



# *Village of Croton-on-Hudson*



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Thomas Brennan, Trustee  
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## *Department of Recreation and Parks*

Susan Snyder, CPRP, Superintendent  
Mark Duncan, Recreation Supervisor  
John Miller, CPRP, Recreation Supervisor  
Debra Lopano, Recreation Assistant  
Yvonne Beldotti, Director of Senior Recreation  
Barbara Salvatore, Office Assistant  
Art Neff, Park Foreman  
Rudy Fasciani, Park Groundsman  
Ron Martinson, Park Groundsman



## *Recreation Advisory Committee*

John Giglio, Chairperson

Ray Fortini	Julia Lynford
Gary Pettit	Joseph Streany
Mary Thoubboron	Lisa Vlad

Office Phone	(914) 271-3006
Senior Citizens	(914) 271-5804
Youth/Teen Program	(914) 271-8562



## *Mission Statement*

*I*t is the mission of the Village of Croton-on-Hudson Recreation & Parks Department: to create and maintain aesthetically pleasing, safe, healthful, and enjoyable areas for residents; to provide positive, cost-effective leisure opportunities which promote individual and community wellness for children, youth, adults and seniors; to promote the preservation and appropriate utilization of the Village's recreational resources.

## *2008 Registration Information*

*T*his brochure offers a brief overview of classes, programs and special events offered by the Village of Croton-on-Hudson Recreation and Parks Department for the Winter/Spring of 2008. Most classes have a limited number of spaces and are offered on a first-come, first-served basis. Therefore, early registration is encouraged. Programs may be canceled due to insufficient registration.

Village residents are those who reside within the boundaries of the incorporated Village of Croton-on-Hudson, and therefore, pay taxes to the Village. The programs and facilities of the Recreation and Parks Department are also made available to those who reside within the Croton-Harmon School District yet reside outside Village boundaries. In most cases, School District residents are required to pay a higher "non-resident" fee than Village residents, although they are given equal priority in the registration process. If there are still openings in certain programs after Village and School District residents have had an opportunity to register, the Department will consider non-resident applications at a higher fee and on a per-program basis.

For most programs, the mail-in registration form located in the back of this brochure can be used. Mail to: Croton Recreation and Parks Department, Stanley H. Kellerhouse Municipal Building, One Van Wyck Street, Croton-on-Hudson, NY 10520. *All checks or money orders should be made payable to:*

### **Croton Recreation Department**

*W*e do not accept credit cards. Program fees will not be prorated. If at any time you have questions or concerns about any of our programs or facilities, please call our office at 271-3006. The Recreation Department office is located on the second floor of the Croton Municipal Building; please feel free to stop by on a weekday between 8:30 AM and 4:00 PM. Please check out the Village's website at [www.crotononhudson-ny.gov](http://www.crotononhudson-ny.gov)

## *How To Watch A Good Program Be Eliminated*

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment, and purchasing of supplies. PLEASE REGISTER EARLY!

## *Photo I.D. Cards*

Beginning in January, the Recreation and Parks Department will be issuing photo I.D. cards to Village and School District residents on Tuesdays and Thursdays from 12:30 PM to 3:30 PM. Proof of current residency such as a valid drivers license AND a current utility bill or a current tax bill are required. (An expired I.D. card is NOT valid proof). The proof must be in the name of the person requesting the photo I.D. If your valid driver's license does not show a Croton street address, you must bring a second tax or utility bill in your own name. A fee of \$6.00 for Village residents and \$12.00 for School District residents is also required. The Recreation and Parks photo I.D. is required for entrance into certain Village Parks such as Senasqua Park and Silver Lake Park, and it is required to register for certain activities such as play at Hudson National Golf Course and pavilion rental at Senasqua Park, among others. The Village of Croton-on-Hudson and any of its employees reserves the right to ask for a Recreation and Parks photo I.D. card in order to establish proof of residency for any of its programs or facilities. For specific questions, call the Recreation Office at 271-3006.

## *Refund Policy*

The Recreation Department does not issue refunds unless a program has been canceled due to insufficient registration. Registrants assume full responsibility for any changes in their personal life, which may affect their ability to participate. In rare cases, a participant may encounter an unforeseeable, and unavoidable, situation that they feel may warrant a refund of fees paid. All claims for refunds for classes must be requested in writing. These situations will be reviewed on an individual basis by the Superintendent, who will then make a refund determination. Absolutely NO refunds will be issued if participation is suspended for disciplinary measures

- No refunds will be made after the start of the first class or session.
- A processing fee of \$10.00 will be retained by the Village in all cases that refunds, or partial refunds, are granted. A \$10.00 processing fee applies for section transfers, too.
- There is an additional charge of \$20.00 on all returned checks.

## *Medical Insurance*

*A*s an applicant for participation in recreation programs sponsored by the Village of Croton-on-Hudson, it is extremely important that you are aware that the Village of Croton DOES NOT provide medical insurance in such programs. If you do not have a medical insurance policy, we urge that you secure one prior to enrolling in any programs. All persons participate at their own risk.

## *Inclement Weather Policy*

*I*n case of inclement weather, listen to WHUD 100.7 FM radio for announcements. If the Croton-Harmon Schools are closed due to inclement weather, all Recreation Department programs held at the schools are canceled, and all programs held prior to 4:00 PM are canceled. However, there are days when the weather clears and the roads are safe to travel and our evening programs at the Municipal Building can be held. Since there are other days when the weather is only poor in the evening and we are forced to cancel evening programs, we do not want to cancel our evening programs unnecessarily. Therefore, the Recreation Department will make a determination regarding evening programs held at the Municipal Building later in the day. Please call our office after 4:00 PM for a voice mail recording indicating if evening programs are canceled.



# Youth Activities

## **CREATIVE PLAYGROUP FOR PRE-SCHOOLERS**

**Act.# 1300 Sec. 2**

- Dates:** Wednesdays, beginning January 16  
No class February 20
- Time:** 9:45-11:00 AM
- Location:** Municipal Building Community Room
- Fee:** \$64.00 Village residents for 8 sessions  
\$77.00 non-residents
- Ages:** 18 months to 36 months old
- Registration Deadline:** January 11



Join instructor Mary Thoubboron in this program which is designed for parent/caregiver and child to enjoy. The class will include musical games, art projects, and creative movement activities. It is a wonderful opportunity for parents and children to socialize and make friends while having fun.

## ***NEW!!!***

## **JAPANESE ART**

**Act.# 1250 Sec. 2**

- Dates:** Thursdays, beginning January 17  
No class February 21 & March 20
- Time:** 5:00 - 6:00 PM
- Location:** Municipal Building Community Room
- Fee:** \$66.00 Village residents for 10 sessions  
\$80.00 non-residents
- Grades:** 5 - 7
- Registration Deadline:** January 14
- Instructor:** Kazuko DiCroce

In this class, participants will be introduced to origami, kirigami (paper cutting), chigiri-e collages, calligraphy, and sumi-e painting. Chigiri-e collage art is the use of washi, traditional Japanese paper. Calligraphy and sumi-e painting are done by using only black ink and a bamboo brush. Come discover something new!

**MODERN DANCE / PRE BALLET – Spring Recital Series**

**Dates:** Saturdays, beginning February 16 **Act.# 3000 Sec. 2**  
No class Feb. 23 & March 22

**Time:** 10:00 - 10:45 AM

**Location:** Recreation Conference Room

**Fee:** \$120.00 Village residents for 10 sessions  
\$144.00 non-residents

**Attire:** Short sleeve pink leotard (no tutus), white tights, pink ballet shoes optional; plus performance fee

**Ages:** 3 1/2 - 5 years old (must be out of diapers & able to participate in class without a parent in the room)

**Registration Deadline:** February 11

**Instructor:** Elizabeth Carlson, BFA Juilliard: MS Ed. Fordham, Co-director *Dance-on-Hudson*

Children are introduced to ballet and modern dance fundamentals through the use of creative movement play. Sitting, standing and traveling exercises are done in a circle to piano music, rhymes and songs. Tiny backs are strengthened, feet are pointed and flexed. Dance patterns emphasizing timing and directionality move clockwise in a circle. Story dances encouraging creativity are included. The class ends with elementary loco-motor exercises across the floor.

**Children participate in *Dance-on-Hudson's* full dress recital on Friday, May 9th. A performance fee of \$75.00 (includes costume, dress rehearsal and recital) is payable to KidsDance Inc. at the first class! Recital fees received after that will NOT guarantee a costume or placement in recital.**

**DANCE ON HUDSON PERFORMANCE GROUP**

**Act.# 3010 Sec. 2**

No class Feb. 16, 23 & March 22

**Time:** 11:45 AM - 1:00 PM

**Location:** Recreation Conference Room

**Fee:** \$140.00 Village residents for 10 sessions  
\$168.00 non-residents

**Attire:** Wear sports pants, a t-shirt, and flexible sneakers

**Ages:** 13 and up who are a part of Dance on Hudson or taking a technique class elsewhere

**Registration Deadline:** January 22

**Instructor:** Tina Maxwell, Co-director *Dance-on-Hudson*

This will be a fast paced class, with a full warm-up in the Modern Jazz style. Dancers will learn a variety of Jazz styles within a repertoire of dances. All dancers will perform in Dance on Hudson's year end recital and Summer-fest. Tina Maxwell has 20 years dancing and teaching experience.



## **CO-REC KIDS WRESTLING**

**Act.# 1065 Sec. 1**

**Dates:** Mon. and Tues., beginning January 7  
No class Monday, January 21

**Time:** 7:00 - 8:30 PM

**Location:** PVC West Gym

**Fee:** \$70.00 Village residents for 11 sessions  
\$84.00 non-residents

**Grades:** 3 – 8

**Registration Deadline:** January 3

**Instructor:** Todd Schmidt



**All participants are required to wear wrestling head gear, sneakers, and shorts; wrestling shoes and knee pads are suggested.** This 11-session program will introduce basic techniques utilized in scholastic wrestling. Areas of interest will include takedowns, reversals, pinning combinations, and breakdowns. Participants will develop confidence with the basic primary technique to be utilized in optional competitive tournaments.

## **YOUTH BASKETBALL**

**Act.# 1400**

**Sec. 1:** Grades 1-3

**Dates:** January 5, 12, 19, 26  
February 2, 9, 16, Thurs. 21

**Grades/** Grade 1 9:00AM - 10:00 AM  
**Times:** Grade 2 10:00 AM - 11:00 AM  
Grade 3 11:00 AM - 12:00 PM

**Location:** C.E.T. Elementary School Gym

**Fee:** \$45.00 Village residents for 8 sessions  
\$54.00 non- residents

**Registration Deadline:** January 3

**Sec. 2:** Grades 4-6

**Dates:** January 5, 12, 19, 26  
February 2, 9, 16, Thurs. 21

**Times:** 9:30 - 11:00 AM

**Location:** P.V.C. Middle School Gym

**Fee:** \$55.00 Village residents for 8 sessions  
\$66.00 non- residents

**Registration Deadline:** January 3



Grades 1-3 will learn basic basketball skills such as ball handling, passing and shooting. Grades 4-6 will learn more advanced basketball skills and will scrimmage.

## CO-REC YOUTH LACROSSE

Act.# 1075 Sec. 1

**Dates:** Saturdays, beginning March 1  
No class March 22  
**Time:** 9:00 - 10:00 AM  
**Location:** CET Gym  
**Fee:** \$40.00 Village residents for 6 sessions  
\$48.00 non-residents  
**Grades:** 1 & 2

**Registration Deadline:** February 25

**Instructor:** Dusty Schmidt

This program provides boys and girls the opportunity for exposure to lacrosse, the growing sport in our community. This is an instructional, non-competitive program, providing an introduction to the fundamental skills of the game. While emphasizing fun and safety, added benefits will include sportsmanship, teamwork, and physical fitness. Children must wear sneakers; junior sticks and balls will be provided.

## CO-REC INDOOR SOCCER

Act.# 1070 Sec. 1

**Dates/Time:** Mondays, beginning March 24  
7:00-8:30 PM  
No class April 21  
**Location:** Croton Harmon High School Gym  
**Fee:** \$35.00 Village residents for 8 sessions  
\$42.00 non-residents  
**Grades:** 8 – 12

**Registration Deadline:** March 20

Take part in the fast paced action of indoor soccer. This program is great for off season training.



## TEEN / YOUTH PROGRAM

The Croton Youth Program, directed by Gary and Doreen Pettit, will continue with trips and events most weeks throughout the year for middle school students. Trips and special events will also be scheduled for elementary and high school students periodically throughout the year. Schedules will be made available at the schools, at the Recreation Department Office, at the kiosk at Croton Commons, and on the Village of Croton-on-Hudson website at: [www.crotononhudson-ny.gov](http://www.crotononhudson-ny.gov).

You can also call 271-8562 for weekly event information and updates. To receive e-mail updates on trips and events for students in grades 3 through 12, e-mail John Miller at [jmiller@crotononhudson-ny.gov](mailto:jmiller@crotononhudson-ny.gov) and let him know what grade the youth is in.

## **ICE SKATING**

**WEATHER PERMITTING**, there will be **UNSUPERVISED** ice skating on the Duck Pond, Bungalow Road. The Recreation Department requires 6" of ice for skating. A **GREEN FLAG** indicates the ice is safe. A **RED FLAG** indicates it is unsafe and skating is not permitted. Even when the ice is safe, for your own protection, never go skating by yourself.

## *Employment Opportunities For Youth*

### **OPERATION SNOWFLAKE**

The Town of Cortlandt seeks teens to shovel the driveways, pathways and walkways of senior citizens in the Town of Cortlandt (this includes Croton Seniors). Eligible teens will be paid \$7.00 per hour. For more information or for an application, contact **Dawn Mahoney at the Muriel H. Morabito Community Center at (914) 528-1572.**

### **YOUTH EMPLOYMENT SERVICE**

If you are looking for someone to fill a job on a one-time or on-going basis, the Croton Youth Employment Service is for you. Some of the jobs we've filled include baby-sitters, yard workers, snow shovelers, party aids, and dog walkers. Stop by the Recreation Office on the 2<sup>nd</sup> floor of the Municipal Building and pick up a Youth Employment Referral list or give us a call and we'll send you one. **Please note that the Recreation Department does not check references for anyone on the Youth Employment Referral List. We strongly suggest you do so before hiring anyone.**

If you are looking for work in the area, it's for you too. To register and be put on the referral service list, drop by the Recreation Office and pick up a form or give us a call and we'll send you one. **In order to remain on the list, you must give us updated information at the beginning of each school year.**

### **SUMMER EMPLOYMENT OPPORTUNITIES**

The Croton Recreation and Parks Department offers summer employment opportunities in Day Camp, Tiny Tots, Lifeguarding, Gate Attendant, and Park Maintenance. **POSITIONS FILL QUICKLY SO APPLY EARLY.** Contact the Croton Recreation Department at 271-3006 for an application or further information.

## **SUMMER CAMP PROGRAMS**

Our Day Camp and Tiny Tots program registration is held by lottery. The lottery process eliminates the long line and the need to be present on a specific date and time. **For 2008, the lottery registration deadline for Day Camp and Tiny Tots is Wednesday, April 16 at 12 noon. You must register using the specific Day Camp or Tiny Tots triplicate registration form. To be included in the lottery, your form(s) must be in our office before the deadline, completed and paid in full.** We suggest bringing your form(s) to our office in person, weekdays between 8:30 AM and 4:00 PM. **The triplicate registration forms will be available in our office and at locations in Croton in early March 2008.** Anyone who does not hand in their camp registration forms by the lottery deadline may register on a first-come first-served basis if space is still available. **Anyone who does not register for any session of Day Camp or Tiny Tots by June 13, 2008 will be charged a \$25.00 late fee.**

## *Special Events*

### **TITAN TANK ROBOTICS**

**Act.# 3060 Sec. 1**

**Dates:** Wednesday & Thursday, December 26 & 27  
**Time:** 9:00 AM - 3:00 PM  
**Location:** Municipal Building Community Room  
**Fee:** \$ 96.00 Village residents  
\$115.00 non-residents  
**Grades:** 2 - 6

**Registration Deadline:** December 20

Build and take home a Titan! The Titan Tank is an infrared remote control kit. Its microprocessor provides different channels that allow up to four Titans to fight each other at the same time. The Titan moves using six wheels that can move forward, backward, right and left. You'll be amazed at the many gears, circuit board, and mechanical drive system. In this course you'll also have time to use the ROBOTIX building system to design robots from your own imagination and enter them into our robot Olympics, battle-bot competition, and tractor pull. Learn to program simple commands and make your robot do tricks with Robotix hand-held computers. Explore and program cool new robots including Robosapien, Roboreptile, and more. Plus, explore a wide range of challenging builds including the 5" tall Commander robot and Robo-Dog.

**Bring a non-perishable lunch as children will not be permitted to leave for lunch!**

## **DIGGIN' FOR DINOSAURS, ROCKIN' ROCKS & CRYSTAL CREATIONS**

**Date:** Tuesday, February 19 **Act.# 3040 Sec. 1**  
**Time:** 9:00 AM – 3:00 PM  
**Location:** Municipal Building Community Room  
**Grades:** 1 - 5  
**Fee:** \$57.00 Village residents  
\$68.00 non-residents

**Registration Deadline:** February 14

Young scientists will discover the exciting science of archaeology and paleontology as they excavate and assemble complete skeletal replicas from simulated “fossilized” rock. Dig for Tyrannosaurus Rex, Triceratops, Brachiosaurus, and more. Make fossilized plaster replicas of dinosaur teeth, claws, trilobites, and ancient snails. Sort, classify, and take home a variety of shark teeth. Unearth some fascinating facts about rocks, minerals, and crystals. Take home a unique rock and mineral collection, a rock and mineral book, unearthed treasures, fossilized shark teeth, and crystals.

**Wear old clothes for this program! Bring a non-perishable lunch as children will not be permitted to leave for lunch!**



## **GIANT COOKIE DECORATING WORKSHOP**

**Act.# 1060 Sec. 1**

**Date:** Saturday, December 22  
**Time:** 10:00 AM - 11:30 AM  
**Location:** Municipal Building Community Room  
**Fee:** \$25.00 Village Residents  
\$30.00 non-residents

**Grades:** Kindergarten - 6

**Registration Deadline:** December 17

**Instructor:** Jan Meryl Phair of Croton Cake Creations

Decorate an enormous 12” chocolate chip cookie, using pastry bags and metal tips, plus lots of freshly made frosting that you learn to colorize. Then, top it with other ornaments, and all kinds of sweets to create an original beautiful design. Learn to draw or write with frosting, and pipe designs and borders on top. Space is limited, so register early! An apron or smock is recommended.

## **CAKE DECORATING CAMP**

**Act.# 1055 Sec. 2**

**Dates:** Tuesday, Wednesday, & Thursday  
February 19, 20, & 21

**Time:** 9:30 AM - 12:30 PM

**Location:** Recreation Conference Room

**Fee:** \$145.00 Village Residents  
\$174.00 non-residents

**Grades:** 3 - 8

**Registration Deadline:** February 14

**Instructor:** Jan Meryl Phair of Croton Cake Creations

This is a fun-filled dessert camp featuring layer cakes, creating 3-D designs for cakes and cut-out shaped cookies designs. Roll out delicious cookie dough, then decorate by hand-painting and ice with royal icing in cool designs. Colorize freshly made butter cream frosting, fill, and frost your cakes using real decorating tools and pastry bags. Learn awesome decorating designs for borders, drawing, and writing on cakes. Printout instructions will be included. Campers will bring home finished creations. Bring your own snack and drink. An apron or smock is recommended.

## **BUILD-A-SNOWMAN CONTEST**

Have your family build a snowman anytime this winter, take a picture of the snowman and its builder and mail a 4"x 6" photo to the Croton Recreation Department by Friday, March 21st. Categories are a) "Typical Snowman" b)"Snow Sculpture" (animal, etc). Please be sure to include your name, address and phone number on the back of your photo. Prizes will be awarded for each category. Photos will not be returned.



## **SPRING WINDOW DECORATING**

Have fun decorating Village windows for spring! Participants may begin painting windows April 21 and must be completed by April 25. The Recreation Department will assign windows. Watch for flyers for more information. This is not a contest but a fun event for the whole family!

## **LUNCH WITH THE BUNNY**

**Act.# 1320 Sec. 1**

**Date/Time:** Saturday, March 22 11:30 AM

**Location:** C.E.T. Multi-purpose Room

**Fee:** \$ 8.00 Village residents per family  
\$10.00 non-residents per family

**Registration Deadline:** March 17

All Village and School District children are invited to have lunch with the spring bunny. Space is limited; you must be pre-registered.



# Adult Activities

## **DEFENSIVE DRIVING**

**Act.# 3090 Sec. 2**

**Dates:** Wednesdays, February 6 & 13  
**Time:** 6:00 - 9:00 PM  
**Location:** Municipal Building Community Room  
**Fee:** \$35.00 Village residents  
\$45.00 non-residents



**Eligibility:** Must possess a NY State license or learner's permit  
**Registration Deadline:** February 1  
**Instructor:** Jack Coxen

This six-hour course will be offered for licensed drivers through the New York State Safety Program. Upon successful completion of the course (you must attend both evenings) four-points will automatically be reduced from the driving record point total. Plus, if the participant is listed as a principal operator on an auto insurance policy, a 10% discount on collision and liability will be applied for a full three years when the broker is presented with the course completion certificate. Class size is limited, so early registration is encouraged.

## ***NEW!!!***

## **MOMMY and BABY YOGA**

**Act.# 2080 Sec. 1**

**Dates:** Tuesdays, beginning January 15  
No class Feb. 5 & 19  
**Time:** 10:30 – 11:30 AM  
**Location:** Recreation Conference Room  
**Fee:** \$72.00 Village residents for 8 sessions  
\$86.00 non-residents

**Materials:** Bring a blanket and toys for baby; mats are supplied unless you prefer to bring your own 2 mats

**Registration Deadline:** January 10

**Instructor:** Kristina Cohen

Mommy and Baby Yoga is a class designed to bring strength and serenity to new moms as they bond with their infants. Age appropriate exercises for your baby stimulate your baby's basic motor skills, vision, and coordination. Realign and relax through basic Hatha postures. Kristina Cohen is a certified yoga instructor, instructing both adults and children for over ten years.

### **GENTLE BEGINNER YOGA**

**Act.# 2105 Sec. 3**

**Dates:** Wednesdays, beginning January 23  
No class Feb. 20

**Time:** 7:30-9:00 PM

**Location:** Recreation Conference Room

**Fee:** \$100.00 Village residents for 10 sessions  
\$120.00 non-residents

**Registration Deadline:** January 18

**Instructor:** Andrea Naitove

This class is suitable as an introduction to yoga, and as a continuing gentle practice. This class will focus on building strength and increasing flexibility with careful attention to alignment and the needs of each student. Andrea is a certified Journey into Yoga instructor and a member of the Yoga Alliance. She includes a blend of Kripalu and Iyengar styles in her teaching. Participants should wear comfortable clothing and bring a towel. Mats are available for participants.

### **GENTLE YOGA**

**Act.# 2075 Sec. 3**

**Dates:** Mondays, beginning January 14  
No class Jan. 21, Feb. 18

**Time:** 9:30-11:00 AM

**Location:** Recreation Conference Room

**Fee:** \$100.00 Village residents for 10 sessions  
\$120.00 non-residents

**Registration Deadline:** January 9

**Instructor:** Andrea Naitove

This is a nurturing yoga class designed for students at all levels. This class will focus on building strength and increasing flexibility with careful attention to alignment and the needs of each student. Andrea is a certified Journey into Yoga teacher and a member of the Yoga Alliance. She includes a blend of the Kripalu and Iyengar styles in her teaching. Participants should wear comfortable clothing and bring a towel. Mats are available for participants.



**YOGA: STRENGTHEN, RELAX and RENEW**

**Act.# 2070 Sec. 3**

**Dates:** Thursdays, beginning January 24  
No class Feb. 21  
**Time:** 7:30-9:00 PM  
**Location:** Recreation Conference Room  
**Fee:** \$100.00 Village residents for 10 sessions  
\$120.00 non-residents



**Registration Deadline:** January 18

**Instructor:** Andrea Naitove

This yoga class is designed for students with some yoga experience. Through breath work and postures we will focus on building strength, increasing flexibility and stamina, and releasing muscle tension and stress. Careful attention will be paid to alignment and the needs of each student. Andrea is a certified Journey into Yoga instructor and a member of the Yoga Alliance. She includes a blend of Kripalu and Iyengar styles in her teaching. Participants should wear comfortable clothing and bring a towel. Mats are available for participants.

**GUT BUSTER CLASS**

**Act.# 2020 Sec. 3**

**Dates:** Thursdays, beginning January 17  
**Time:** 9:30 – 10:05 AM  
No class Feb. 21, March 20  
**Location:** Municipal Building Community Room  
**Fee:** \$60.00 Village residents for 9 sessions  
\$72.00 non-residents



**Registration Deadline:** January 11

**Instructor:** Brenda Kostulas, CPT, Physical Victory Inc.

This is a 35 minute class that will help flatten the abdominal wall. Continuous exercise is done to target all abdominal muscles. The result is a stronger more defined mid-section supporting your back. The instructor is a fully certified personal trainer and group instructor. Mats will be supplied; bring a water bottle.

**GUT BUSTER CLASS**

**Act.# 2020 Sec. 4**

**Dates:** Thursdays, beginning May 1  
**Time:** 9:30 – 10:05 AM  
**Location:** Municipal Building Community Room  
**Fee:** \$40.00 Village residents for 6 sessions  
\$48.00 non-residents

**Registration Deadline:** April 25

**Instructor:** Brenda Kostulas, CPT, Physical Victory Inc.

This is a 35 minute class that will help flatten the abdominal wall. Continuous exercise is done to target all abdominal muscles. The result is a stronger more defined mid-section supporting your back. The instructor is a fully certified personal trainer and group instructor. Mats will be supplied; bring a water bottle.

**TOTAL BODY WORKOUT**

**Act.# 2025 Sec. 2**

**Dates:** Tuesdays, beginning January 15

**Time:** 7:30 – 8:10 PM

No class Feb. 5 & 19, March 18

**Location:** Municipal Building Community Room

**Fee:** \$65.00 Village residents for 9 sessions

\$78.00 non-residents

**Registration Deadline:** January 10

**Instructor:** Brenda Kostulas, CPT, Physical Victory Inc.

This is a 40 minute class which targets every body part. We will work on strengthening and defining all areas. The class will end with stretching. The instructor is a fully certified personal trainer and group instructor. Mats will be supplied; bring a water bottle.

**TOTAL BODY WORKOUT**

**Act.# 2025 Sec. 3**

**Dates:** Tuesdays, beginning April 29

**Time:** 7:30 – 8:10 PM

**Location:** Municipal Building Community Room

**Fee:** \$44.00 Village residents for 6 sessions

\$52.00 non-residents

**Registration Deadline:** April 23

**Instructor:** Brenda Kostulas, CPT, Physical Victory Inc.

This is a 40 minute class which targets every body part. We will work on strengthening and defining all areas. The class will end with stretching. The instructor is a fully certified personal trainer and group instructor. Mats will be supplied; bring a water bottle.

***NEW!!!***

**FITNESS – BODY, MIND, SPIRIT**

**Act.# 2015 Sec. 1**

**Dates:** Tuesdays, beginning January 22

No class Feb. 5 & 19, March 18

**Time:** 9:30 - 10:30 AM

**Location:** Municipal Building Community Room

**Fee:** \$70.00 Village residents for 8 sessions

\$84.00 non-residents

**Registration Deadline:** January 17

**Instructor:** Barbara Smith

This is a new approach to total fitness and well being. The class begins with a workout, continues with yoga stretching, and finishes with meditation and aromatherapy. Barbara is a certified aromatherapist, certified personal trainer, and certified yoga instructor. Wear comfortable clothing. Mats are available for participants.



***NEW!!!***

**NATURAL THERAPEUTIC PERFUME MAKING**

- Dates:** Mondays, beginning January 28 **Act.# 2005 Sec. 1**  
No class Feb. 18
- Time:** 7:30 – 9:00 PM
- Location:** Recreation Conference Room
- Fee:** \$50.00 Village residents for 4 sessions  
\$60.00 non-residents
- Materials:** Provided by the instructor for \$25.00 per person
- Registration Deadline:** January 23
- Instructor:** Barbara Smith

In this class you will learn the basics of aromatherapy and perfume making using all natural ingredients. Create your own signature scent that will not only smell beautiful, but make you feel good too! Barbara is a certified aromatherapist, certified personal trainer, and certified yoga instructor.

***NEW!!!***

**KNITTING for the BEGINNER & ADVANCED BEGINNER**

- Dates:** Thursdays, beginning January 17 **Act.# 2045 Sec. 1**  
No class Feb. 21
- Time:** 10:00 - 11:30 AM
- Location:** Recreation Conference Room
- Fee:** \$75.00 Village residents for 6 sessions  
\$90.00 non-residents
- Materials:** Provided by the instructor for \$15.00 per person
- Registration Deadline:** January 11
- Instructor:** Leslie Asch

Learn how to knit or strengthen your skills with this relaxing craft. Participants will learn the basics including casting on and off, creating knit and purl stitches, and how to make different textures by using various combinations of these basic stitches and how to make color changes to create stripes. Size 8 bamboo knitting needles, yarn needles, practice yarn and a worksheet to design and create a hat, bag or shawl will be provided. Participants can purchase additional yarns from local sources. A resource list and information on how to read a yarn label will be covered. Leslie has a B.F.A. in apparel design and has worked in the garment and toy industries for almost 20 years during which she worked as a knitwear designer.

**MEN'S SOFTBALL**

All teams interested in participating in the Men's Softball League should call the Recreation Department at 271-3006 for information. There will be an organizational meeting for the league in February.

# *Senior Activities & Services*

## **SENIOR ACTIVITIES**

The Senior Recreation Program provides individuals an environment for continued learning, social interaction, and enjoyment through a variety of classes, one-day courses, special events, and trips. Programs are open to all Village and School District residents ages 60 and older. If space permits, non-residents may apply at a slightly higher fee.

## **CROTON SENIOR CLUB**

The Croton Seniors meet weekly on Fridays beginning at 11:00 AM in the Municipal Building Community Room. Membership is available to all residents of the Village and School District ages 60 and older. If you would like to receive a membership packet, please contact Yvonne Beldotti, Director of Senior Recreation at 271-5804. **Reminder: JANUARY IS MEMBERSHIP RENEWAL MONTH! In case of inclement weather, if the Croton-Harmon Schools are closed, the Croton Senior Club meetings and other senior programs will be canceled.**

## **PLEASE NOTE:**

**ALWAYS CHECK WITH YOUR PHYSICIAN BEFORE ENROLLING IN ANY PHYSICAL ACTIVITY PROGRAM.**

## **SENIOR EXERCISE**

**Act.# 2060 Sec. 1**

- Dates:** Fridays – on-going  
No class Feb. 15, 22, & 29
- Time:** 10:00 - 11:00 AM
- Location:** Recreation Conference Room
- Fee:** \$15.00 per year Village residents  
\$30.00 per year non-residents
- Instructor:** Geri Feller

Geri leads participants through stretching and strengthening, incorporating light aerobics, floor exercises and dance routines. Anyone wishing to participate must pre-register and pay the **yearly** fee which covers the period June 1, 2007 to May 31, 2008.

## **SENIOR EXERCISE II**

**Act.# 2050 Sec. 1**

- Dates:** Tuesdays – on-going  
No class Feb. 5, 19, 26 & March 18
- Time:** 11:45 AM - 12:45 PM
- Location:** Recreation Conference Room
- Fee:** \$15.00 per year Village residents  
\$30.00 per year non-residents
- Instructor:** Geri Feller

Geri will lead the group in a vigorous routine that combines stretching, light aerobics, dance moves and floor exercises all set to lively music. Come for the workout and to have some fun. Anyone wishing to participate must pre-register and pay the **yearly** fee which covers the period through May 31, 2008.

## **BOOK DISCUSSION GROUP**

**Act.# 2055 Sec. 2**

- Dates:** Mondays, Jan. 7, Feb. 11, Mar. 3, Apr. TBD
- Time:** 10:00 – 11:30 AM
- Location:** Municipal Building Community Room
- Fee:** \$5.00 Village residents for 4 sessions  
\$10.00 non-residents

**Registration Deadline:** January 4

**Instructor:** Amy Melman

Participants gather round for monthly readings that stimulate the mind and invite creative dialogue. Book selections are available through the Croton Free Library.



## **LECTURE PROGRAM**

### **The Influence of the Dutch on the American Kitchen**

- Date:** February 13
- Time:** 1:00 - 2:30 PM
- Location:** Municipal Building Community Room

This program is presented by author and food historian Peter G. Rose. The program is free and open to the public and is made possible by the New York Council for the Humanities Speakers in the Humanities program. Refreshments will be served.

## **WRITE AWAY**

**Act.# 2065 Sec. 2**

- Dates:** Wednesdays, January 2, 16, 30,  
February 13, 27, March 19, 26
- Time:** 10:00 – 11:30 AM
- Location:** Recreation Conference Room
- Fee:** \$30.00 Village residents for 8 sessions  
\$36.00 non-residents



**Registration Deadline:** January 2

**Instructor:** Amy Melman

Tell a story in your own words. Participants are inspired to express their thoughts, feelings and ideas through simple writing exercises that incorporate photographs, objects and personal mementos of everyday life. The course will also explore the work of participants' favorite authors to see how they do it and what makes it successful. Notebooks or journals are acceptable for this course as well as any work-in-progress the participant would like to volunteer to share. Amy will promote a low-key friendly atmosphere where sharing and learning rather than professional critiquing is emphasized.

## **PAINTING WITH WATERCOLORS**

**Act. # 2100 Sec. 2**

- Dates:** Mondays, beginning January 28  
No class February 18
- Time:** 1:30 – 3:30 PM
- Location:** Municipal Building Community Room
- Fee:** \$50.00 Village residents for 8 sessions  
\$60.00 non-residents

**Materials:** A material list will be available upon registration; participants need to purchase their own supplies.

**Registration Deadline:** January 23

**Instructor:** Jeanne Demotses

The course will cover basic watercolor techniques and offer students the opportunity to draw and paint from still life as well as from photographic sources. It will cover drawing skills, observational skills and proper handling of material as well as provide a creative atmosphere in which to work. The instructor will offer demonstrations. Jeanne is currently teaching watercolor, oil, multimedia, and life painting at various facilities in Westchester and Putnam Counties.

**NEW!!!**

**LIFE BETWEEN THE GREAT WARS**

**Dates:** Thursdays, beginning January 31

**Time:** 1:00 – 3:00 PM

**Location:** Municipal Building Community Room  
February 21<sup>st</sup> class will be held in the Village meeting room, 2<sup>nd</sup> floor

**Fee:** \$20.00 per person. Make checks payable to “Westchester Community College”

**Registration Deadline:** January 25

World War I, the First World War, the Great War, the War of Nations and the War to End All Wars, was surpassed by World War II. Like all wars, these periods of pain and suffering have been well documented. What was life like between the great wars? What created the climate that resulted in war? This course takes an in-depth look at the period between the Great wars.

**Professor Tabachnik** has a Master’s Degree from City College, in Education and History. In addition to being an adjunct professor at Westchester Community College and a consultant for their Teaching Fellow Program, Professor Tabachnik has been a MAINSTREAM instructor since 2005, teaching history course on the 20<sup>th</sup> century in our country, the Presidency, the Constitution and the Holocaust, both on campus and off. **This course is offered through MAINSTREAM, the institute for mature adults at Westchester Community College.**

**NEW!!!**

**KNITTING for the BEGINNER & ADVANCED BEGINNER**

**See Adult Activities Section**

**OPERATION SNOWFLAKE**

The Town of Cortlandt Aging Division offers a snow shoveling service for eligible Senior Citizens who reside in the Town of Cortlandt. Eligible seniors who are unable to shovel their walkway should call **Nora Hogan at the Town of Cortlandt at 528-8377.**



## **JEFFERSON VALLEY MALL SHOPPING TRIPS**

On the second Wednesday of the month, a shopping trip to the Jefferson Valley Mall is open to all senior residents of the Village of Croton. The dates for winter 2008 are: **January 9, February 13, March 5, and April 9**. Anyone wishing to participate should call the Director of Senior Recreation at 271-5804. **In case of inclement weather, if the Croton-Harmon Schools are closed, this program will be canceled.**



## **LOCAL SHOPPING BUS**

The Village bus is available twice per week, Tuesdays and Thursdays, to all senior residents of the Village of Croton. The bus takes residents to Shoprite, to the bank, or to the post office. Anyone who wishes to participate should call the Director of Senior Recreation at 271-5804. **In case of inclement weather, if the Croton-Harmon Schools are closed, this program will be canceled.**

## **FREE BLOOD PRESSURE SCREENINGS**

A nurse from Dominican Sisters Family Health Service in Ossining is available for free blood pressure screening, education, supervision and follow-up:

**Dates:** First Friday of each month  
**Time:** 11:00 AM – 12:00 noon  
**Location:** Municipal Building Community Room



## **TRIPS & TRAVEL**

**March 12:** “Joey & Mary Irish-Italian Wedding Show”, Lunch & Gaming at Monticello Raceway

**April 30:** Metropolitan Museum of Art, Petrie Court Café & Central Park Walking Tour

For more information or to register, please contact Yvonne Beldotti, Director of Senior Recreation at 271-5804 or e-mail [ybeldotti@crotononhudson-ny.gov](mailto:ybeldotti@crotononhudson-ny.gov)

**Village of Croton-on-Hudson  
Recreation & Parks Department  
Mail-in Registration Form/Release Form**

**Please Print and use a separate form for each person.  
When mailing in a form, please send separate checks for each program.  
All information must be completed or registration will not be accepted.**

Participant's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Parent's Name: \_\_\_\_\_  
(if under 18)

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Name & Phone \_\_\_\_\_

Activity #	Section #	Program	Day	Fee
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Total Due \_\_\_\_\_

I am enrolling myself/my child in programs offered by the Croton Recreation and Parks Department/Village of Croton-on-Hudson. In so doing, I hereby waive, release and discharge the Village of Croton-on-Hudson, its employees and agents from any liability for injury to person or property that may arise from my/my child participating in these programs. I hereby also state that I will have health insurance for myself/my child in effect during the time I am engaging in any activities offered by the Croton Recreation Department, its agents or employees. I agree to indemnify and hold harmless the Village of Croton-on-Hudson for any damages or injuries resulting from my or my child's intentional or negligent conduct.

\_\_\_\_\_  
Participant's Signature(parent or guardian if under 18) \_\_\_\_\_ Date

Registration for most programs may be done using this "Mail-in Registration Form". Please be sure to complete all information, sign and enclose a check for the proper amount made payable to **"Croton Recreation" and mail to Municipal Building, 1 Van Wyck Street, Croton-on-Hudson, NY 10520.**

