

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 2021

Freeport Residents:

Saturday, September 18th

8:00AM-11:00AM

Non-Residents:

Sunday, September 19th

8:00AM-11:00AM

Winter Registration

January 2022

Freeport Residents:

Saturday, January 8th

8:00AM-11:00AM

Non-Residents:

Sunday, January 9th

8:00AM-11:00AM



The Freeport Recreation Center will continue to follow & implement all mandatory NYS COVID guidelines

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

CHILDRENS PROGRAMS

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

**ALL PROGRAMS ARE DROP OFF PROGRAMS. PARENTS ARE NOT ALLOWED TO
BE IN THE CLASSROOMS DURING CLASS TIME.

BASKETBALL: 1st -6th Grade

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

Wednesdays 5:00-6:00PM Grades 1st-3rd
6:00-7:00PM Grades 4th-6th

FEE: Res. \$60 Non-Res. \$75

FALL START DATE: Wednesday, September 22

WINTER START DATE Wednesday, January 12



BACK TO BROADWAY BASICS

A "prep" course to learn the basic skills and fundamentals for acting, singing & dancing. Come share in the excitement & get those creative juices flowing.

Grades Pre-K-2nd
Wednesdays: 4:30-5:30PM

Grades 3rd-6th
Wednesdays: 5:30-6:30PM

Grades 7th-8th
Wednesdays: 6:30-7:30PM

FEE: Res. \$60 Non-Res. \$75

FALL START DATE: Wednesday, September 22

WINTER START DATE: Wednesday, January 12

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. \$60 Non-Res. \$75

FALL START DATE: Saturday, September 25

WINTER START DATE: Saturday, January 15

GYM PROGRAM

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

Ages: 4-6 yrs

Tuesdays: 4:00-5:00PM

FEE: Res. \$60 Non-Res \$75

FALL START DATE: Tuesday, September 21

WINTER START DATE: Tuesday, January 11

KARATE

Designed to teach basic concepts of self defense

Ages: 5yrs & up

Tuesdays Beginners: 5:00-6:00PM
 Advanced: 6:00-7:00PM

*Level will be determined by instructor.

This is a drop off program, and parents will not be allowed in the room during class.

FEE: Res. \$100 Non-Res. \$115 (8 week session)

FALL START DATE: Tuesday, September 21

***AFTER THE FIRST 8 WEEKS, MUST RE-REGISTER FOR NEXT 8 WEEK SESSION**

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!

Mondays: 4:30-5:30PM

FEE: Resident \$60 Non-Resident \$75

FALL START DATES: Monday, September 27

WINTER START DATES: Monday, January 24

KeepFIT Family w/ Keisha

KeepFIT encourages FUN & HEALTHY LIFESTYLE CHOICES
for parents and children to explore together! Each class will be uniquely designed to create a bonding parent/child experience, encourage healthy fitness and dietary habits and teach new and fun fitness activities!

Thursdays: 6:45PM—7:30PM

FALL START DATE: Thursday, September 23

WINTER START DATE: Thursday, January 13

Fee: Res. \$60 / Non-Res.: \$75

**Fee is for each parent/child pair for the 8 week session.

Suggested age for children: 7-12 years.

Adults, all ages welcome!!



MOM & TOT

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

Mom & Tot is a program designed for parents and children, which includes movement exploration, exercise, rhythm activities, games and motor skill development.

Saturdays: 9:00—9:45AM

FEE: Res. \$60 Non-Res. \$75

FALL START DATE: Saturday, October 2

WINTER START DATE: Saturday, January 22

TUMBLING

This class features a weekly introduction of new skills consisting of forward and backward rolls, handstands, cartwheels, gymnastic positions etc. This class will help to promote a positive self image.

TUMBLING TOTS (Ages 3 yrs—5 yrs)

Saturdays: 9:00-9:45AM

TUMBLING KIDS (Ages 6 yrs—10 yrs)

Saturdays: 10:00-11:00AM

FEE: Res.\$60 Non-Res. \$75

FALL START DATE Saturday, September 25

WINTER START DATE: Saturday, January 22



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
- Basketball in our gymnasium (bring own basketball)

Dates

Monday	December 27, 2021	Tuesday	February 22, 2022
Tuesday	December 28, 2021	Wednesday	February 23, 2022
Wednesday	December 29, 2021	Thursday	February 24, 2022
Thursday	December 30, 2021	Friday	February 25, 2022

Time: 12:00pm- 4:00pm **Fee:** \$7.00 (skates included)

Children 12 and under must be accompanied by an adult

SPECIAL EVENTS

**Golden Gathering*

Thursday, October 7, 2021 from 10:00AM-2:00PM at the Freeport Recreation Center
This annual senior event is sponsored by Senator Brooks & the Village of Freeport

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

Sunday, October 24, 2021 on Woodcleft Avenue; Freeport’s Nautical Mile!
Festival events include FPT Fire Dept. exhibits/expeditions, VOF Costume Parade with Marching Band & Floats, Trunk or Treat, Farmer’s Market, Chowder Contest & More!

**Annual Halloween Parade at the Freeport Rec*

Friday, October 29, 2021
Details TBA

**Annual Village of Freeport Tree Lighting with Santa’s Arrival*

Saturday, December 11, 2021 - Santa arrives at 6:00pm.

**Summer Camps and Program Registration*

Res. Sat. April 2, 2022 Non. Res. Sun. April 3, 2022

**Summer Swim Registration*

Res. Sat. May 14, 2022 Non. Res. Sun. May 15, 2022

Ask about our new summer brochure, available in March 2022

SWIM LESSONS

10 WEEK SESSION

FEE: Resident \$100 Non-Res. \$140



Level A - Parent & Child Aquatics (6months-3years)

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

Pre-School-B (3-5 years)

Introduction to basic water skills, breath control, floating, develop a level of comfort & independence in the water

Levels 1-5: Ages 6 and up

Level 1 - Introduction to water skills

Skills include breath control, submerging mouth, nose & eyes, floating, treading water, swimming with arm & leg action on front & back.

Level 2 - Fundamental Aquatic skills

Skills include breath control, submerging entire head, buoyancy on front and back, swimming and changing direction, and swimming 15 feet using arms & legs.

Level 3 - Stroke Development

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

Level 4 - Stroke Improvement

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

Level 5 - Stroke Refinement

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

PRIVATE SWIM LESSONS

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

\$40 per 1/2 hour lesson

SCHEDULE OF SWIM LESSONS

****Unless it is a parent/child class, parents are not allowed on pool deck****

**CLASS TIMES LISTED BELOW ARE START TIMES.
CLASSES ARE 30 MINUTES**

Levels A-5

Level A: Saturdays 10:15AM

Pre-School B: Saturdays 8:00AM

Level 1: Saturdays 8:45AM

Level 2: Saturdays 9:30AM

Level 3: Wednesdays 4:15PM

Level 4: Wednesdays 5:00PM

Level 5: Wednesdays 5:45PM

DATES FOR LEVELS A-5

Saturday Fall Dates: Sept. 25 Oct. 2, 9, 16, 23, 30 Nov. 6, 13, 20 Dec. 4

Wednesday Fall Dates: Sept. 22, 29 Oct. 6, 13, 20, 27 Nov. 3, 10, 17 Dec. 1

Saturday Winter Dates: Jan. 22, 29 Feb. 5, 12, 19, 26 Mar. 5, 12, 19, 26

Wednesday Winter Dates: Jan. 12, 19, 26 Feb. 2, 9, 16 Mar. 2, 9, 16, 23

American Red Cross Certification Training Classes

The Freeport Recreation Center is proud to offer the following classes, in partnership with Aquatic Solutions, Inc, who is a Top 10 Licensed Training Provider/ Authorized Provider of American Red Cross Classes in the country:

- CPR/AED for the Professional Rescuer
- Basic Life Support (BLS) for Health Care Providers
- Adult and Pediatric First Aid CPR/AED
- Babysitting and Epi-Pen
- Administering Emergency Oxygen
- Lifeguarding and Lifeguarding Review
- WSI-Water Safety Instructor
- Lifeguarding Instructor
- Responding to Emergencies

***Please call 917-224-1513, visit www.aquaticsolutions-cpr.com OR Email aquaticsolution@aol.com for more information.**



ADULT PROGRAMS ages 16 & up

*UNLESS NOTED, ALL ADULT PROGRAMS ARE 10 WEEK SESSIONS

Aquacise

Aquacise is minimal strain exercise in the water

Wednesdays 9:00-9:45AM

FEE: Res. \$65 Non-Res. \$80

FALL DATES: Sept. 22, 29 Oct. 6, 13, 20, 27 Nov. 3, 10, 17, 24

WINTER DATES: Jan. 12, 19, 26 Feb. 2, 9, 16, 23 Mar. 2, 9, 16

CHAIR YOGA

Chair yoga is for anyone who may have difficulty in the average yoga class. Learn fundamental yoga poses while seated in a chair, or using a chair as a prop for those who are able to stand.

Mondays 10:00-11:00AM

FEE: Res. \$65 Non-Res. \$80

FALL DATES: Sept. 27 Oct. 4, 18, 25 Nov. 1, 8, 15, 22, 29 Dec. 6

WINTER DATES: Jan. 24, 31 Feb 7, 14, 28 Mar. 7, 14, 21, 28 Apr. 4

FENCING

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

Mondays Beginner: 7:00-7:45PM
 Intermediate: 7:45-8:30PM

FEE: Res. \$65 Non-Res. \$80

FALL DATES: Sept. 27 Oct. 4, 18, 25 Nov. 1, 8, 15, 22, 29 Dec. 6

WINTER DATES: Jan. 24, 31 Feb 7, 14, 28 Mar. 7, 14, 21, 28 Apr. 4

PICKLEBALL

Instruction-Practice-Play
Beginner to "Beyond the Basics"

Tuesdays & Thursdays
8:30AM-10:30AM OR 11:00AM-1:00PM

FEE: Res. \$130 Non-Res. \$150

FALL DATES:
Session 1: Sept. 21, 23, 28, 30 Oct. 5, 7, 12, 14, 19, 21, 26, 28
Session 2: Nov 2, 4, 9, 11, 16, 18, 23, 30 Dec. 2, 7, 9, 14
Must re-register for Session 2 beginning October 25th

WINTER DATES:
Session 1: Jan. 11, 13, 18, 20, 25, 27 Feb. 1, 3, 8, 10, 15, 17
Session 2: Mar 1, 3, 8, 10, 15, 17, 22, 24, 29, 31 Apr. 5, 7
Must re-register for Session 2 beginning February 17th

Tai Chi

Tai Chi is a series of gentle physical exercises & stretches.

Wednesdays 11:00AM-12:00PM

FEE: Res. \$65 Non-Res. \$80

FALL DATES: Sept. 22, 29 Oct. 6, 13, 20, 27 Nov. 3, 10, 17, 24

WINTER DATES: Jan. 12, 19, 26 Feb. 2, 9, 16, 23 Mar. 2, 9, 16

SWIM INSTRUCTION

Beginner and Advanced Beginner

Wednesdays 6:30-7:30PM

FEE: Res. \$100 Non-Res. \$140

FALL DATES: Sept. 22, 29 Oct. 6, 13, 20, 27 Nov. 3, 10, 17 Dec. 1

WINTER DATES: Jan. 12, 19, 26 Feb. 2, 9, 16, 23 Mar. 2, 9, 16

YOGA

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

Wednesdays 6:00-7:00PM

FEE: Res. \$65 Non-Res. \$80

FALL DATES: Sept. 22, 29 Oct. 6, 13, 20, 27 Nov. 3, 10, 17 Dec. 1

WINTER DATES: Jan. 12, 19, 26 Feb. 2, 9, 16, 23 Mar. 2, 9, 16

ZUMBA

Zumba Fitness fuses international rhythms with easy to follow dance moves creating a dynamic, exciting and FUN workout!

Mondays 7:00-8:00PM

FEE: Res. \$65 Non-Res. \$80

FALL DATES: Sept. 27 Oct. 4, 18, 25 Nov. 1, 8, 15, 22, 29 Dec. 6

WINTER DATES: Jan. 24, 31 Feb 7, 14, 28 Mar. 7, 14, 21, 28 Apr. 4

FREEPORT RECREATION ICE RINK

Public Sessions: October 29 - May 20

Fees: Res. Activity Card - \$6.00 Non-Resident Activity Card - \$7.00
Guest Fee - \$10.00 Skate rental - \$4.00

Thursday 3:30-4:45PM (Thursday after school special – skates included)

Friday 7:30-9:00PM (Friday teen night special – skates included)

Sunday 1:30-3:30PM (1 Parent free with every child admission)

kiddie walkers available during Sunday Session

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

Puck Shoot: September 24-May 27

Fee: \$10 per play

Friday: 1:15-4:15PM

Arrows Youth Hockey

Please visit www.arrowsyouthhockey.org

Or call: Rob Albi (516) 351-8562

Freeport Skating Academy

Call (516) 771-4195 for more information

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

Hours of Operation

Monday-Friday 6:15am-9pm*
 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-7pm
 Saturday & Sunday 10am-4pm

Village Holidays

CLOSED ALL DAY

Labor Day
 Thanksgiving
 Christmas Eve
 Christmas Day
 New Year's Eve
 New Year's Day

M L K Jr. Day
 President's Day
 Easter Sunday
 Memorial Day

EARLY CLOSING (5PM)

Columbus Day
 Veteran's Day
 Thanksgiving Eve
 Day After Thanksgiving
 Good Friday
Mother's and Father's Day - 2pm closing

Plans

	RESIDENT	NON-RESIDENT
INDIVIDUAL		
12 Month	\$230	\$320
6 Month	\$140	\$200
Summer	\$120	\$165
SENIOR (60)		
12 Month	\$180	\$245
6 Month	\$110	\$150
Summer	\$95	\$125
CHILD		
12 Month	\$205	\$280
6 Month	\$125	\$170
Summer	\$105	\$145
COUPLE		
12 Month	\$410	\$510
6 Month	\$250	\$310
Summer	\$210	\$260
FAMILY		
12 Month	\$475	\$660
6 Month	\$290	\$400
Summer	\$245	\$335

Daily Admission

	RESIDENT		NON-RESIDENT
ADULT	\$6	ADULT	\$10
CHILD OR SENIOR	\$4	CHILD OR SENIOR	\$8
ONE DAY PASS WITHOUT CARD	\$12 (M-F) \$15 (Sat & Sun)	ONE DAY PASS WITHOUT CARD	\$12 (M-F) \$15 (Sat & Sun)

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.



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



Robert T. Kennedy, Mayor

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



