

# Orangetown Parks & Recreation Winter 2024

Se Habla Espanol



## **OFFICE HOURS:**

MONDAY-FRIDAY, 9:00AM - 5:00PM

## **PHONE:**

845-359-6503

## **ONLINE REGISTRATION:**

BEGINS JANUARY 8TH AT 5:00PM

[Register.CommunityPass.net/OrangetownRec](https://Register.CommunityPass.net/OrangetownRec)

Due to the high volume of phone inquiries,  
we do not accept walk-in/phone registrations.

## **TOWN SUPERVISOR**

*Teresa M. Kenny*

## **TOWN BOARD**

*Jerry Bottari*

*Tom Diviny*

*Brian Donohue*

*Paul Valentine*



@ORANGETOWNREC



@ORANGETOWNREC



RECREATION@ORANGETOWN.COM

# *A Message from the Supervisor*

## A Message from the Supervisor

As we prepare to start another winter season, as well as a new year, let us give thanks for all that Orangetown has to offer us. There are plenty of children's programs – such as crafts, martial arts, kickboxing, self defense classes, gymnastics, kids circuit club and comic book school!

In addition to our children's program, there are loads of opportunities for our adults as well. Swimming, beginner pickleball and fitness kickboxing are just a few that come to mind.

If you plan on partaking in any outdoor activities, please do not forget to grab a heavy coat, gloves (or mittens), a hat and possibly a scarf. The best place to be is outdoors, but you still need to dress accordingly so you don't catch a cold!

I want to thank the devoted staff from our Parks and Recreation Department for their imaginative thinking and commitment to growing all of the programs, whether it be winter, spring, summer or fall.

Please feel free to review the booklet, sign up for any of the programs that catch your eye, and get ready to have some winter fun. As an added bonus, staying active will make the winter months go by that much faster.

Wishing you all a wonderful 2024!

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

**A non-refundable 2.9% debit/credit card service charge will be automatically applied to all transactions.**

# Registration Policy

## On-Line Registration

Registration opens at 5:00 pm on Monday, January 8th with the exception of Adult Lap Swim Passes & Family Swim Passes. Registration for swim passes begins on December 13th, 2023. All other swim registration will open January 8th.

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

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. Our staff will be available by phone to assist with login/account issues only from 5:00pm to 6:30pm on Monday, January 8, 2024. **Due to the volume of phone inquiries, we do not accept walk in/phone registrations.** Staff will review requests for class transfers and cancellations on Tuesday, January 9 and answer them in the order they were received.

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 at least 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.

## 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.

## 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 event information and program announcements are now available on Facebook and Instagram. Follow us @orange-townrecreation.



## 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".



## Family Ice Skating Night

Join us for a night of outdoor ice skating on the East Pond at Veterans Memorial Park. Portable lights will be brought in to light the pond. Hot chocolate will be served along with other refreshments. If we reach the correct ice depth, an event announcement will be posted to our website and social media. Weather permitting, we hope to run this event on one of the first 6 Fridays of the year.

**This event is open to Orangetown Residents only. No pre-registration is required. Participants must provide their own skates.**

---



## Youth Programs



### CRAFTY CREATIONS - PRE-K & KINDERGARTEN

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

**Ages 4 - 5**

**Greenbush Auditorium  
(10 Spots Available)**

**Fee: \$50.00**

**Saturdays, January 27 - March 9 (6 Classes)**

**10:00am - 11:00am**

**(No Class February 24)**

### CRAFTY CREATIONS

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

**Greenbush Auditorium**

**Fee: \$50.00**

**Grades 1 - 4**

**Fridays, January 26 - March 8 (6 Classes)**

**4:45 pm - 5:45 pm**

**6:00 pm - 7:00 pm**

**(No Class February 23)**

**(10 Spots Available)**

**(10 Spots Available)**



### 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**

**Wednesdays, January 24 - March 6 (6 Classes)**

**(No Class February 21)**

**(8 Spots Available)**

**Fee: \$60.00 per session**

**4:45pm - 5:45pm**





## 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 returning student class will build off of the lessons already learned in previous sessions.

**Grades 3 - 6**

**Greenbush Office Complex      Fee: \$60.00      Saturdays, January 27 – March 9 (6 Classes)**  
**(No Class February 24)**

**New Students (8 Spots Available)      9:00am – 10:15am**  
**Returning Students (8 Spots Available)      10:30am – 11:45am**



## 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,      Fee: \$125.00      Mondays,**  
**Instructor: Vivian Burns      February 5 - March 18 (6 Classes)**  
**(12 Spots Available)      4:30pm – 6:30pm**  
**(No Class February 19)**



## LITTLE DRAGONS

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. **Ages 3 - 5**

**The Academy for Martial Arts,      Fee: \$105.00 Per Session (Includes Uniform)**  
**8 Orangeburg Shopping Center, Orangeburg      Wednesdays & Fridays**  
**5:00pm – 5:30pm**

**Session 1: (10 Spots Available)      January 24 – February 23 (10 Classes)**  
**Session 2: (10 Spots Available)      February 28 – March 29 (10 Classes)**

## KIDS KICKBOXING AND SELF DEFENSE CLASS

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. 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 (**Programing**), 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**

**Fee: \$105.00** (Includes Uniform)

**Mondays,**

**8 Orangeburg Shopping Center, Orangeburg**

**January 22 – April 8** (10 Classes)

(15 Spots Available)

**5:30pm – 6:30pm**

(No Class February 19 & April 1)



### 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**

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

**Saturday Sessions:**

**9:30am to 10:00am**

**Session 1: (12 Spots Available)**

**January 20 – February 10** (4 Classes)

**Session 2: (12 Spots Available)**

**March 2 – March 23** (4 Classes)

## 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.**

**Ages 5 - 10**

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

**Fee: \$80.00**

**Thursday Sessions:**

**6:30pm to 7:15pm**

**Session 1: (12 Spots Available)**

**January 25 – February 15** (4 Classes)

**Session 2: (12 Spots Available)**

**February 29 – March 21** (4 Classes)

**Saturday Sessions:**

**8:45am – 9:30am**

**Session 1: (12 Spots Available)**

**January 20 – February 10** (4 Classes)

**Session 2: (12 Spots Available)**

**March 2 – March 23** (4 Classes)





## \*JIU JITSU



We are offering a 4 week Gracie Jiu-Jitsu course for children, ages 5 through 10. This program will introduce your child to the foundational training of the art, which builds physical attributes including strength, flexibility, endurance, balance, and coordination. Children will also learn the fundamental techniques of Jiu-Jitsu; takedowns, escapes, pins, and reversals. Our method is safe, structured, and supportive. Each participant will receive a free t-shirt and free uniform for the course.

**Ages 5 - 10**

**Thomas Clifford's Martial Arts, Pearl River    Fee: \$80.00 (Includes Uniform)**

### **Tuesday Sessions:**

**7:00pm to 7:45pm**

**Session 1: (12 Spots Available)**

**January 23 – February 13 (4 Classes)**

**Session 2: (12 Spots Available)**

**February 27 – March 19 (4 Classes)**

### **Sunday Sessions:**

**9:45am – 10:30am**

**Session 1: (12 Spots Available)**

**January 21 – February 11 (4 Classes)**

**Session 2: (12 Spots Available)**

**March 3 – March 24 (4 Classes)**



## *Youth Gymnastics, Dance & 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.**

**Ages 3 - 4**

**Galaxy Gymnastics**

**Fee: \$145.00**

**Fridays, January 26 – March 15 (8 Classes)**

**1:00pm – 2:00pm**



### **ACROBATICS/TUMBLING**

Learn basic floor tumbling skills. Stretching and across the floor work on forward roll, cartwheel, round off and variations. **This is a drop off class.**

**Ages 3 - 4**

**Site: Dance Central**

**Fee: \$125.00 per session**

**Saturdays,**

**January 27 – March 23 (8 Classes)**

**9:15am – 10:00am**

**(No Class February 17)**

### **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.**

**Ages 2 - 3**

**Site: Dance Central**

**Fee: \$125.00 per session**

**Thursday Session  
(8 Spots Available)**

**January 25 – March 21 (8 classes)**

**9:45am – 10:30am**

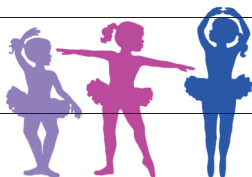
**(No Class February 22)**

**Saturday Session  
(8 Spots Available)**

**January 27 – March 23 (8 classes)**

**10:00am – 10:45am**

**(No Class February 17)**



## 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**

**Site: Dance Central**

**Fee: \$125.00**

**Tuesday Session (8 Spots Available)**

**January 23 – March 19 (8 Classes)**

**9:30am – 10:15am**

**(No Class February 20)**



## 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. This is a drop off class.

**Dance Central**

**Fee: \$125.00**

**Ages 3 - 4**

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

**January 25 – March 21 (8 Classes)**

**3:15pm – 4:00pm**

**(No Class February 22)**



## 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.

**Ages 7 - 11**

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

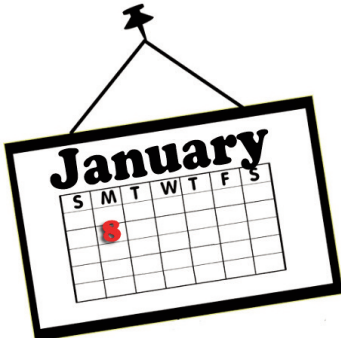
**Fee: \$90.00**

**Wednesdays,**

**January 24 – February 28 (5 Classes)**

**6:30pm – 7:15pm**

**(No Class February 21)**



## 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

Orangetown Recreation swimming programs take place at the South Orangetown Middle School. The pool will close February 19 - 23 for Winter Break.

Registration for Lap Swim & Family Swim passes begins on December 13, 2023.

Registration for classes begins January 8, 2024.

This calendar is accurate as of December 15, 2023. For updates, please visit: [Orangetown.com/Recreation](http://Orangetown.com/Recreation)

## Winter 2024 Orangetown Pool Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
		CLOSED FOR WINTER BREAK	CLOSED FOR WINTER BREAK	CLOSED FOR WINTER BREAK	CLOSED FOR WINTER BREAK	FAMILY SWIM 1:15 - 3:15 pm
25-Feb	26-Feb	27-Feb	28-Feb	29-Feb	1-Mar	2-Mar
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	POOL CLOSED. SCHOOL CONCERT	FAMILY SWIM 1:15 - 3:15 pm
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	FAMILY SWIM 7:00 - 9:00 pm	FAMILY SWIM 1:15 - 3:15 pm
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
		ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT COED LAP SWIM 7:30 - 9:00 pm	ADULT LAP SWIM CLOSED	FAMILY SWIM CLOSED	FAMILY SWIM CLOSED
31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr
EASTER POOL CLOSED	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK

Updated 12/13/2023



## 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.** **Age 3**

South Orangetown Middle School Pool

Fee: \$63.00

Saturdays

January 27 – March 23 (9 Classes)

(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. **Ages 4 - 5**

South Orangetown Middle School Pool

Fee: 63.00 per session

Saturdays

January 27 – March 23 (9 Classes)

(10 Spots Available)

10:30am – 11:00am

(10 Spots Available)

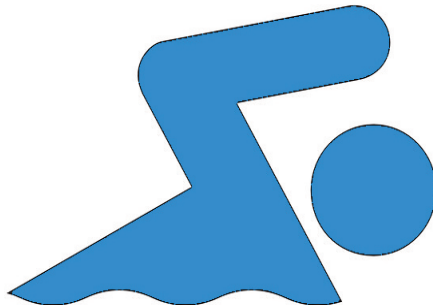
11:00am – 11:30am

(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 incorporate all Learn to Swim levels. **This is a drop off class. Parents and family members are not permitted in the pool area during classes.**

Parents with children 4 or 5 years of age must provide the rec office with a copy of a parent/child certification card in order to be placed in this class. 4 and 5 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.

**Ages 6 and over**

**South Orangetown Middle School Pool**

**Fee: \$63.00 per session**

**Saturdays**

**January 27 – March 23 (9 Classes)**

**(20 Spots Available)**

**(20 Spots Available)**

**(20 Spots Available)**



**11:00am – 11:30am**

**11:45am – 12:15pm**

**12:30pm – 1:00pm**

## FAMILY RECREATIONAL SWIMMING

This year round program provides a place for recreational swimming for children and adults. Children under 10 years of age and nonswimmers must be accompanied by an adult. Photos for passes must be uploaded to your Community Pass account at the time of registration. **This is a resident only program.**

**South Orangetown Middle School Pool**

**Online Registration for 2024 swim passes**

**begins December 15, 2023.**

**Passes will be available for pickup at the pool.**

**Fridays: 7:00pm – 9:00pm**

**Saturdays: 1:15pm – 3:15pm**

**(Closed February 23, March 8, 29 & 30)**

**Family Passes:**

**Annual Pass (2024 Calendar Year)**

**\$170.00**

**Individual Passes:**

**Ages 19 and over** (this is an individual pass)

**\$85.00**

**Under 19 years of age** (this is an individual pass)

**\$40.00**

**Seniors 60 & over** (proof of age will be required)

**No Fee**



# 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 only**, 18 years of age and older.

**South Orangetown Middle School Pool** **Tuesdays, Wednesdays & Thursdays**

Registration begins December 13, 2023. **January - December, 2024**

Passes will be available for pickup at the pool. **7:30pm – 9:00pm**

(Pool Closed February 20, 21 & 22, March)

**Annual Pass (2024 Calendar Year)**

**\$220.00**

**Seniors (60+) (proof of age will be required)**

**No Charge**



## ADULT SWIM INSTRUCTION

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

**South Orangetown Middle School Pool**

**Fee: \$50.00 per session**

**Mondays & Wednesdays**

**Session 1: (6 Spots Available)**

**January 22 – February 14 (8 Classes)**

**6:30pm – 7:00pm**

**Session 2: (6 Spots Available)**

**March 4 – March 27 (8 Classes)**

**6:30pm – 7:00pm**



## 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: \$40.00 per session**

**Mondays & Wednesdays**

**7:00pm – 7:45pm**

**Session 1: (20 Spots Available)**

**January 22 – February 14 (8 Classes)**

**Session 2: (20 Spots Available)**

**March 4 – March 27 (8 Classes)**



# Adult Programs

## 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 exercise sites such as the Joe Clarke Rail Trail to introduce students to other venues in town.

**Orangetown Soccer Complex Clubhouse  
& Other Local Sites**

**Free with pre-registration  
Wednesdays, January 24 – March 13  
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 Martial Arts  
Pearl River**

**Fee: \$80.00**

**Session 1:  
Session 2:**

**Thursday Sessions, 7:15pm – 8:00pm  
January 25 – February 15 (4 Classes)  
February 29 – March 21 (4 Classes)**

**Session 1:  
Session 2:**

**Sunday Sessions, 8:45am – 9:30am  
January 28 – February 18 (4 Classes)  
March 3 – March 24 (4 Classes)**

## 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,  
January 25 - February 29 (5 Classes)  
6:30pm – 7:30p  
(No Class February 22)**







## PICKLEBALL FOR BEGINNERS

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 the fastest growing sport in America. This class is suggested for beginner players and will teach the fundamentals of Pickleball and allow for group play. All equipment is provided.

**Dominican University Hennessy Center Back Gym**

**Instructor: Ed Bogin**

**Fee: \$80.00 per session**

### **Tuesday AM Sessions**

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

**January 23 – February 13 (4 Classes)**

**10:00am – 12:00pm**

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

**March 5 – March 26 (4 Classes)**

**10:00am – 12:00pm**



### **Thursday AM Sessions**

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

**January 25 – February 15 (4 Classes)**

**10:00am – 12:00pm**

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

**March 7 – March 28 (4 Classes)**

**10:00am – 12:00pm**

## 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.

**Dominican University Hennessy  
Center Back Gym**

**Fee: \$35.00 per session**

### **Monday Sessions**

**Session 1: (12 Spots Available Per Time Slot)**

**January 22 – February 12 (4 Classes)**

**10:00am – 11:15am**

**11:15am – 12:30pm**

**Session 2: (12 Spots Available Per Time Slot)**

**March 4 – March 25 (4 Classes)**

**10:00am – 11:15am**

**11:15am – 12:30pm**



### **Wednesday Sessions**

**Session 1: (12 Spots Available Per Time Slot)**

**January 24 – February 14 (4 Classes)**

**10:00am – 11:15am**

**11:15am – 12:30pm**

**Session 2: (12 Spots Available Per Time Slot)**

**March 6 – March 27 (4 Classes)**

**10:00am – 11:15am**

**11:15am – 12:30pm**



## 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,**  
**February 5 – March 25 (8 Classes)**  
**7:00pm – 8:30pm**



## ADULT SOFTBALL LEAGUE

The Orangetown Parks & Recreation Office sponsors two leagues each Spring. The Women's League and Co-Ed League plays weeknights during the months of April, May, June & July in Veterans Park in Orangeburg. This department only registers teams, we do not organize teams or their rosters. The Spring/Summer 2023 season has begun, but if you are interested in registering your team or adding yourself to a list of free agents for next season, please email [softball@orangetown.com](mailto:softball@orangetown.com) with your name and contact information. Team registrations will be accepted from March 1 - March 22. Games will begin the week of April 1st.



TOWN OF ORANGETOWN  
OFFICE OF PARKS & RECREATION