

# Town of Orangetown

Office of Parks  
& Recreation



## Fall 2023 Recreation Program

**Supervisor:**

*Teresa M. Kenny*

**Town Board:**

*Jerry Bottari*

*Brian Donohue*

*Tom Diviny*

*Paul Valentine*

# *A Message from the Supervisor*

Another summer is behind us and, after so much rain and humidity, I am sure that you are looking forward to some cool, crisp autumn mornings. I encourage you to review the excellent range of recreational activities our Parks and Recreation Department has planned for the fall.

Whether you are looking forward to taking a hike in one of our amazing parks, snapping photographs of the fall foliage, playing pickleball at Veterans Memorial Park or just sitting on the sidelines and cheering on one of our local teams, our Parks and Recreation team is committed to ensuring that all Orangetown residents have the opportunity to experience physical and mental wellness through quality affordable recreation programming that is family friendly and of individual interest.

I am thankful for all the work our Parks and Recreation Department puts into this thoughtful array of activities that offers engaging programming for all ages. So, let's all set a personal goal to go out into our community this fall, meet new friends, and get some exercise.



Sincerely,  
**Teresa M. Kenny**  
*Town Supervisor*



**Office of Recreation and Parks**  
81 Hunt Road, Orangeburg, New York 10962  
Telephone: 845-359-6503  
845-359-5100, Ext. 2233  
Email: [recreation@orangetown.com](mailto:recreation@orangetown.com)  
[www.orangetown.com/recreation](http://www.orangetown.com/recreation)

**Aric T. Gorton, Superintendent**  
**David Torres, Senior Recreation Supervisor**

***When registering for a program with a credit card,  
your fee will include the service charge from your  
credit card provider.***

# Registration Policy

Registrations are conducted **ONLINE ONLY** via Community Pass at [register.communitypass.net/orangetownrec](https://register.communitypass.net/orangetownrec)

## On-Line Registration

First time registrants may visit [register.communitypass.net/orangetownrec](https://register.communitypass.net/orangetownrec) in order to create an account. If you're a resident and your address is showing as a non-resident, please contact the recreation office by email as soon as possible. The non-resident registration policy will still be in effect for non-resident households and they may only register 7 days prior to the start of the program. Registration begins on Monday, September 18th at 5:00pm. Our staff will be available by phone to assist with login/account issues only from 5:00pm to 6:30pm on Monday, September 18, 2023. **Due to the volume of phone inquiries, we do not accept walk in/phone registrations.**

Online registration will end 3 days prior to the start of a program, unless a program has filled up, to allow for program administration decisions.

**Refund Policy:** Refunds and transfers must be requested in writing by emailing [recreation@orangetown.com](mailto:recreation@orangetown.com) Refund requests must be submitted 5 business days prior to the start of a program. Afterwards, refunds will be considered only for medical purposes upon presentation of a physician's certificate, except in cases where a program is canceled by the Office of Recreation and Parks. Staff will review the requests on Tuesday, September 19 and answer them in the order they were received.

## Wait Lists

If an individual withdraws their registration from a program that has filled up, an email will be sent to the first individual on the wait list, inviting them to join the class. Please check your email regularly for any emails regarding our programs.

## Cancellation/Postponement Notifications

Programs, dates and times are subject to change. Make ups for weather cancellations will also be communicated via email. **Cancellations.com has discontinued service.** Please make sure to opt into email "Alerts" and texts on Community Pass to ensure you receive cancellation/postponement notices. Marketing emails will be sent only to those opted into "General Info".

## Non-Resident Policy

1. Non-resident registration will be accepted no earlier than 7 days prior to the start of a program, provided there is availability.
2. Non-residents will be admitted on a restricted basis and only after Orangetown residents have had sufficient time to register.
3. Not all programs allow for Non-Resident participation.
4. Non-Residents are required to pay an additional 25% of the program fee.

Upcoming events, information and program announcements are now available on Facebook and Instagram. Follow us @orangetownrecreation.



# Youth Programs

## BASKETBALL CLINICS

In this program, we emphasize a fundamental-based and informative environment, while instructing your child through various skill development drills, friendly competitions, and game-like scrimmages. All participants will be grouped by skill level and proper competitive balance to allow your child to continue to develop as a basketball player. This program is great for both new and experienced players!

Veterans Memorial Park  
Basketball Courts

Fee: \$85.00

Tuesdays,  
September 26 – November 7 (6 Classes)



(20 Spots Available)  
(20 Spots Available)  
(20 Spots Available)

Grades K – 2                    4:30pm – 5:30pm  
Grades 3 – 5                    5:30pm – 6:30pm  
Grades 6 – 8                    6:30pm – 7:30pm  
(No Class October 31 – Halloween)

## COMIC BOOK SCHOOL

Want to see how comics are made? This introduction to comic book creation will give a hands-on experience at how it's done. Each day you will learn about the different stages of creating a comic, and see exactly how the big Super Hero comics are made. You will get to come up with your own original story with the help of a professional comic book editor and writer. Each new comic creator will develop their own story and learn how to take it from an idea to reality. The course will cover how to write a story, the creation of characters, and even some drawing tips. The advanced beginner class will build off of the lessons already learned in previous sessions.

Grades: 3- 6

Greenbush Office Complex

Fee: \$60.00

Saturdays,  
September 30 – November 4 (6 Classes)

New Students  
Returning Students

(8 Spots Available)  
(8 Spots Available)

9:00am – 10:15am  
10:30am – 11:45pm



## CRAFTY CREATIONS PRE-K & KINDERGARTEN

An artistic class that will use painting, sewing, tie-dye, beads and recycled products to create new and exciting projects.

Agess 4 - 5

Greenbush Auditorium

Fee: \$50.00

Saturdays,  
September 30 - November 4 (6 Classes)

(10 Spots Available)

10:00am – 11:00am

## CRAFTY CREATIONS

An artistic class that will use painting, sewing, tie-dye, beads and recycled products to create new and exciting projects.

Grades 1 - 4

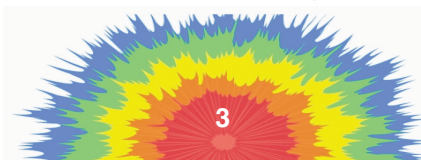
Greenbush Office Complex

Fee: \$50.00

Fridays,  
September 29 – November 3 (6 Classes)

(12 Spots Available)  
(12 Spots Available)

4:45pm – 5:45pm  
6:00pm – 7:00pm





## LITTLE DRAGONS MARTIAL ARTS

Our Little Dragons Martial Arts Program is an exciting, innovative system that provides a friendly, fun learning experience for children. The kids will begin to learn the fundamentals of Martial Arts such as Stances, Blocks, Punches and Kicks as well as other important aspects of Martial Arts and life in general such as: Focus, Teamwork, Self Control, Memory, Balance, Discipline, Fitness, Coordination and Respect. Includes full uniform.

**Academy for Martial Arts, \$105.00 Per Session (Includes Uniform) Ages 3 - 5**  
**8 Orangeburg Shopping Center, Orangeburg** **Wednesdays & Fridays**

**5:00pm – 5:30pm**

**Session 1: (10 Spots Available)**

**October 4 – November 3 (10 Classes)**

**Session 2: (10 Spots Available)**

**November 8 – December 13 (10 Classes)**

**(no class November 24)**

## KIDS KICKBOXING & SELF DEFENSE

A confident child is a happier child. In this self-defense program, we empower your child to build levelheaded confidence. They will learn verbal strategies to stand up for themselves in today's world a child's confidence is one of the most important contributors to their academic success and a balanced social / emotional development. Our self-defense program, empowers your child to build levelheaded confidence. They will learn- Leverage-based control holds that can be used to neutralize threats without the use of violence - Upper and Lower body coordination building techniques and combinations. The structure of the program is based on seeing the technique by (Demonstration), listening to specific instructions (Explanation), performing the techniques step by step, while listening to, and repeating the instructions (Programming), executing the techniques in a safe cooperative environment (Training), and repeating & conditioning the techniques (Habituating). Includes full uniform.

**Ages: 6 - 12**

**Academy for Martial Arts, \$105.00 Per Session (Includes Uniform)**  
**8 Orangeburg Shopping Center, Orangeburg**  
**(15 Spots Available)**

**Mondays,**  
**October 2 – December 4 (10 Classes)**

**5:30pm – 6:30pm**

## MARTIAL ARTS FOR CHILDREN

Thomas Clifford's Martial Arts of Pearl River is offering a Beginner Course for kids that combines the fundamentals of Karate and Jiu-Jitsu. This program is perfect for building key foundational athletic attributes such as agility, balance, and coordination. More importantly, your child will develop a stronger memory and longer attention span. Finally, we reinforce the value of the A, B, C's attitude, behavior, and character. Martial Arts is great for children and they absolutely love it. That's a unique combination. A FREE full uniform will be included at the first class.

**Grades: 1 - 5**

**Thomas Clifford's Martial Arts, Pearl River**

**Fee: \$80.00 (Includes Uniform)**

**(12 Spots Available)**

**Thursdays, September 28 – October 19 (4 Classes)**

**6:30pm – 7:15pm**

**(12 Spots Available)**

**Saturdays, September 30 - October 21 (4 Classes)**

**8:45am – 9:30am**



## KINDERKICK KARATE



This pre-Karate program will develop greater coordination, teach fundamental Karate skills, and give your child a great head start for other structured activities, in a fun and fascinating environment. **A complete Karate uniform is included at no additional cost.**

**Ages 4 - 6**

**Thomas Clifford's Martial Arts, Pearl River**  
**(12 Spots Available)**

**Fee: \$80.00**

**Saturdays,**  
**September 30 – October 21 (4 Classes)**  
**9:30am – 10:00am**



## KID'S CIRCUIT CLUB

This class will give your child an introduction to electronic circuits. We will create real electronic circuits and devices using snap circuits to do projects that encourage educational play and teach children about electricity.

**Grades: 2 - 4**

**Greenbush Office Complex**  
**(8 Spots Available)**

**Wednesdays, October 4 – November 8 (6 Classes)**  
**Fee: \$60.00 per session**  
**4:45pm – 5:45pm**



## YOUTH TENNIS CLASSES

Tennis instruction will be offered for boys and girls in grades 1st to 8th. Instruction will be offered under the direction of All Pro Tennis.

**Independence Park Tennis Courts**  
**Instructor: All Pro Tennis**  
**(10 Spots Available)**  
**(10 Spots Available)**  
**(10 Spots Available)**

**Fee: \$95.00 per session**  
**Grades 1 - 2**  
**Grades 3 - 5**  
**Grades 6 - 8**

**Tuesdays:**  
**September 26 - October 24 (5 Classes)**  
**4:30pm – 5:30pm**  
**5:30pm – 6:30pm**  
**6:30pm – 7:30pm**

## KIDS SEWING



If you love clothes or want to be a fashion designer this is the place to be. If you just love sewing you will want to join this class! All materials are supplied and sewing machines are provided for use. By the end of this class, students will have proficiency in working with sewing patterns and working with a sewing machine. What could be better! **Ages: 8 - 14**

**Greenbush Office Complex,**  
**Instructor: Vivian Burns**  
**(12 Spots Available)**

**Fee: \$125.00**

**Mondays,**  
**October 2 – November 13 (6 Classes)**  
**4:30pm – 6:30pm**  
**(No Class October 9)**



## YOGA

This class will take place in shaded area around the pond, just past the playground.

**Veterans Memorial Park**  
**Grades K - 1 (10 Spots Available)**  
**Grades 2 - 3 (10 Spots Available)**

**Fee: \$45.00**

**Thursdays,**  
**September 28 – October 26 (4 Classes)**  
**4:00pm – 4:45pm**  
**5:00pm – 5:45pm**  
**(No Class - October 12)**



# Kids on Wheels

LET'S GET ROLLING!!!! Join Joel's experienced, kid-friendly coaches for a FANTASTIC season of Inline Skating and Skateboarding. Why not stay for both classes and learn two sports! Participants must provide their own equipment for the two programs listed below. If you need help purchasing equipment, please contact the Recreation Office at 845-359-6503.



## A LEARN TO IN-LINE SKATE PROGRAM

Every week the young athletes will learn a new skating skill (from basic balance, stopping, turns, backwards and more). They will also play a variety of roller sports including roller hockey & skate soccer and have terrific fun on wheels. Great for all levels of skaters. Minimum of 8 participants is required for class to be held.

**Grades 1 - 5**

**Veterans Memorial Park In-Line Rink**  
**(12 Spots Available)**

**Fee: \$120.00**

**Thursdays,**  
**September 28 – November 2**  
**(6 Classes)**

**5:30pm – 6:30pm**



## SKATEBOARDING PROGRAM

Whether you already know how to do an 'Ollie' or want to get started with skateboarding, this program is for you. Learn and enjoy the basics through advanced moves on a board. From push-offs to fakies, this safe and awesome program will thrill you. Minimum of 8 participants is required for class to be held.

**Grades 1 - 5**

**Veterans Memorial Park In-Line Rink**  
**(12 Spots Available)**

**Fee: \$120.00**

**Thursdays,**  
**September 28 – November 2**  
**(6 Classes)**

**4:30pm – 5:30pm**



# Youth Gymnastics, Dance, and Aerobatics

## GYMNASTICS

This program will emphasize the basic gymnastic movements. Each child will participate in fitness and training exercises that will increase their strength, flexibility & coordination. Classes will include tumbling, stretching, obstacle courses and much more. **This is a drop off class.**

**Galaxy Gymnastics**  
(16 Spots Available)

**Fee: \$145.00 per session**

**Ages 3 - 4**

**Fridays, October 6 – December 1 (8 Classes)**

**1:00pm – 2:00pm**

**(No Class November 24)**



## KIDS ZUMBA



Learn Latin styles, Hip Hop and other rhythms from around the world in this class! ZFit Kids is perfect for kids to get active and jam out to their favorite music. Classes feature kid-friendly routines. We break down the steps, add games, and activities into the class structure.

**ZFit Studio Pearl River**  
(20 Spots Available)

**Fee: \$90.00**

**Ages 7 - 11**

**Wednesdays, September 27 – October 25 (5 Classes)**

**6:30pm – 7:15pm**

## DANCE WITH ME

Songs & exercises based on acrobatic/tumbling fundamentals – specifically designed for this age group, incorporating coordination skills and rhythm exercises. The class time includes a floor stretch, parent-child activities, sing-a-longs, relay race (motor skills), and obstacle course (including balance beam and trampoline)

**Ages 1 - 2**

**Dance Central**  
(8 Spots Available)

**Fee: \$125.00 per session**

**Tuesday Session,**

**October 10 – November 28 (8 Classes)**

**9:30am – 10:15am**

## TWIRLING TOTS

This unique class combines ballet basics, coordination skills, rhythm exercises and fantasy dancing. We incorporate props and use lots of imagery in this class to inspire our little dancers to be creative with their movement. This is a drop-off class.

**Dance Central**

**Fee: \$125.00 per session**

**Ages: 2 - 3**

**(No Classes November 23, 24, & 25)**

**Thursday Session:**  
(8 Spots Available)

**October 12 – December 7 (8 Classes)**

**9:45am – 10:30am**

**Friday Session:**  
(8 Spots Available)

**October 13 – December 8 (8 Classes)**

**9:15am – 10:00am**

**Saturday Session:**  
(8 Spots Available)

**October 14 – December 9 (8 Classes)**

**10:00am – 10:45am**





## INTRO TO DANCE

This unique class combines ballet basics, coordination skills and rhythm exercises. This class is designed to teach our young dancers the basic steps and terminology of ballet, which is the basis of all other forms of dance.

Dance Central

Fee: \$125.00 per session

Ages 3 - 4

Tuesday Session  
(8 Spots Available)

October 10 – November 28 (8 Classes)  
10:15am – 11:00am

Thursday Session:  
(8 Spots Available)

October 12 – December 7 (8 Classes)  
10:30am – 11:15am  
(No Class – Thursday, November 23)



## HIP HOP DANCE



The class focuses on rhythm, musicality and basic footwork. It is a great way to get kids moving and having fun! These classes teach the fundamentals of hip hop movement. After warming up with isolations and stretching, using popular music, the class will then move across the floor to work on rhythm, upper body strength and funky footwork. Classes will end with a fun combination that will leave the students energized.

Dance Central

Fee: \$125.00 per session

Ages 3 - 5

(8 Spots Available)

Thursdays, October 12 - December 7 (8 Classes)  
3:15pm – 4:00pm  
(No Class – Thursday, November 23)

## ACROBATICS/TUMBLING

Learn basic floor tumbling skills. Stretching and across the floor work on forward rolls, cartwheels, round offs and other variations.

Dance Central

Fee: \$125.00 per session

Thursday Session, Ages 6 - 10  
(8 Spots Available)

October 12 – December 7 (8 Classes)  
5:00pm – 5:45pm  
(No Class November 23)

Saturday Session, Ages 3 - 4  
(8 Spots Available)

October 14 – December 9 (8 Classes)  
10:30am – 11:15am  
(No Class November 25)

Sunday Session, Ages 3 - 4  
(8 Spots Available)

October 15 - December 10 (8 Classes)  
9:45am – 10:30am  
(No Class November 26)





### **MULTI-SPORT TOTS**

A development program for kids that uses a variety of fun games to engage kids while exposing them to a variety of different sports. The goal is to build coordination and fundamentals while fostering a love of athletics.

**Ages 3 - 4**

**Veterans Memorial Park  
(10 Spots Available)**

**Fee \$89.00**

**Wednesdays,  
September 27 - November 1 (6 Classes)  
3:45pm – 4:30pm**

### **MINI-HAWK (BASEBALL, BASKETBALL AND SOCCER)**

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, athletes explore balance, hand/eye coordination and skill development at their own pace.

**Grades K - 2**

**Veterans Memorial Park  
(24 Spots Available)**

**Fee: \$95.00**

**Wednesdays,  
September 27 – November 1 (6 Classes)  
4:45pm – 5:45pm**

### **MULTI-SPORTS**

This program is designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more.

**Grades 3 - 5**

**Veterans Memorial Park  
(24 Spots Available)**

**Fee: \$95.00**

**Wednesdays,  
September 27 – November 1 (6 Classes)  
6:00pm – 7:00pm**



## TRACK & FIELD

Skyhawks Track & Field was developed to introduce young athletes to a sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety while keeping a major focus on fun! Using special equipment, our staff teach the standard track & field events: long distance, sprints, soft hurdles, relays, shot put, discus and javeline. Our exercises and drills prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program.

Veterans Memorial Park

Fee: \$95.00

Thursdays,

September 28 - November 2 (6 Classes)

(20 Spots Available) Grades K - 2

4:45pm - 5:45pm

(20 Spots Available) Grades 3 - 5

6:00pm - 7:00pm



## VOLLEYBALL

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it together into one fun-filled clinic. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player and will incorporate essential life lessons such as teamwork and sportsmanship. Our volleyball staff will assist each athlete in developing fundamental skills of the game through game-speed drills and daily scrimmages aimed at developing the whole player.

Grades 5 - 7

Veterans Memorial Park

Fee: \$129.00

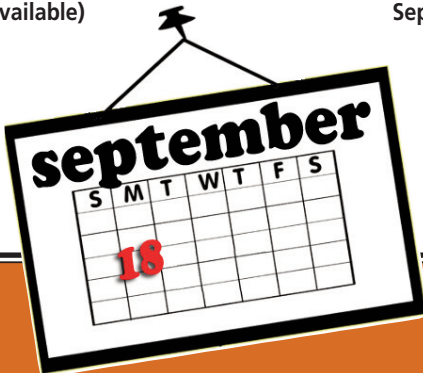
Tuesdays,

September 26 - November 7 (6 Classes)

(20 Spots Available)

5:30pm - 7:00pm

(No Class October 31 - Halloween)



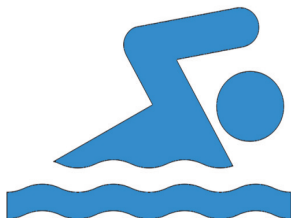
## REGISTRATION REMINDER:

Online registration will end 3 days prior to the start of a program, unless a program has filled up, to allow for program administration decisions. Don't wait to register, your program might fill up or could be canceled due to lack of registrants



# Swim Programs

Swimming programs will take place at the SOUTH ORANGETOWN MIDDLE SCHOOL, Erie St., Blauvelt. Staff are American Red Cross Certified Lifeguards and swim lesson teachers are Water Safety Instructors. **The pool will close November 22 - 26 for Thanksgiving.**



## LITTLE TYKE SWIM LESSONS

This program will help 3 year old children develop a comfort level in and around water and the readiness to learn to swim. This class will provide information and techniques for parents to orient children to water and to learn how to safely supervise water activities. **Each child must be accompanied in the water by an adult.** Only the adult entering the water to participate in this program will be permitted in the pool area. Children in diapers will not be accepted into the class.

South Orangetown Middle School Pool	Fee: \$70.00 per session	Saturdays
	September 30 – December 9 (10 Classes)	
Age 3	(no class November 25)	
(10 Spots Available)		9:00am – 9:30am
(10 Spots Available)		9:45am – 10:15am

## PARENT CHILD SWIM INSTRUCTION

For beginner swimmers ages four (4) and five (5) years of age. **Each child must be accompanied in the water by an adult.** Only the adult entering the water to participate in this program will be permitted in the pool area. A limited number of openings will be available in each section. Registrants may participate in one session only.

South Orangetown Middle School Pool	Fee: 70.00 per session	Saturdays
Fall Session:	September 30 - December 9 (10 Classes)	
Ages 4 - 5	(no class November 25)	
(10 Spots Available)		10:30am – 11:00am
(10 Spots Available)		11:00am – 11:30am
(10 Spots Available)		11:45am – 12:15pm
(10 Spots Available)		12:30pm – 1:00pm



### SATURDAY SWIM INSTRUCTION

For ages six (6) and over. This program will include all American Red Cross Learn to Swim levels. **This is a drop off class. Parents and family members are not permitted in the pool area during classes.** Children four or five years of age must provide this office with a copy of a parent/child certification card in order to be placed in an all level class. Four and five year olds that have not participated in our program must register for Parent/Child classes in order to be tested for placement in this section. Children may be transferred to a different section only at the discretion of the Aquatics Director.

<b>South Orangetown Middle School Pool</b>	<b>Fee: \$70.00 per session</b>	<b>Saturdays</b>
<b>Ages 6 and over</b>	<b>September 30 - December 9 (10 Classes)</b>	
		(no class November 25)
(15 Spots Available)		<b>11:00am – 11:30am</b>
(15 Spots Available)		<b>11:45am – 12:15pm</b>
(15 Spots Available)		<b>12:30pm – 1:00pm</b>



### FAMILY RECREATIONAL SWIMMING

This year round program runs during our 3 seasons on a regular basis and provides recreational swimming for children and adults. Children under 10 years of age and non-swimmers must be accompanied by an adult.

<b>South Orangetown Middle School Pool</b>	<b>Fridays: 7:00pm – 9:00pm</b>
	<b>Saturdays: 1:15pm – 3:15pm</b>
<b>Fall Session:</b>	<b>September 29 – December 15, 2023</b>
	(pool closed November 24 & 25)

<b>Family Passes:</b>	
<b>For the remainder of 2023</b>	<b>\$45.00</b>
<b>Individual Passes:</b>	
<b>Ages 19 and over</b> (this is an individual pass)	<b>\$25.00</b>
<b>Under 19 years of age</b> (this is an individual pass)	<b>\$10.00</b>
<b>Seniors 60 &amp; over</b> (proof of age will be required)	<b>No Fee</b>



Passes for 2024 only available after December 13, 2023  
More information to be included in the winter brochure available in December.



# Adult Swim Programs

## ADULT CO-ED SWIM

A year round program (when programs are in session) of adult co-ed recreational and lap swimming will be held on Tuesday, Wednesday and Thursday evenings. This program is open to Orangetown residents 18 years of age and older.

South Orangetown Middle School Pool

Tuesdays, Wednesdays & Thursdays

September 26 – December 21

(Pool Closed November 22 & 23)

For remainder of 2023

Fee: \$55.00

7:30pm – 9:00pm

Senior Citizens 60+

No charge

New pass required for 2024.

Passes for 2024 only available after December 13, 2023.

More information to be included in the winter brochure available in December



## ADULT SWIM INSTRUCTION

Instructional swim lessons for adults interested in learning how to swim.

South Orangetown Middle School Pool

Fee: \$60.00 per session

Mondays & Wednesdays

Session 1: (6 Spots Available)

October 2 – November 6 (10 Classes)

6:45pm – 7:15pm

(No Class October 9)

Session 2: (6 Spots Available)

November 13 – December 18 (10 Classes)

6:45pm – 7:15pm

(No Class November 22)



## AQUAROBICS

This fitness class is a pleasant alternative to land exercise and uses water resistance to cushion muscles and joints.

South Orangetown Middle School Pool

Fee: \$50.00 per session

Mondays & Wednesdays

7:15pm – 8:00pm

Session 1: (20 Spots Available)

October 2 – November 6 (10 Classes)

(no class October 9)

Session 2: (6 Spots Available)

November 13 – December 18 (10 Classes)

(no class November 22)

# Adult Programs

## ORANGETOWN WALKING CLUB

As we age, muscles become shorter and lose their elasticity. Stretching and walking is an excellent way to relax and relieve tension. It becomes very important for adults and seniors to maintain range of motion and the ability to move all joints normally during your daily activities. This program will make use of the ½ mile track around the Orangetown Soccer Complex and will meet from time to time at other sites such as the Joe Clarke Rail Trail to introduce students to other venues in town.

**Orangetown Soccer Complex Clubhouse  
& other various sites**

**Free with pre-registration  
Wednesdays, September 27 – December 6  
(11 Classes)  
10:00am – 11:00am**



## FITNESS KICKBOXING

Thomas Clifford's Martial Arts of Pearl River is offering a Kickboxing program designed to safely get you into the best shape of your life. You will learn all of the essential strikes of Kickboxing; punches, kicks, elbows, and knees, in a structured and supportive environment. Every move you learn is great for self-defense! You will practice your skills on soft, padded equipment, with your own pair of protective gloves. Kickboxing is a fun, fascinating, and fulfilling way to get fit and stay healthy.

**Thomas Clifford's Martial Arts, Pearl River**

**Fee: \$80.00 per session**

**Thursdays, September 28 - October 19 (4 Classes)**

**7:15pm – 8:00pm**

**Sundays, October 1 - October 22 (4 Classes)**

**8:45am – 9:30am**



## ADULT SEWING

This class is for adults wanting to learn to sew clothing as well as someone who wants a refresher course. Students will be taught how to read and fit a commercial sewing pattern and construct a garment of their choice. Sewing machines will be provided for use or you can bring your own. All details for choosing a pattern and fabric will be discussed during the first class so it is NOT necessary to bring materials for the first class. Students will need to purchase fabric and other materials needed to complete their projects

**Greenbush Office Complex  
Instructor: Vivian Burns  
(15 Spots Available)**

**Fee: \$90.00**

**Mondays,  
October 2 – November 27 (8 Classes)**

**7:00pm – 8:30pm  
(No Class October 9)**





## TENNIS DRILL & PLAY

Get a chance to play matches against other players at your ability level and learn match strategy from a USPTA professional in a supervised setting. Beginner to Advanced Beginner – The goal of the class is to introduce the game with an emphasis on fundamentals, technique, and FUN! This class requires the ability to serve as it is game based.

Independence Park Tennis Courts  
Instructor: All Pro Tennis  
(10 Spots Available)

Fee: \$95.00

Tuesdays,  
September 26 – October 24 (5 Classes)  
7:30pm – 8:30pm



## ZUMBA



Zumba fitness classes combine low and high intensity movements for an interval-style, calorie burning fitness dance party that are perfect for everybody! Classes utilize Latin rhythms and other world rhythms to create a total body workout class that provides an uplifting group exercise experience. Zumba blends all elements of fitness- cardio and conditioning, balance and flexibility and a feel-good vibe that does not end!

ZFit Studio Pearl River  
(15 Spots Available)

Fee: \$90.00

Thursdays,  
September 28 – October 26 (5 Classes)  
6:30pm – 7:30pm



# ORANGETOWN MEN'S SLOW-BREAK BASKETBALL LEAGUE



Looking for a way back on the court? Join Orangetown Recreation's weeknight Slow-Break Basketball League for it's 52<sup>nd</sup> year!

We are now offering a 5v5 Men's League and **NEW 3v3 Co-Ed League!**

No matter your competitive level, we have a division for you! Register your team by Monday, October 9<sup>th</sup>, 2023. A League Zoom call will be held for registered teams.

For interested teams, please send an email with your contact information to the email below. Individuals may also request to be added to a list of "Free Agents". Games will be played Tuesdays - Thursdays in the Pearl River High School gym.



For more information please call 845-359-6503  
or email us at [recreation@orangetown.com](mailto:recreation@orangetown.com)







## PICKLEBALL FOR BEGINNERS

Pickleball is a blend of tennis, badminton and ping pong. Pickleball is a great way to meet new people and play a game that is right for a variety of skill levels and ages. It is a fun, easy sport to learn! Come swing a paddle with us and enjoy one of the fastest growing sports in America. This class is suggested for beginner players and will teach the fundamentals of Pickleball and allow for group play.

Veterans Memorial Park Pickleball Courts  
Instructor: Ed Bogin

Fee: \$80.00 per session

Monday PM Session (10 Spots Available)

October 16 - November 6 (4 Classes)  
6:30pm – 8:30pm

Thursday AM Session (10 Spots Available)

October 5 - October 26 (4 Classes)  
11:00am – 1:00pm

Friday AM Session (10 Spots Available)

September 29 – October 20 (4 Classes)  
11:00am – 1:00pm

Friday PM Session (10 Spots Available)

September 29 – October 20 (4 Classes)  
6:30pm – 8:30pm



## INTERMEDIATE PICKLEBALL CLASSES

For the seasoned player who is adept at making all the basic skill shots in the game and wants to take their game to the next level. This class continues to build on good execution of all the basic shots, and teaches more advanced skills in each area of the game. Class also includes guided play with the instructor to teach and reinforce good shot selections and court positioning as you play. Limited space available.

Veterans Memorial Park Pickleball Courts  
Instructor: Premier Pickleball  
(10 Spots Available)  
(10 Spots Available)

Fee: \$90.00  
September 27 – October 18 (4 Classes)

Wednesdays,  
4:30pm – 6:00pm  
6:00pm – 7:30pm



## ADVANCED INTERMEDIATE PICKLEBALL CLASSES

The next step after our Intermediate Pickleball classes. Advancing from the concepts taught there, registrants must have taken the Intermediate Pickleball Class prior to this class.

Veterans Memorial Park Pickleball Courts  
Instructor: Premier Pickleball  
(10 Spots Available)  
(10 Spots Available)

Fee: \$90.00  
September 28 – October 19 (4 Classes)

Thursdays,  
4:30pm – 6:00pm  
6:00pm – 7:30pm



## PICKLEBALL GROUP PLAY FOR ALL

This program is for players who are familiar with the rules of Pickleball and have transitioned into unguided group play. Pickleball is a great way to meet new people and play a game that is right for a variety of skill levels and ages. Our staff will provide pickleballs and paddles for those who need them.

**Veterans Memorial Park Pickleball Courts**      **Fee: \$35.00 per session**      (4 Classes)

Monday AM Session (12 Spots Available)

**Mondays, October 2 – October 30**  
(Off Monday, October 9 - Columbus Day)  
**10:00am – 11:30am**

Tuesday PM Session (12 Spots Available)

**Tuesdays, September 26 – October 17**  
**6:30pm – 8:00pm**

Wednesday AM Session (12 Spots Available)

**Wednesdays, September 27 – October 18**  
**10:00am – 11:30am**



## *On the Horizon*

### ORANGETOWN SANTA CLAUS 5K ROAD RACE

The 32nd Annual Santa Claus 5K run and kids races will be held on Sunday, December 10 at 10:30am. The race will begin and end in Veterans Memorial Park in Orangeburg. For additional information visit [orangetown.com/recreation](http://orangetown.com/recreation) after October 1st.

### GOLF IN ORANGETOWN

Both Blue Hill and Broadacres Golf Courses are open for business. Services related to Golf Operations are now handled through the respective Pro Shops at Blue Hill Golf Course and Broadacres Golf Course. Annual Golf Permit sales are available at the Blue Hill Golf Course Pro Shop only. For tee times and other course specific information please contact the Pro Shops at: Blue Hill Golf Course: 845-735-2094 or Broadacres: 845-359-8218.

When registering for a program with a credit card,  
your fee will include the service charge from your credit card provider.

