

Freeport Recreation Center



INC. VILLAGE OF FREEPORT
130 East Merrick Road
Freeport, NY 11520
(516) 377-2314 FAX (516) 377-2318
www.freeportny.gov



Fall Registration

September 2016

Freeport Residents:
Saturday, September 17th
8:00AM-11:00AM

Non-Residents:
Sunday, September 18th
8:00AM-11:00AM

Winter Registration

January 2017

Freeport Residents:
Saturday, January 7th
8:00AM-11:00AM

Non-Residents:
Sunday, January 8th
8:00AM-11:00AM



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Freeport Recreation Center.

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fun things we have to offer!

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Hours of Operation

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

Saturday & Sunday: Swimming pool opens at 10am.
 (**ALL activities end 1/2 hr before closing)

Plans and Activity Cards may be purchased Monday-Friday 9am-8pm
 Saturday & Sunday 10am-4pm

Village Holidays

CLOSED ALL DAY

EARLY CLOSING (5PM)

Labor Day	M L K Jr. Day	Columbus Day	Christmas Eve (3PM closing)
Thanksgiving	President's Day	Veteran's Day	New Year's Eve (3PM closing)
Christmas Day	Easter Sunday	Thanksgiving Eve	Good Friday
Day After Christmas	Memorial Day	Day After Thanksgiving	
New Year's Day	Fourth of July	Mother's and Father's Day - 2pm closing	

Plans

	RESIDENT	NON-RESIDENT
INDIVIDUAL		
12 Month	\$230	\$320
*6 Month	\$140	\$200
Summer	\$117	\$163
SENIOR (60)		
12 Month	\$180	\$245
*6 Month	\$110	\$150
Summer	\$93	\$125
CHILD		
12 Month	\$205	\$280
*6 Month	\$125	\$170
Summer	\$105	\$142
COUPLE		
12 Month	\$410	\$510
*6 Month	\$250	\$310
Summer	\$210	\$260
FAMILY		
12 Month	\$475	\$660
*6 Month	\$290	\$400
Summer	\$242	\$335

Daily Admission

	RESIDENT	NON-RESIDENT
ADULT	\$6	ADULT \$10
CHILD OR SENIOR	\$4	CHILD/ SENIOR OR HANDI-CAPPED \$8
ONE DAY PASS WITHOUT CARD	\$10	ONE DAY PASS WITHOUT CARD \$12

SUMMER MEMBERSHIPS ARE AVAILABLE FROM MEMORIAL DAY THROUGH LABOR DAY.

ACTIVITY CARDS:

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

NON-RESIDENTS \$10.00 AGES 3 & UP

- SENIOR: 60 & OVER
- FAMILY PLAN: SPOUSES AND CHILDREN 21 YEARS OLD & YOUNGER, UNMARRIED, LIVING AT THE SAME RESIDENCE
- COUPLE: TWO ADULTS LIVING IN THE SAME RESIDENCE.
- CREDIT /DEBIT CARD TRANSACTIONS WILL BE CHARGED A FEE (2.5%) BY THE PROCESSING BANK.
- VISA AND MASTERCARD ACCEPTED.

ALL PATRONS MUST HOLD A CURRENT ACTIVITY CARD
THERE ARE NO REFUNDS, CREDITS OR PRO-RATES
PROGRAMS AND FEES SUBJECT TO CHANGE

CHILDRENS PROGRAMS

***UNLESS NOTED, ALL CHILDREN'S PROGRAMS ARE 8 WEEK SESSIONS**

BASKETBALL

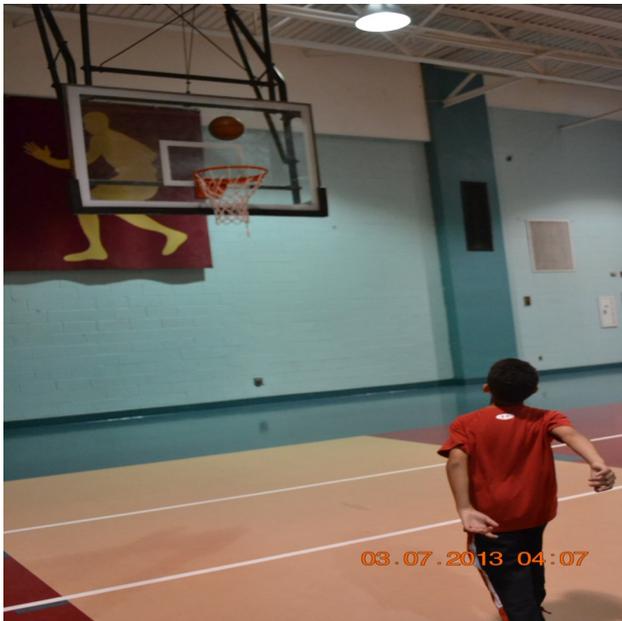
This clinic will include dribbling, passing, shooting, footwork and scrimmages.

Tuesdays 6:00-7:00PM Grades 1st-3rd
7:00-8:00PM Grades 4th-6th

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: Tuesday, September 27

WINTER START DATE: Tuesday, January 17



ACTING 101 3rd-8th grade

Learn how to read a script, do improv, prepare for auditions. Also, includes acting games, and an all around fun time!!

Wednesdays 5:45-6:30PM

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: Wednesday, September 28

WINTER START DATE: Wednesday, January 18

BROADWAY & YOU 3rd-8th grade 2 hr. class

A musical production for children who like to act, sing and dance. This is a 24 week session.

Fridays 5:00-7:00PM

FEE: Res. \$225 Non-Res. \$250

START DATE: Friday, September 30

***Additional costume and supplies fee will apply.**

BROADWAY & YOU JUNIOR

K-2nd grade

An introduction to Broadway & You. The children will learn to act, sing and dance.

Wednesdays 4:30-5:30PM

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: Wednesday, September 28

WINTER START DATE: Wednesday, January 18

CRAFTS AND CREATIVITY

Saturdays Ages: 4yrs-5yrs:10:15-11:00AM
6-8yrs: 11:30AM-12:15PM

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: Saturday, September 24

WINTER START DATE: Saturday, January 14



DANCE: Saturday morning classes!

Basic Ballet	Age 4-5 yrs	9:30-10:15AM
Ballet/Tap Combo	Age 6-8yrs	10:15-11:30AM
Tap/Jazz Combo	Age 9-11yrs	11:30-12:45PM

Registration for this program is one time only. This program
Consists of a 20 week session with a performance at the end.

FEE: Basic Ballet Res. \$135 Non-Res. \$160
Ballet/Tap & Tap/Jazz: Res. \$160 Non-Res. \$185

START DATE: Saturday, September 24

Dance Instruction by Ms. Erin Drennan, an American Ballet Theatre® Certified Teacher, Pre-Primary through Level 3 of the ABT® National Training Curriculum. Ms. Erin is also a Project Plié Partner Teacher, an initiative founded by ABT® in 2013 to increase diversity in the art form of classical ballet through community outreach and education.



GYM PROGRAM

Fun with concentration on fitness, developmental exercises, sports, & games.

Tuesdays: 4:00-5:00PM Ages: 4-6 yrs

FEE: Res. \$45 Non-Res \$60

FALL START DATE: Tuesday, September 27

WINTER STAR DATE: Tuesday, January 17

FENCING

Skills & fundamentals taught with opportunity to compete. Equipment provided.

Ages 9 & up

Saturdays Beginners: 9:45-10:30AM
Intermediate: 9:00-9:45AM

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: Saturday, September 24

WINTER START DATE: Saturday, January 14



KARATE Designed to teach basic concepts of self defense

Ages: 5yrs & up **FEE TO BE PAID BI-MONTHLY (EVERY 2 MONTHS)**

Level/class will be determined by the instructor.

Tuesday & Friday: 5 –7 yrs 5:00-6:00PM, 7 - 9 yrs 6:00-7:00PM, 9yrs & up 7:00-8:00PM
Tues./Fri. Fee: Res. \$170 Non-Res. \$200

Wednesday: 5 – 7 yrs 5:00-6:00PM, 7 - 9 yrs 6:00-7:00PM, 9yrs & up 7:00-8:00PM
Wednesday Fees: Res. \$85 Non-Res. \$100

Payments due September 1st, November 1st, January 1st, March 1st & May 1st
***Please note that this is an on-going 12 month program. Summer schedule TBD.**

KIDS YOGA

Ages 5 to 9 years old

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

Wednesdays: 5:00-6:00PM

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

FALL START DATES: Wednesday, September 28

WINTER START DATES: Wednesday, January 18

Kids Zumba

Ages 8 to 12 years old

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

Tuesdays: 4:00-5:00PM

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

FALL START DATE: Tuesday, September 27

WINTER START DATE: Tuesday, January 17

MOM & TOT

Ages 1 1/2 to 2 1/2yrs.

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

Saturdays: 10:30—11:15AM

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: Saturday, September 24

WINTER START DATE: Saturday, January 14

QUICK START TENNIS

**Ages 6 to 11 years old
Boys and Girls**

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

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

FEE: Res. \$45 Non-Res. \$60

FALL START DATE: Monday, September 26

WINTER START DATE: Monday, January 23

SWIM LESSONS

SWIM LESSONS

Saturdays: 10 WEEK SESSION

FEE: Resident \$85 Non-Res. \$125

FALL START DATE: Saturday, September 24

WINTER START DATE: Saturday, January 14

Level A - Parent & Child Aquatics 8:30-9:00AM OR 9:15-9:45AM
Ages 6months-5yrs

Parent accompanies child in water; includes water adjustment front and back floating, breath control, water exit.

Levels 1-5 are ages 6 and up

Level 1 - Introduction to water skills 8:30-9:00AM OR 9:30-10:00AM

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

Level 2 - Fundamental Aquatic skills 8:30-9:00AM

Skills include breath control, buoyancy on front and back, swimming and changing direction, swimming on side; swim 15 feet using arm and leg action.

Level 3 - Stroke Development 9:30-10:00AM

Skills include breath control and underwater swimming, buoyancy on front and back, front and back crawl; Introduction to backstroke and butterfly.

Level 4 - Stroke Improvement 8:00-8:30AM

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

Level 5 - Stroke Refinement 9:30-10:00AM

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

Level 6 - Fitness Swimmer 10:00-11:00AM Res. \$135 Non. Res. \$225

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

Requirements: Must complete level 5

Private Swim Lessons

One-on-One lesson with a trained and certified Water Safety Instructor. All levels accepted.

\$35 per 1/2 hour lesson

*As of October 1, 2016

SWIM TEAM

FEE: Resident \$175 Non-Res. \$235

The Freeport Devil's are a part of the Nassau County Municipal Swim Conference. This program runs November 2016 through March 2017, with approximately 4 practices scheduled per week during the course of the program. The team will compete against 9 other Nassau County teams. Meets will be announced. Freeport will accept all swimmers ages 6 through 16 years of age.

Parent's Orientation and Swim Team sign-up: October 25th at 7pm.

Stroke Clinic

Ages 6-16yrs

FEE: Resident \$85 Non-Res. \$95

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

12 sessions in October on Monday, Wednesday and Thursday: October 3, 5, 6, 12, 13, 17, 19, 20, 24, 26, 27, 31

8 years & Under-6-6:30pm

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

Red Cross Certification Training Classes

The Freeport Recreation Center is proud to offer the following American Red Cross classes:

- CPR/AED for the Professional Rescuer
- BLS for Health Care Providers
- Lifeguard Training
- WSI—Water Safety Instructor

Please call 377-2311

Or email vdinielli@freeportny.gov for more information.



**American
Red Cross**

SENIOR PROGRAMS

Pick up the PACE

People with arthritis CAN exercise!

TIMES: Tuesdays 10:00-10:45AM

FEE: \$34

***Registration for fall will begin August 22nd**

FALL DATES: Sept. 6, 13, 20, 27 Oct. 18, 26 Nov. 1, 15

* Please see separate flyer for Winter dates.

Tai Chi

TIMES: Thursdays 12:30-1:30PM

FEE: \$34

***Registration for fall will begin August 29th**

FALL DATES: Sept. 15, 22, 29 Oct. 6, 13, 27 Nov. 3, 10

* Please see separate flyer for winter dates.

Additional Senior Activities:

-Senior Crafts Program: Thursdays 10:00AM-12:00PM & Fridays 10:00AM-2:00PM (meet in Rm. 103)

-Meditation Class for Seniors: Mondays 7:00-8:30PM (meet in Rm. 102)

-Quilting: Tuesdays 10:00AM-12:00PM (meet in Senior Lounge)

-Pickleball: Monday-Friday 9:00AM-1:00PM (meet in Gym)

-Senior Center: Open daily from 9:00AM-5:00PM

-Senior Information Seminars are held on a Monthly basis

*Golden Gathering (Sponsored by the Village of Freeport and Senator Venditto): October 20th from 9:00AM-1:00PM

*Please call Bruce Burnham at 516-771-4194 or come to the main office for more information regarding Senior Programs.

****All dates, times and rooms are subject to change!**



ADULT PROGRAMS ages 16 & up

AQUACISE

Shallow water, minimal strain exercise

TIMES: Mon. 9:00-9:45AM Wed. 9:00-9:45AM Fri. 9:00-9:45AM

FEE: Resident \$85 Resident Senior \$70
Non-Res. \$125 Non-Res. Senior \$105

FALL DATES: Mon. Sept. 26 Oct.17, 24, 31 Nov. 7, 14, 21, 28 Dec. 5, 12
Wed. Sept. 28 Oct.5, 19, 26 Nov 2, 9, 16, 30 Dec 7, 14
Fri. Sept. 30 Oct. 7, 14, 21, 28 Nov. 4,18 Dec. 2, 9, 16

WINTER DATES: Mon. Jan.23, 30 Feb. 6,13, 27 Mar.6, 13, 20, 27 Apr.3
Wed. Jan. 25 Feb.1, 8, 15, 22 Mar.1, 8,15, 22, 29
Fri. Jan. 27 Feb. 3, 10, 17, 24 Mar. 3, 10, 17, 24, 31



DEEP WATER RUNNING

Various exercises done in deep water using Aqua-Belts.

TIMES: Mon. and Wed. 11:00AM-12:00PM

FEE: Resident \$85 Resident Senior \$70
Non-Res. \$125 Non-Res. Senior \$105

Session 1 Monday Oct.17, 24, 31, Nov. 7, 14
Wednesday Oct. 5, 19, 26, Nov. 2, 9

SWIM INSTRUCTION

Beginner and Advanced Beginner

Wednesdays 7:30-8:30PM

FEE: Res. \$85 Non-Res. \$125

FALL DATES: Sept. 28 , Oct 5, 19, 26,
Nov. 2, 9, 16, 30, Dec. 7, 14

WINTER DATES: Jan. 25, Feb. 1, 8, 15, 22,
Mar. 1, 8, 15, 22, 29

FENCING

Learn basics, loosen up, stretch, footwork, attack & parries. Equipment available.

MONDAYS Beginner: 7:30-8:15PM
Intermediate: 8:15-9:00PM

FEE: Res. \$55 Non-Res. \$70

FALL DATES: Sept. 26 Oct. 17, 24, 31 Nov.7, 14, 21, 28 Dec. 5, 12

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

ZUMBA

**Zumba® Fitness fuses international rhythms with easy to follow dance moves creating a dynamic, exciting and FUN based class that feels more like a night out dancing than a workout. Party yourself into shape while mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness class that is great for both the body and mind.
Zumba is for everybody and every body!
Come join the party with our awesome instructor, Traci!!!!**

*Please see separate flyer for dates.

Mondays 7:30PM-8:30PM

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



Group Fitness Classes

Need a change in your workout routine?

Try one (or all) of our awesome Group Fitness Classes!

A 10 Class Group Fitness Punch Card can be used for **ALL** of the group fitness classes.

CARD FEES:

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

New this Fall

BELLY DANCING (Classes will begin as of September 20th)

This class is for everyone! Both men and women can benefit from this class. You will study basic body movements and get a great workout in!

Tuesdays 7:00-8:00PM

BODY, MIND & SPIRIT WORKOUT

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

Tuesdays 5:45-6:45PM Saturdays 9:00-10:00AM

Thursdays 5:45-6:45PM

BOOT CAMP

If you want a full body workout, than this class is for you! This class will be very similar to Insanity and P90X...it's a killer, but the results will be worth it!

Tuesdays & Thursdays 6:30-7:30AM

YOGA (Classes will begin as of September 28th)

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

Wednesdays 6:30-7:30PM



Triple Plays

Swim-Skate-Sports

During the school break bring your children to our

“*Triple Play*” program.

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

Dates

Tuesday	December 27, 2016
Wednesday	December 28, 2016
Thursday	December 29, 2016
Friday	December 30, 2016
Monday	January 2, 2017
Tuesday	February 21, 2017
Wednesday	February 22, 2017
Thursday	February 23, 2017
Friday	February 24, 2017

SPECIAL EVENTS

***Village of Freeport Fall Festival & Fire Expo!**

Sunday, October 30, 2016 on Woodcleft Avenue; Freeport's Nautical Mile!

Festival events include FPT Fire Dept. exhibits/expeditions, VOF Costume Parade with Marching Band & Floats, Children's Rides, Trunk or Treat, Farmer's Market, Chowder Contest & More!

***Recreation Center Halloween Parade: Monday, October 31, 2016**

Annual Parade at 4:15pm, indoor entertainment and amusements at 4:30pm

***Annual Village of Freeport Tree Lighting with Santa's Arrival / Ice Show**

Saturday, December 10, 2016 - Santa arrives at 6:00pm. Entertainment & Ice Show at 7:00pm.

***Summer Camps and Program Registration**

Res. Sat. April 1, 2017 Non. Res. Sun. April 2, 2017

***Summer Swim Registration**

Res. Sat. May 14, 2016 Non. Res. Sun. May 15, 2016

Ask about our new summer brochure, available in March 2017

FREEPORT RECREATION ICE RINK

Public Sessions: October 14 - March 31

Fees: Res. Activity Card - \$6.00 Non-Resident Activity Card - \$7.00
Guest Fee - \$9.00 Skate rental - \$4.00

Thursday 3:30-6:00PM (Thursday after school special – skates included)
Friday 7:30-9:00PM (Friday teen night special – skates included)
Saturday 1:00-3:00PM
Sunday 1:30-3:00PM & 3:15-4:45PM

*Management reserves the right to change or cancel sessions if deemed necessary.

Puck Shoot: October 21-April 21

Fee: \$10 per play

Monday 3:00-4:45PM
Friday 1:15-4:15pm

Figure Skating Freestyle Sessions: Sept.13-April 19

Tuesday 6:00-8:00AM & 4:00-6:00PM
Wednesday 3:00-4:45pm
Thursday 6:00-8:00AM

Arrows Youth Hockey: Sept. 12-April 27

Please visit www.arrowsyouthhockey.org

Or call: Rob Albi (516) 351-8562

Freeport Skating Academy

Skating School Office Hours:

Thursdays: 10:00am-6:00pm Saturdays & Sundays: 12:00pm-3:00pm

Group and private lessons available for ages 3 & up.

For more detailed information call: Liz Eldredge (516) 771-4195

or visit www.freeportskatingacademy.com

For all other Hockey or Ice Rink inquires please call (516) 771-4191



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



Robert T. Kennedy, Mayor

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

