will learn the freestyle and backstroke, various diving techniques, and how to properly tread water for up to a minute. Graduation of Skill School will include a one lap (25 meter) freestyle and backstroke test including proper push-offs, introductory diving techniques, and competent breathing to the side or back. Class size is limited to 6 participants.

Date: Lessons begin the week of September 26

Fee: \$150.00 for ten (10) 30 minute classes

Sections:

A:	Tuesday	7:00pm
B:	Tuesday	7:00pm
C:	Wednesday	6:20pm
D:	Thursday	7:00pm
E:	Saturday	9:00am
F:	Saturday	9:00am
G:	Saturday	10:20am

STROKE SCHOOL - Levels 5 & 6

Stroke School is our introduction of swimming as a competitive sport. Swimmers will learn the 4 competitive strokes, understand how a swim practice is administered, and learn about the basics of swimming as a team sport.

Graduation of Stroke School will include successful completion of 50 meters of freestyle and backstroke, 25 meters of introductory fly and breaststroke, and the mental and physical maturity to participate on the Spartans Swim Team. Class size is limited to 8 participants.



Date: Lessons begin the week of September 26

Fee: \$150.00 for ten (10) 30 minute classes

Sections:

A:	Tuesday	6:20pm
B:	Wednesday	7:00pm
C:	Thursday	6:20pm
D:	Tues. & Thurs*	6:20pm *Fee: \$250.00
E:	Saturday:	11:00am

ADULT SWIM LESSONS:

for beginner to intermediate swimmers

We believe that you can learn how to swim and/or improve your aquatic skills no matter your age, fear level, or training regimen. From swimmers who are afraid of the water to athletes training for their next triathlon, instructors offer an array of advice to help facilitate your own personal progression in the water. Class size is limited to 6 participants.

Date: Lessons begin the week of Sept. 26

Fee: \$150.00 for ten (10) 30 minute classes

Day: Saturday

Time: 10:20am

MASTER SWIMMING PROGRAM

Days: Tuesdays & Thursdays

Times: 7:00 - 8:30pm

Fee: April - Sept. \$250.00
Oct. - March \$250.00

Our goal is to have the best and most inclusive Masters swim team in New York. We are looking for swimmers proficient in all strokes. If you are looking for a great aerobic workout while enjoying the social aspects of a community team, this may be for you. We are presently holding free try-outs from 7:00 to 8:30pm. If you want to challenge your mind and body, work on your swimming technique, and have a great time then come on down.

Lap Swim registration is **required** and current Rec ID card must be obtained before you can register for this program.

FALL 2016 - Aquatics Programs (cont.)

Spartans Swim Team

The Spartans Swim Team's goal is to build a unique aquatics experience for the youth swimmers of the Village/Town of Ossining and surrounding areas. From swim lessons to our Senior Group, Spartan swimmers learn that the virtues of hard work, discipline, persistence, and team work are necessary ingredients in achieving competitive and personal success.

Spartans coaches believe in an all-around athletic experience, encouraging athletes to participate in other sports on both the club and varsity levels. Our fee structure, which is proudly the most affordable in Westchester, allows athletes to test their wares in numerous sports, while keeping their swimming and fitness chops honed. Our newest innovation, the "Seasonal" fee, is designed to keep our price as low as possible while still maintaining the integrity of an athletic season. All USA Swimmers are encouraged to use the "Seasonal" fee as most meets are scheduled in the back half of the Fall Season.

This fall Spartans Swimmers will have the opportunity to swim in inter-squad, Rec League (Westchester Fairfield Swim League), and USA Swimming meets.



Visit the team website for more program details and contact info at www.spartansswimteam.com

Try-outs are ongoing throughout the year. Interested swimmers can visit the pool and inquire about scheduling a try-out with Coach Mike, or e-mail him at: coachmike@spartansswimteam.com

Program Fees

Seasonal Resident	\$350.00 Sep/Oct/Nov
Seasonal Non-Resident	\$410.00 Sep/Oct/Nov
Seasonal Varsity Athlete	\$100.00 Sep/Oct/Nov
Monthly Resident	\$125.00 per month
Monthly Non-resident	\$145.00 per month

Deadline 1st of month

Group Times (Saturday and morning TBA)

Senior	3:00pm - 4:30pm
Junior/Gold	4:30pm - 5:30pm
Silver	5:30pm - 6:15pm
Sr/Jr	5:45pm - 7:00pm

Meet Fees

USA Insurance	\$70.00 (09/2016-09/2017)
USA Meet Fee	\$80.00 (3-6 sessions)
Brown University	\$40.00 (13 & older)

Recommended (9/24)

USA Meet Schedule

10/8-9	Lehman College
10/22-23	White Plains Y
11/12-13	Greenburgh (12 & under)
11/19-20	Brown University (13 & older)

Transportation Fees

Seasonal Bus	Optional—Deadline 9/24
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\$40.00 (4-6 sessions)

WFSL & Inter-Squad Meet Schedule

9/30	Black&Blue Spartans Meet 6pm
10/30	10 & Under Relay Carnival 9am
11/5 or 12	Home Meet vs. TBA 12pm
11/23	Distance Meet TBA 12:30pm

Special Events

- 9/7 Swim School/Olympic Videos - Group Times
- 9/8 Rockefeller Park - Group Times
- 9/9 Waterfront Park Swim/Kayak/BBQ 5-7:30pm
- 9/10 Army Football Game - purchase tix separately
- 9/24 Spartans Team Breakfast & Parent Meeting
- 9/30 Pool Party & Pizza \$20.00 (\$10 siblings) 6pm
- 10/21 Pot Luck Dinner 6:30pm Multi-purpose room
- 12/3 Polar Bear Plunge TBA Waterfront Park

Varsity Meets at Ossining Rec

9/16, 9/23, 9/30, 10/7 (4 Fridays in a row)
All Groups Practice 6-7pm

No Practice

September 5,6,10
October 3,10,22
November 8,11, 19, 24-26

SENIOR CITIZENS PROGRAMS

NUTRITION PROGRAM

Delicious hot meals are served at the Joseph G. Caputo Community Center on Broadway, five days a week, Monday through Friday. Any person 60 years of age or over is invited to participate. However, advance reservations are required. Call the Nutrition Center at 762-8953 for more information



HOME DELIVERED MEALS

This program is available for people 60 or older who meet Westchester County Department of Senior Programs and Services eligibility requirements. For more information, call the Nutrition Center at 762-8953 for more information

NUTRITION CENTER: ON-GOING PROGRAMS/ACTIVITIES

For more information, call the Nutrition Center at 762-8953 for more information

BLOOD PRESSURE SCREENING

Joseph G. Caputo Community Center
Last Tuesday of every month
Time: 11:00 am

KNITTING CLASS

Joseph G. Caputo Community Center
Mondays Ongoing
Time: 10:00am

BINGO

Joseph G. Caputo Community Center
Mons., Weds., & Fri. Ongoing
Time: 12:45 - 2:00pm

EXERCISE - Aerobics

Joseph G. Caputo Community Center
Wednesdays Ongoing
Fee: \$35.00
Time: 10:00 - 11:00am
Instructor: Carl Tucker

BOCCE FOR SENIORS

Joseph G. Caputo Community Center
Wednesdays & Fridays Ongoing
Time: 1:00 - 4:00pm

DANCE AND EXERCISE

Joseph G. Caputo Community Center
Thursdays Ongoing
Time: 10:30 - 11:30am
Instructor: Cameron Kelly

OSSINING GOLDEN AGERS CLUB #1

Business meetings are held at the Joseph G. Caputo Community Center on Tuesdays from 1:00pm to 4:00pm. Club activities include bowling, bocce, bingo, crafts, trips, dinners, dances and holiday parties.



All residents age 60 and up are invited! Stop by the Community Center gymnasium on Tuesday afternoons to learn more about this program and activities...you can even join in on the bingo! Any questions please contact Bob Chesna at the Ossining Recreation & Parks Department, 941-3189.

NUTRITION CENTER: ON-GOING PROGRAMS/ACTIVITIES (Cont.)

ART CLASS

Joseph G. Caputo Community Center
Thursdays Ongoing
Time: 12:45 - 3:15 PM
Instructor: Paul Jeffries

FOOD SHOPPING

Joseph G. Caputo Community Center
Thursdays Ongoing
Time: 12:45
*Must eat lunch in order to go on trip. Call for reservation, 762-8953.

TAXI COUPONS

Joseph G. Caputo Community Center
Tickets sold daily Monday - Friday
Time: 9:00am - 2:00pm
Ages: Must be 70 years old or older
Fee: \$3 per coupon

WALKING PROGRAM

Joseph G. Caputo Community Center
Monday, Wednesday, Thursday, Friday
Time: 9:30 - 10:00am Ongoing
A regular program of walking can provide many health benefits. It can increase energy levels, reduce body fat and reduce the risks of heart disease, high blood pressure,

RUOK – Free program

Phone calls are made from the Nutrition Center every morning to make sure residents 60 and older are okay. Calls are made at 8:00am or 9:00am, your choice. To register for this service call the Nutrition Center at 762-8953.





Christopher Soi
Superintendent

OSSINING
RECREATION AND PARKS DEPARTMENT
Joseph G. Caputo Community Center
95 Broadway
Ossining, NY 10562
(914) 941-3189
(914) 941-3417 Fax



Program Registration Form - 2016

1. PARTICIPANT INFORMATION:

Name (First/Last): _____

Gender: *Male* *Female* Date of Birth: ___/___/___ Grade (if applicable): _____

Parent/Guardian Name (First/Last): _____

Address: _____

Town: _____ State: _____ Zip Code: _____

E-mail: _____

Phone #'s: Home () _____ Work () _____ Cell () _____

Emergency Contact - Name & Phone #: _____

Check one:

Resident: Village of Ossining *or* Unincorp. Town of Ossining Non-Resident: (incl. Briarcliff Manor)

RESIDENCY REQUIREMENT: You are considered a resident if the property where you reside pays Village or Town taxes to Ossining. Participants residing in Briarcliff Manor are considered non-residents.

2. PROGRAM INFORMATION:

Program Name*: _____ Program Fee \$: _____

**Please provide full program name, including day & time of program (if applicable).*

3. UPDATE RECREATION ID CARD (Optional):

Complete this section only if the participant has been previously issued a Rec ID and it needs to be updated. Valid/Updated Rec ID Cards are required for participants registering for any department program. Rec ID Cards must be updated annually.

Rec ID Card Fees:	RESIDENTS: Village & Unincorp. Town	Youth or Adult:	\$10.00 _____
	NON RESIDENT:	Youth:	\$20.00 _____
		Adult:	\$45.00 _____
	ID Card Replacement Fee:		\$5.00 _____

IMPORTANT REMINDER: Program registration form and payment will not be processed and will be returned to participant, or parent/guardian of participant, if participant's Rec ID Card is **not** valid at the time of registration.

In consideration of my (or my child's) participation in this activity, I hereby release the Village/Town of Ossining, the Ossining Recreation Department, and its representatives, successors and volunteers from any and all liability arising from accident, injury, and illness that I (he/she) may suffer as a result of my (our) participation in this activity. I (we) also will follow the rules and regulations set by the Ossining Recreation and Parks Department.

Signature: _____ Date: _____

Photo & Video Consent Opt-Out

I do **not** grant the Ossining Recreation Department the right to use photographs or video of me or my child(s), in conjunction with other persons or objects in presentations, advertising, publicity, and promotion relating thereto. *Please initial* _____

FOR OFFICE USE ONLY:

Fee Paid \$: _____ Date: _____ Check #: _____ Received by: _____