

Ossining Recreation & Parks Department

95 Broadway

Ossining, NY 10562

Phone: 914-941-3189

Community Center Hours: 9:00am to 9:45pm, Monday - Saturday

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RECREATION & PARKS

Superintendent of Recreation & Parks

Christopher Soi

Recreation

Debbie Frieder	Senior Rec. Leader
Bob Chesna	Rec. Supervisor
Ardyce Thornton	Recreation Assistant
Brenna Burrows	Recreation Assistant
Marilyn Kadan	Senior Clerk
Luz Breese	Front Desk Clerk
Gabriel Cardona	Front Desk Clerk
Carlos Urgiles	Building Caretaker
Katrina Baker	Aquatics Instructor
Mike Kane	Aquatics Instructor
Odell Lowery	Pool Caretaker

Parks

Village Foreman	Town Foreman
Larry Abreau	Mario Velardo

Parks Crew

Maso Robinson	Steve White
Patrick Bushell	Jason Clark
Miguel Marra	Juan Toribio
Spencer Thomas Jr.	
Brett Wells	
Brian Cassermere	

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

VILLAGE BOARD

Mayor

Victoria Gearity

Board Members

John Codman III
Robert Daraio
Manuel Quezada
Omar Herrera

Village Manager

Abraham Zambrano

TOWN BOARD

Town Supervisor

Susanne Donnelly

Council Members

Geoffrey J. Harter
Northern Wilcher
Eric Blaha
Kim Jeffrey

RECREATION ADVISORY BOARD

Jackie Shaw	Phyllis Smith
Martin Engelhardt	Kurt Emerick
Paul Kelly	Connie Serafin
Andrew Jimney	Marlene Cheatham

John Codman - Village Board Liaison

Geoff Harter - 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. We do not meet in July and August.

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

Registration & Department Information

REGISTRATION

- Program registration for Fall programs begin:
 - **On-line:** Tuesday, September 1st at 9:00am. Visit the following link to access our on-line registration site:
<https://apm.activecommunities.com/ossiningrecreation>
 - **In-person:** Tuesday, September 8th at 9:00am
- Registration after the above dates will be taken at the Joseph G. Caputo Community Center at the following times:
 - Monday: 9:00am - 3:00pm
 - Tues. - Fri.: 9:00am - 9:00pm
 - Saturdays: 8:00am - 1:30pm
- All registrations are on a first come, first served basis.
- Fees are listed with each program. Checks or money orders should be made payable to: **Village of Ossining** or as otherwise specified in the program description.
- **NO CASH** accepted at the Community Center. Please note: 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. Front Desk does not have access to a cash box.
- Many programs have limited enrollment, please register early. Ossining Senior citizens get a 10% discount on selected programs. Non-residents, including seniors, have a non-resident fee.
- Rec ID Card Required: A current Ossining Recreation Dept. ID card is required to register for all programs. ID's must be renewed annually.
- Rec ID Card Fees as of January 1st, 2015:
 - Residents (residing in the Village and unincorporated area of Town): \$10 for adults, \$7 for youth (21 & under)
 - Non-residents: \$45 for adults, \$20 for youth
- Proof of residency: 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.
- If a check is returned by the bank for any reason whatsoever, 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 will be reviewed on an individual basis by the Superintendent, who will then make a refund determination.

JOSEPH G. CAPUTO COMMUNITY CENTER

The Community Center provides many recreation activities and opportunities for the Greater Ossining community. The building is open from 9:00am to 9:45pm Monday through Saturday.

The Community Center which houses the Recreation Offices, includes a music room, art room, game room, multi-purpose room, gymnasium and aquatic center. Also located in the building is the Ossining Heritage Area Visitors Center, an excellent educational exhibit.

Ossining-based, non-profit organizations are permitted to use 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. The art room, multi-purpose room and music room are available for meetings.

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 due 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 you may have.

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.

Youth Programs

CLASSICAL BALLET CLASSES

Mommy and Me

Ages: 1 ½ - 3 yrs old
 Day: Thursdays
 Time: 4:00 - 4:45 pm
 Dates: September 24 - December 3
 10 sessions
 No class: November 26

Day: Saturdays
 Time: 9:15 - 10:00 am
 Dates: September 26 - December 5
 10 sessions
 No class: November 28



Pre-Ballet

Ages: 5 - 7 yrs old
 Day: Thursdays
 Time: 5:30 - 6:30 pm
 Dates: September 24 - December 3
 10 sessions
 No class: November 26

Day: Saturdays
 Time: 10:45 - 11:45 am
 Dates: September 26 - December 5
 10 sessions
 No class: November 28

Ballet

Ages: 7 yrs old and up
 Day: Thursdays
 Time: 6:30 - 7:30 pm
 Dates: September 24 - December 3
 10 sessions
 No class: November 26

Day: Saturdays
 Time: 11:45 - 12:45 pm
 Dates: September 26 - December 5
 10 sessions
 No class: November 28



Creative Movement

Ages: 3 - 5 yrs old
 Day: Thursdays
 Time: 4:45 - 5:30 pm
 Dates: September 24 - December 3
 10 sessions
 No class: November 26

Day: Saturdays
 Time: 10:00 - 10:45 am
 Dates: September 26 - December 5
 10 sessions
 No class: November 28



Fees: **45 minute classes:** \$160 for one/week
 \$290 for two/week

1 hour classes: \$180 for one/week
 \$325 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.

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 21 - November 16
 8 sessions
 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.

OSSINING MARTIAL ARTS

Ages: 16 yrs old & younger
 Days: Saturdays & Wednesdays
 Time: **Saturdays:**
 Beginners - 9:30am
 Intermediates - 10:30am
 Advanced - 11:30am
Wednesdays:
 Beginners & Intermediate - 6:30 - 8:00pm
 Advanced: 8:00 - 9:30pm
 Dates: Saturdays: Sept. 19 - December 12
 Wednesdays: Sept. 23 - December 16
 12 sessions
 (1 session = 1 Sat & Wed. class/per week)
 No class on Nov. 25 & Nov. 28
 Fee: \$180.00

Locations: Joseph G. Caputo 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. Instructor Pat Premdas.



Youth Programs

AFTER SCHOOL RECREATION

Grades: 1st - 6th grade
Days: Monday - Friday
Time: 3:30 - 6:00pm
Dates: Year Round (School Year)
Fee: \$165.00 per month
Payments must be received **prior** to the start of the month a child is registering for.
Location: Joseph G. Caputo Community Center

Participants will receive assistance with homework upon arrival, and then participate in arts & crafts projects, games & field trips. 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 spring season Friday trips will be scheduled to various parks & playgrounds. Contact the school district to arrange bussing. Recreation Department picks up students from AMD & Roosevelt Schools. Snacks are provided. Any questions relating to the After School program please call the Community Center at 941-3189.



CREATIVE WRITING WORKSHOP

Ages: 8 - 14 years old
Day: Monday
Time: 5:00 - 6:30 pm
Dates: September 21 - November 16
8 sessions
No class: October 12
Fee: \$60.00
Location: Community Center
Instructor: Chanelle A. Watson

Are you a young adult who enjoys using your imagination? Do you love writing or have a bunch of story ideas? Maybe you want to learn the power behind selecting the best words and details to write true or made-up stories?

Join Author Chanelle A. Watson, as she teaches how using our five senses and super strong, exact words in writing, can create a tone that any reader or listener can't help but feel. Learn tips and techniques needed to make your writing stronger. Find out what you need to include about your characters so your readers won't be able to put your story down! Don't miss out on this chance to meet up with others who love writing and telling stories as much as you do! Email Chanelle at cwatson@chanelleawatson.com with any program questions.



ART EXPLORERS

Grades: 1st - 5th
Day: Tuesdays
Time: 4:00 - 5:30pm
Dates: September 22 - November 24
10 sessions
No class: October 12
Fee: \$165.00
Location: Community Center
Instructor: Cathy Faiella

Enjoy elbow deep excitement experimenting with materials & techniques including cartooning, painting, drawing, paper mache, sculpting 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!



DRAW & PAINT FUN-DAMENTALS

Ages: Teens
Day: Tuesdays
Times: 6:15 - 8:15pm
Dates: (A) September 22 - October 20
or
(B) October 27 - November 24
5 sessions per class
Fee: \$110.00 per class
\$210.00 for both (A & B) classes
Location: Community Center
Instructor: Cathy Faiella

You CAN draw and paint! Be prepared for crazy art exercises designed to free up that pent up artist in each of us! (have you ever painted with a fork and knife??) Learn to capture your own observations and thoughts considering line, shape, form, space, texture and color. Acrylic painting on canvas, Drawing from still life and watercolor techniques will be covered.



Youth 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 5 - February 20*
 *Make-up on Feb. 20, if needed
 No program: Dec. 26 & Jan. 2
 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 21
 9:00am - Player Evaluation
 10 Week Schedule + Playoffs
 No program: Dec. 26 & Jan. 2
 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 21
 12:00pm - Player Evaluation
 10 Week Schedule + Playoffs
 No program: Dec. 24 & Dec. 31
 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 20th. This is an
 in-house recreational that strives to create balanced teams.
 All participants play a required mini-
 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.



**Reminder: Program registration
 closes on Friday, November 20th.**

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 4
 6:30pm - Player Evaluation at Community
 Center Gym
 10 Week Schedule
 No program: Dec. 25 & Jan. 1
 Fee: \$80.00
 Location: Games: Home - Community Center Gym
 Away - TBD
 Practices: TBD

League will be formed with teams from
 neighboring communities. A home and
 away game schedule will be established
 once all teams have been formed and con-
 firmed.



GIRLS BASKETBALL

Call Briarcliff Recreation at 941-6560 for registration dates
 and times. This program is for all girls from the Village and
 Town of Ossining and Briarcliff Manor.

Registration information: Please con-
 tact Briarcliff Recreation for exact reg-
 istration details in September.



GAME ROOM & GYMNASIUM @ the COMMUNITY CENTER

When: Monday - Friday 6:00pm - 9:45pm
 Saturday 2:00pm - 9:45pm
 Ages: 6 years old & up
 Fee: Free with valid Rec I.D. Card

Safe and supervised activities at the Community Center.
 Activities include: table tennis, billiards, video games,
 board games, basketball and other group games. Partici-
 pants will also have access to a large screen TV and WiFi
 throughout the building.

GAME ROOM: Participants are allowed to stay in the
 Game Room until the following times:

- Ages 6 - 10 years old until 8:30 pm
- Ages 11 - 12 years old until 9:00 pm
- Ages 13 - 17 years old until 9:45 pm

GYMASIUM: Participants are allowed to stay in the Gym
 until the following times:

- Ages 6 - 14 years old until 8:00 pm
- Ages 15 years old and up until 9:45 pm

Youth Sports Organizations

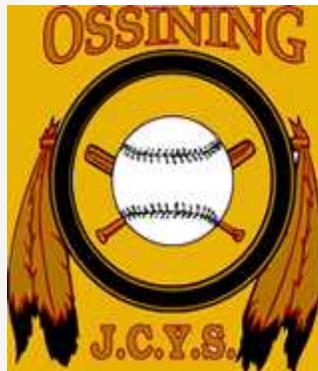
AYSO (American Youth Soccer Organization)

Sign-Up NOW for Soccer FUN...in AYSO Region 201 Everyone Plays®...Everyone Wins! Safe, affordable...and memories that last a lifetime. AYSO has been the first name in youth soccer since 1964. Every child plays at least 50% of EVERY game! For Complete Registration Information, visit: www.eteamz.com/ossiningayso



JESSE A COLLYER JR. BASEBALL/SOFTBALL

Ossining JCYS Baseball and Softball will have 2015 Fall rec and travel programs for a variety of ages. **For baseball**, we are considering clinics and a rec program for ages 6-7 and 8-9. Please inquire about other ages, if there is sufficient interest, programs will be created. **For more info on baseball email Matthew Lenaghan at madl99@hotmail.com.** **For softball**, we will be continuing our spring program into the fall by forming teams at two levels (3rd, 4th and 5th grade AND 6th and 7th grade) and playing against neighboring towns. One practice on Wednesday and one game per week. Cost for fall recreational softball will be \$20. Payment due by August 28. Season will run approximately September 9 through October 17. **For more info on softball, email Mary Yost at marypyost@yahoo.com.** For further program details and registration information go to www.jcysports.org.



OSSINING LITTLE LEAGUE FOOTBALL

Our 2014 Season was a very successful one with 2 age division championships! The goal of Ossining Little League Football is to have fun first and then teach fundamentals and life lessons through the game of football. Our approach is simply one where we expect success and a great level of commitment from our players because we want THEM to LEARN to be successful. Practice starts early August 2015 for 2 weeks straight, Monday to Friday 5-7pm. Please check out our website for updates... www.OLLF.org



Special Events

FALL FAMILY FUN DAY

Day: Saturday, October 3rd
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: Saturday, 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.

BREAKFAST WITH SANTA

Day: Saturday, December 12th
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. Annie will be on hand to entertain and 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.



Adult Programs

OSSINING MARTIAL ARTS

Ages: 18 yrs old & up
Days: Saturdays & Wednesdays
Time: Saturdays: 12:30 - 1:30pm
Wednesdays: 8:00 - 9:30pm
Date: Saturdays: Sept. 19 - December 12
Wednesdays: Sept. 23 - December 16
12 sessions
(1 session = 1 Sat & Wed. class/per week)
No class on Nov. 25 & Nov. 28
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.



MAT PILATES SCULPT

Ages: 15 yrs old & up
Days: Tuesdays & Thursdays
Times: Morning Class: 9:30 - 10:30am
or
Evening Class: 7:30 - 8:30pm
Dates: September 22 - November 12
16 sessions (2 classes per week)
Fee: \$200.00
Location: Community Center
Instructor: Sara Martinez

Mat Pilates improves and creates awareness of postural alignment and balance in the body. In using many muscles of the body simultaneously, the body becomes toned and develops strength for everyday functional activities. The flowing chain of movement is therapeutic and energizing as you release tension in the body. We will use bands to accentuate muscle toning. Please bring your own mat, band and water. Please contact Sara Martinez w any questions for immediate reply: sarasmile329@gmail.com



STARTER TENNIS - ADULTS

Ages: 18 yrs old & up
Days: Thursdays
Time: 7:30 - 8:30pm
Dates: September 16 - October 21
5 sessions
No class: September 23
Fee: \$70.00

Location: Nelson Park Tennis Courts
Introductory 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.



BALLET FITNESS FOR ADULTS: WHITE SWAN

Ages: 18 yrs old & up
Days/Time: Thursdays: 6:30 - 7:30pm
Saturdays: 1:00 - 2:00pm
Dates: Thurs: September 23 - December 3
Sat: September 26 - December 5
10 sessions
No class: Thurs: Nov. 26 & Sat. Nov. 28
Fee: \$150.00
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.



TOTAL BODY FITNESS: 30 Minute Class!!!

Ages: 18 yrs old & up
Days: Mondays & Wednesdays
Time: 7:00 - 7:45pm
Dates: September 21 - November 23
16 sessions
Fee: \$90.00
Location: Community Center
Instructor: Enrique Rosario

Whether your fitness goals are gaining strength or weight loss, my 30-minute fitness class is the best option for busy people. This class will offer you a variety of training techniques and challenging workouts. Additional time will be taken for discussion on topics such as nutrition, weight loss, healthy recipes, lifestyle changes, etc. Program includes: Strength training, toning & sculpting, agility training, speed training, weight loss, endurance training, nutrition support/advice, monthly newsletter.

Enrique Rosario is an (ACE) Certified Personal Trainer, (ACE) Certified Sports Conditioning Specialist, (ACE) Certified Fitness Nutrition Specialist with 15 years fitness experience. E-mail questions to: icufittraining@yahoo.com.



Adult Programs

CHAIR/FLOOR YOGA

Ages: 18 yrs old & up
 Days: Tuesdays
 Time: 6:15 - 7:15pm
 Dates: October 6 - November 24
 8 sessions
 Fee: \$90.00
 Location: Community Center
 Instructor: Aida Rivie
 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 and a pillow/cushion for comfort.



DRAW & PAINT FUN-DAMENTALS

Ages: Teens & Beginner Adults
 Day: Tuesdays
 Times: 6:15 - 8:15pm
 Dates: (A) September 21 - October 26
 or
 (B) November 2 - November 30
 Fee: \$110.00 per session
 \$210.00 for both (A & B) sessions
 Location: Community Center
 Instructor: Cathy Faiella
 You CAN draw and paint! Be prepared for crazy art exercises designed to free up that pent up artist in each of us! (have you ever painted with a fork and knife??) Learn to capture your own observations and thoughts considering line, shape, form, space, texture and color. Acrylic painting on canvas, Drawing from still life and watercolor techniques will be covered.



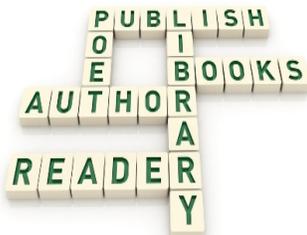
WANT TO BE AN AUTHOR?

Turning Your Idea into a Book Ready for Publishing!

Ages: 18 yrs old & up
 Day: Tuesdays
 Time: 6:30 - 8:30 pm (Beginners & Advanced)
 Dates: September 22 - November 24
 10 sessions
 Fee: \$80.00
 Location: Community Center
 Instructor: Chanelle A. Watson

Do you have an idea for a novel you've wanted to get started on? Have you been writing and don't know what to do with your finished piece? Do you find yourself full of great ideas but afraid to sit down in front of the blank page?

In this class, Author Chanelle A. Watson will talk about getting started with your book, keeping it going until you have a finished product, and different ways you can publish your book. Drawing on the experience of other writers and herself, we will discuss goal-setting, finding inspiration, and pushing past writer's block to develop an effective and productive writing process and book. This course is ideal for beginning writers, or experienced writers looking for structure, inspiration, and a way to get them moving into the direction of becoming a published author. Email Chanelle at cwatson@chanelleawatson.com with program questions.



STAINED GLASS WORKSHOP

Ages: 18 yrs old & up
 Day: Thursdays
 Time: 6:30 - 8:00 pm (Beginners & Advanced)
 Dates: September 24 - November 12
 8 sessions
 Fee: \$85.00
 Location: Joseph G. Caputo 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 to each class.



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 this 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. Group sailing events are scheduled all season long so call 941-3189 for a registration form and contact information. This is one of the best deals in town. You can also reach the Ossining Community Sailing Club for more information at:

membershipocsc@yahoo.com

OSSINING ORGANIC COMMUNITY GARDEN (OOCG)

The OOCG is dedicated to sustainable and organic gardening practices, in an open and collaborative environment. While working together to develop our gardening skills, we build relationships and participate in community outreach that strengthen and support the Ossining community at large. The OOCG is accessible to gardeners with limited abilities and mobility.

Registration to obtain an individual gardening plot for the 2016 season at the OOCG will take place in January. The OOCG is located in Cedar Lane Park, off Spring Valley Road and Route 9A. The cost is \$20, which includes a current Ossining Parks & Recreation ID card. All new and returning gardeners must register. For more information and any questions, please contact the OOCG Committee by e-mail: ocgcords@gmail.com.



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 resident

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

The Ossining Farmers' Market, located at the corner of Main and Spring St., runs each Saturday, starting in June, rain or shine, through December from 8:30am-2pm. The market features locally grown New York State produce and fruit, organic produce, farm raised poultry and meats, grass fed beef and heritage pork, eggs, flowers, honey, breads, pastry, pies, salsas and soups, smoked trout, quiche, old fashioned cider donuts, farmstead cheese and handmade foods. The Ossining "Friends of the Market" program hosts special events throughout the season.

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.**



Aquatics Programs

OPEN SWIM - 2015 Fees

Fee*: \$15.00 for adults
 \$10.00 for youth (21 yrs old and under)
PLUS - a current Rec ID Card is required
**New fees as of January 2015*

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. Call ahead to confirm Open Swim hours, 941-3189.

Non-residents (Croton, Briarcliff Manor, New Castle, Yorktown, etc.): are subject to the non-resident fee of \$400.00 for an adult pass, plus \$20.00 for additional family members. Each person must have a current Rec ID card. Call 941-3189 for details.



Lap Swimming is not allowed under "Open Swim" registration.

LAP SWIMMING

Fee: \$300.00 for Village residents
 \$400.00 for Town (Unincorporated Area)
 \$600.00 for Non-residents

Times: Mon. - Fri. 6:00am - 9:00am
 12:00 - 1:30pm* &
 7:00pm - 8:00pm
**Except on Wednesdays*

At least two lanes are available for your convenience. Other various times may become available, for example; Saturdays and Sundays times may be scheduled when lap swimming can be accommodated. Lap Swimming Fee is prorated starting the first of the year. Rec ID cards must be current to register for Lap Swimming, please update your card when registering.



AQUATIC BOOT CAMP: GET IN SHAPE with LIZZ

Days: Saturdays & Mondays
 Time: Saturdays: 4pm - 5pm
 Mondays: 7pm - 8pm
 Dates: September 21 - November 23
 10 week program
 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

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 ID is required in order to participate.

BIRTHDAY PARTIES @ the Pool

Fee: \$150.00
 Ages: 6 - 12 yrs old
 Limit 20 children per party
 Day/Time: Saturday afternoons, 2 time slots
 1st: 2:00pm - 4:00pm
 2nd: 4:00pm - 6:00pm

Birthday Party rentals are only available to Ossining residents. The \$150.00 fee includes one hour in the multi-purpose room, and 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**

Aquatics Programs

OSSINING AQUATICS: SWIMMING LESSON PROGRAM

Beginning swim lessons is 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 maintaining a polite and professional staff of fun and energetic instructors who love to teach swimming. 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 (at the pool) for an appropriate assignment.

All lessons consist of eight (8) classes, and begin the week of Monday, September 21st.

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 week session, 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 6 participants.

Date: Lessons begin the week of September 21st

Fee: \$105.00 for eight (8) 30 minute classes

Sections:

A:	Monday	9:30am
B:	Tuesday	9:30am
D:	Thursday	9:30am
E:	Friday	9:30am
F:	Saturday	10:30am
G:	Saturday	12:00pm

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 21st

Fee: \$115.00 for eight (8) 30 minute classes

Sections:

A:	Tuesday	6:20pm
B:	Tuesday	6:20pm
C:	Wednesday	9:30am
D:	Wednesday	7:00pm
E:	Thursday	6:20pm
F:	Thursday	6:20pm
G:	Saturday	8:20am
H:	Saturday	8:20am
I:	Saturday	9:40am
J:	Saturday	11:15am
K:	Saturday	11:15am

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 21st

Fee: \$115.00 for eight (8) 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	11:15am



Aquatics Programs

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 21st

Fee: \$115.00 for eight (8) 30 minute classes

Sections:

A:	Tuesday	7:00pm
B:	Wednesday	6:20pm
C:	Thursday	7:00pm
D:	Saturday	9:00am
E:	Saturday	9:00am
F:	Saturday	12:00pm



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 21st

Fee: \$115.00 for eight (8) 30 minute classes

Sections:

A:	Tuesday	7:00pm
B:	Wednesday	6:20pm
C:	Thursday	7:00pm
D:	Saturday	9:00am
E:	Saturday	9:00am
F:	Saturday	12:00pm

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 10 participants.

Date: Lessons begin the week of September 21st

Fee: \$115.00 for eight (8) 30 minute classes

Sections:

A:	Tuesday	7:00pm
B:	Thursday	7:00pm
C:	Tues. & Thurs.	7:00pm
		Fee: \$175.00
D:	Saturday:	10:20am

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.

Date: Lessons begin the week of September 21st

Fee: \$100.00 for eight (8) 30 minute classes

Day: Saturdays



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 fee must be paid and current ID card must be obtained before you can register for this program.**

Aquatics Programs

Spartans Swim Team

The Spartans Swim Team's goal is to build the most innovative youth sports program in the country, serving as a magnet program for the Village/Town of Ossining, its residents, and surrounding areas. Through year-long swim racing competitions including local recreation leagues, summer club leagues, Westchester County Championships (*The Counties*), and the pinnacle of amateur swimming competition—USA Swimming, the Spartans offer a unique development platform for athletes at all levels of swimming proficiency. The coaching staff are full-time, professional swim coaches, and include a close training and philosophical partnership with the Ossining High School Varsity Swim Teams.

The *Spartans Experience* is further enhanced by a parent-organized Booster Club which embraces the simple mission of "Happy Racers, Happy Parents!" The Spartans Swim Team Boosters add ground-breaking contributions to the team such as busing to and from every competition and the technological capacity to film every race of every swimmer for all to share, learn, and enjoy.

While the team has gained regional recognition for the competitive accomplishments of its swimmers in its short 6-year existence, its focus remains on developing the character, team contribution, and community pride in each of its athletes. The Spartans do their work in the pool for the lifelong benefit of learning how a proper mix of attitude, focus, practice, joy, and persistence are necessary to accomplish any goal they ever seek outside the pool.



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

Program Fee:

Resident: \$125.00 per month
Non-resident: \$145.00 per month

Try-outs begin Tuesday, September 1st from 4:30pm - 7:00pm.*

*Try-outs are ongoing throughout the year. Interested swimmers can visit the pool and inquire about scheduling a try-out with Coach Mike.

Fall 2015 Team Practice Times

Senior 3:00pm - 4:30pm
Junior 4:30pm - 5:45pm
Gold 4:30pm - 5:30pm
Silver 5:30pm - 6:15pm

OHS Girls Varsity Home Meets:

9/18, 9/30, 10/7, 10/16

Practice on above dates:

Senior/Junior - 6 to 7pm
Gold/Silver - No Practice

No Practice Dates:

9/7, 10/12, 11/11, 11/26-28



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

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

DANCE AND EXERCISE

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

ART CLASS

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

BOCCE FOR SENIORS

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

EXERCISE - Aerobics

Joseph G. Caputo Community Center
Wednesdays
Fee: \$35.00 Ongoing
Time: 11:00am - 12:00pm
Instructor: Carl Tucker

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.

BINGO

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

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
Ongoing
Time: 9:30 - 10:00am

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, obesity, arthritis and osteoporosis. Walking is relaxing and relieves tension.

RUOK – Free program

Phone calls are made from the Senior 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.

OSSINING GOLDEN AGE 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. Join this group every Tuesday for Bingo and to learn about upcoming trips and programs.



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 - 2015

1. PARTICIPANT INFORMATION:

Name (First/Last): _____

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

Parent/Guardian Name (First/Last): _____

Address: _____

Town/Village: _____ 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)

PLEASE NOTE: 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 \$: _____

3. RECREATION ID CARDS (*Complete and pay only if Rec ID needs to be updated*):

Valid/Updated Rec ID Cards are required for those registering for any department program. Rec ID Cards must be updated annually. Please check appropriate Rec ID cards, if needed:

2015 ID Card Fees:	RESIDENTS: Village & Unincorp. Town	Youth: \$7.00 _____	Adults: \$10.00 _____
	NON RESIDENT:	Youth: \$20.00 _____	Adults: \$45.00 _____
	ID Replacement Fee:	\$5.00 _____	

PLEASE NOTE: Program registration form and payment 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. I do hereby grant Ossining Recreation the right to use my or my child(s) photograph or image without my or my child's name, in conjunction with other persons or objects and presentations, advertising, publicity, and promotion relating thereto.

Signature: _____ Date: _____

FOR OFFICE USE ONLY:

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