



Winter 2017 Brochure

REGISTRATION BEGINS THURSDAY, DECEMBER 1

Village of Croton

RECREATION AND PARKS DEPARTMENT

www.crotononhudson-ny.gov

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VILLAGE of CROTON-on-HUDSON

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DEPARTMENT of RECREATION

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Valerie Nolan, Director of Senior Recreation
Barbara Salvatore, Office Assistant
John Bouchard, Park Foreman
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Dave Smith, Park Groundsman

RECREATION ADVISORY COMMITTEE

John Giglio, Chairperson
Emily Boglioli Pete Sedlmair
Debi Braddick Denise Weale
Missy Corvinus

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

MISSION STATEMENT

It is the mission of the Village of Croton-on-Hudson Recreation 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.

2017 REGISTRATION INFORMATION

This brochure provides a description of programs, facilities and special events offered for Winter 2017 by the Village of Croton-on-Hudson's Recreation Department. Most classes have limited availability 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 live 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 Department are also made available to those who reside within the Croton-Harmon School District yet outside the 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, on a per-program basis.

For some programs, the mail-in registration form located in the back of this brochure can be used. When mailing in a registration form, please send separate checks for each program. Mail to: Croton Recreation 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:**

VILLAGE OF CROTON



We do not accept credit cards. Program fees will not be pro-rated. If you have questions or concerns about any of our programs or facilities, please call our office at 271-3006. **Also, check out the Village's website at www.crotononhudson-ny.gov**

HOW TO WATCH A GOOD PROGRAM BE ELIMINATED

Nothing eliminates 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!*

NEW PROGRAMS

Do you have a program idea? We are always looking for new and interesting ideas. If you would like to suggest a program, please call the Recreation Department for more information 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. These situations will be reviewed on an individual basis by the Recreation Supervisor, who will then make a refund determination.

No refunds will be issued if inclement weather prohibits the completion of assigned sessions. **No refunds will be made after the start of the first class or session.**

- All claims for refunds for classes must be requested in writing.
- A \$15.00 processing fee will be retained by the Village in all cases that refunds, partial refunds, or program section transfers are granted.
- There is an additional charge of \$20.00 on all returned checks.

FINANCIAL AID POLICY

It is the intention of the Village of Croton-on-Hudson Recreation Department to assist its village residents in participating in certain recreation programs by offering financial aid to those who truly need it. Financial aid applications will be accepted for the following programs only: Senior Citizen programs excluding trips, and Croton Youth Program trips. Applications are available in the Recreation Office. Residents must be able to prove financial need. All information will be kept confidential.

MEDICAL INSURANCE

As 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-on-Hudson DOES NOT provide medical insurance in such programs. If you do not have a personal medical insurance policy, we urge that you secure one prior to enrolling in any programs. All persons participate at their own risk.

VILLAGE PARKS

When a group of 8 or more persons wishes to use a facility, an individual must request a permit from the Recreation Office. Specific fees, restrictions, rules and hours of use may apply depending on the facility requested and the use desired. Please inquire at the Recreation Office for specific details. In general, to assure our parks remain safe and clean for the enjoyment of the general public, the following restrictions apply:

- Swimming is **only** permitted at Silver Lake Park and **only** when a lifeguard is on duty.
- No dogs or any other domestic animals permitted except at the Croton Landing RiverWalk Trail and the fenced in area of Black Rock Park.
- No playing on athletic fields when a “Fields Closed” sign is posted. **Fields will close completely for the winter season. They will re-open sometime in April.**

Additional information regarding the use of Village parks may be found in Village Code Chapter 168 which is posted on the Village website. We appreciate your cooperation and hope you will enjoy your visit.

ICE SKATING

WEATHER PERMITTING, there will be **UNSUPERVISED** ice skating on the Duck Pond, Bungalow Road. The Recreation Department requires 6" (six inches) 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.



SUMMER EMPLOYMENT/SUMMER CAMP

The Croton Recreation Department offers summer employment opportunities in Day Camp, Tiny Tots, Lifeguarding, Gate Attendant and Park Maintenance. **APPLICATIONS WILL BE ACCEPTED STARTING JANUARY 3 THRU MARCH 17, 2017.** All applicants for paid positions must be at least 16 years of age. Contact the Croton Recreation Department at 271-3006 for an application or further information.

For 2017, camp registration forms for Day Camp and Tiny Tots will be available beginning March 13th. You must register using the specific Day Camp or Tiny Tots triplicate form. Please note, camp registration is on a first-come first-serve basis. It is recommended that you REGISTER EARLY as space is limited! We suggest bringing your form(s) to our office in person, weekdays, between 8:30 AM and 4:00 PM. **The triplicate registration form will be available in our office and the Croton Free Library.**

INCLEMENT WEATHER POLICY

In case of inclement weather, call the Recreation Office at 271-3006. If the Croton-Harmon Schools are closed due to inclement weather, all Recreation Department programs are canceled.



RECREATION BROCHURE/CONNECT CTY

Reminder: The Recreation brochure is no longer being mailed to Village residents. Sign-up to receive up-to-the-minute phone announcements and e-mails from the Village by going to the Village website at www.crotononhudson-ny.gov and look for the Subscribe to news link.

PHOTO I.D. CARDS

Beginning in January, the Recreation 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 driver's 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 \$9.00 for Village residents and \$15.00 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. 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 and facilities.

YOUTH ACTIVITIES

CROTON YOUTH/TEEN PROGRAM

The Croton Youth Program, directed by Doreen Pettit, will continue with trips and events throughout the year for middle school students. There will be drop-ins and movie nights (G thru PG) some Friday nights from 7:30 to 10:00 PM at the Municipal Building. Drop-in nights take place in the Community Room and game room with pool table, foosball, Xbox 360's, Wii, guitar hero and more! There is no fee and refreshments will be on sale. We strongly recommend making reservations for all trips by calling 271-8562.

The specific schedules will be available in the Recreation Office, on the Village website at www.crotononhudson-ny.gov and in the Village kiosk at Croton Commons. For updates and more information on middle school activities, call the Croton Youth Program at 271-8562 or the Recreation Office at 271-3006.

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-sitting, petsitting, light house cleaning, yard work, party helpers and more. Stop by the Recreation Office on the 2nd floor of the Municipal Building and pick up a Youth Employment Referral list or give us a call and we'll mail you one. **Please note that the Recreation Department does not check references for anyone on the employment 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.**



MAKE YOUR OWN GINGERBREAD HOUSE

Date: Thursday, December 15 **Act.# 1061 Sec. 1**

Time: 6:30 - 8:30 PM

Location: Municipal Building Community Room

Fee: \$20.00 Village residents
\$25.00 School dist/non-residents

Grades: 4 – 6

Registration Deadline: December 8



In this class you will make and design your own Gingerbread house! All supplies will be included so come and join the fun! Just in time for the holidays!



YOUNG REMBRANDTS

Act.# 1306 Sec. 1

Dates: Thursdays, beginning January 12

No class February 23

Time: 10:00 - 10:45 AM

Location: Municipal Building Community Room

Fee: \$95.00 Village residents for 8 sessions
\$115.00 School dist/non-residents

Ages: 3 1/2 – 5

Registration Deadline: January 5

Instructor: Young Rembrandts



Drawing classes for kids in Croton! Relieve winter boredom with Young Rembrandts drawing classes! Students will learn shape recognition as they create a colorful masterpiece such as Mice, Hat/Mittens, Pizza and more using circle, triangles, and squares. Entertain and educate your promising artist! Don't miss out, enroll today!

YOUTH BASKETBALL

Act.# 1400 Sec. I

Dates: Saturdays, beginning January 7
Grades: 1 - 5
Times: Grade 1 9:00 - 10:00 AM
Grade 2 10:00 - 11:00 AM
Grade 3 - 5 11:00 AM - 12:00 PM
Location: PVC New Gymnasium
Fee: \$50.00 Village residents for 6 sessions
\$60.00 School dist/non-residents



Registration Deadline: December 30

In this instructional program, participants will learn basic basketball skills such as ball handling, passing and shooting.

KIDS WRESTLING

Act.# 1065 Sec. I

Dates/Time: Thursdays, beginning January 19 7:00 - 8:00 PM
No class February 23
Location: PVC Old Gymnasium
Fee: \$50.00 Village residents for 6 sessions
\$60.00 School dist/non-residents
Grades: 3 - 8



Registration Deadline: January 12

Instructor: David Occhipinti

This program will introduce basic techniques utilized in scholastic wrestling. It is recommended that all participants wear head gear.

YOUTH LACROSSE

Act.# 1075 Sec. I

Dates: Saturdays, beginning March 4
Grades: 1 - 4
Times: Grades 1 -2 9:00 - 10:00 AM
Grades 3 - 4 10:00 - 11:00 AM
Location: PVC New Gymnasium
Fee: \$50.00 Village residents for 6 sessions
\$60.00 School dist/non-residents



Registration Deadline: February 24

Instructor: Joe Streaty, Jr.

This non-competitive program provides an introduction to the fundamental skills of the game. Helmets are suggested; children must wear sneakers. Junior sticks and balls will be provided.

INVENTIONS WITH LITTLEBITS

Act.# 3076 Sec. I

Date/Time: Wednesday, February 22

9:00 AM - 2:30 PM

Location: Municipal Building Community Room

Fee: \$85.00 Village residents
\$105.00 School dist/non-residents

Grades: 2 - 5

Registration Deadline: February 15

Instructor: Super Science



littleBits

In this STEM invention workshop, students enhance their skills with a great new system of discovery called LittleBits. LittleBits is a platform of easy-to-use electronic building blocks that empower you to invent anything like your own remote controlled car to a smart home device! The Bits snap together with magnets and in this program students will begin with several inventions designed to let them figure out how components go together. Design, create and have fun!

Winter Break



BUGS, BIRDS, BEASTS & BEYOND

Act.# 3077 Sec. I

Date/Time: Thursday, February 23

9:00 AM - 2:30 PM

Location: Municipal Building Community Room

Fee: \$95.00 Village residents
\$110.00 School dist/non-residents

Grades: K - 4

Registration Deadline: February 16

Instructor: Mad Science

*Adaptations
of Owls*



*truly silent flight
from almost their
feathers their soft
the needs of all coming
through their feathers*

*large eyes set forward on the
head give great depth perception
for hunting plus vision of their
eyes are placed with the right
nocturnal needs to see at night*

*their necks have a lot of
flexibility for swinging
prey on the move*

*many holes for catching prey
on the fly*

©Mad Science

Come explore the natural world and its adaptations. Observe creepy crawly bugs, make casts of animal tracks and study the feeding habits of owls! This day will include awesome hands on experiments and take home items! Come join the fun!

Bring a non-perishable lunch for either of the above, as children will not be permitted to leave the building for lunch!

CHALLENGERS BASKETBALL CLINIC

Act.# 1500 Sec. I

Date: Saturday, January 14
Time: 11:00 AM - 12:00 PM
Location: CHHS Gym
Snow Date: Saturday, January 21
Fee: \$5.00 Village residents
 \$8.00 School dist/non-residents
Ages: 7 - 21



Registration Deadline: January 6

Croton Recreation Department invites boys and girls with special needs to join in a morning of fun. Have a great time learning basketball drills and skills with coaches and members of the CHHS Boys and Girls Varsity Basketball Teams. Fun and safe, the clinic is for young people with physical/mental challenges.

SKI DISCOUNT TICKET PROGRAM

In cooperation with the New York State Recreation & Park Society, we are offering discount admission tickets to various ski mountains. No minimum purchase is required, so take advantage of these great discounts!

Tickets are non-refundable.

<u>Ski Mountain</u>	<u>Gate Price</u>	<u>Recreation</u>
Bromley (Manchester Center,VT)	\$74.00 (Midweek) \$79.00(Weekend/Holiday)	\$46.00 \$63.00
Hunter Mountain (Hunter, NY)	\$70.00 (Midweek) \$80.00 (Weekend)	\$51.00 \$62.00
Windham (Windham NY)	\$75.00 (Midweek) \$87.00 (Weekend)	\$59.00 \$67.00
Mt. Creek (Vernon, NJ)	\$74.99 (Adult Anytime 19+) \$59.99 (Youth Anytime 7-18) \$149.99(Triple Play)	\$58.00 \$44.00 \$96.00



ADULT ACTIVITIES

TAI CHI

Act.# 2032 Sec. 2

Dates: Thursdays, beginning January 19
Time: 7:30 - 8:30 PM
Location: Municipal Building Community Room
Fee: \$80.00 Village residents for 8 sessions
\$95.00 School dist/non-residents



Registration Deadline: January 12

Instructor: Nat Costanzo

Tai Chi is a low impact workout designed to increase your mental and physical energy. Tai Chi will help you achieve total harmony of body, mind and spirit! The slow rhythmic motions practiced will tone muscles and improve overall fitness.

POUND! A FUN WORKOUT



Act.# 2036 Sec. 1

Dates: Wednesdays, beginning January 18
Time: 7:00 - 7:45 PM
Location: Municipal Building Community Room
Fee: \$65.00 Village residents for 8 sessions
\$80.00 School dist/non-residents



Registration Deadline: January 11

Instructor: Suzi Myers Tipa

POUND is a great way to burn calories and bang out your stress too! POUND is a 45-minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout. Using lightly weighted drumsticks, Ripstix, you can expect to burn between 500-900 calories per class and will be performing over 15,000 reps per session! Ripstix will be provided; please bring a yoga mat or towel to work on.

YOGA CLASSES

Act.# 2094

Section 1: Gentle Yoga I

Dates: Mondays, beginning January 23 for 10 sessions
No class February 20
Time: 9:30 - 11:00 AM
Location: Recreation Conference Room
Fee: \$145.00 Village residents \$175.00 School Dist/non-res
Registration Deadline: January 16
Instructor: Michele Rafferty - Yoga Instructor/RYT Yoga Alliance
This is a nurturing yoga class designed for students at all levels.

Section 2: Gentle Yoga II

Dates: Wednesdays, beginning January 18 for 12 sessions
Time: 9:30 - 10:30 AM Only one hour!
Location: Recreation Conference Room
Fee: \$140.00 Village residents \$170.00 School dist/non-res
Registration Deadline: January 11
Instructor: Beth Bierko - Kripalu Yoga Instructor/RYT Yoga Alliance
This class is suitable as an introduction to yoga and as a continuing gentle practice.

Section 3: Yoga and Meditation

FREE TRAIL YOGA CLASS! Wednesday, January 11, 7:30 - 9:00PM!

Dates: Wednesdays, beginning January 18 for 12 sessions
Time: 7:30- 9:00 PM
Location: Recreation Conference Room
Fee: \$180.00 Village residents \$215.00 School dist/non-res
Registration Deadline: January 11
Instructor: Beth Bierko - Kripalu Yoga Instructor/ RYT Yoga Alliance
This class is designed to offer strengthening, flexibility and deep relaxation through guided meditation.

Section 4: Gentle Yoga III

Dates: Thursdays, beginning January 19 for 12 sessions
Time: 7:30 - 9:00 PM
Location: Recreation Conference Room
Fee: \$180.00 Village residents \$215.00 School dist/non-res
Registration Deadline: January 12
Instructor: Beth Bierko - Kripalu Yoga Instructor/ RYT Yoga Alliance
This is a nurturing yoga class for students of all levels.

OPEN GYM - BASKETBALL

Act.# 2011 Sec. 2

Dates: Tuesdays, beginning January 3
No class February 21

Time: 8:30 - 10:00 PM

Location: PVC New Gymnasium

Fee: \$70.00 Village residents for 10 sessions
\$80.00 School dist/non-residents

Ages: 30 years and over



Registration Deadline: December 27

This program is open to those 30 years of age and older. Pick-up basketball will take place in a fun and friendly environment.

INDOOR SOCCER - MONDAY

Act.# 2012 Sec. 1

Dates: Mondays, beginning January 9
No class January 16, February 20

Time: 8:30 - 10:00 PM

Location: PVC New Gymnasium

Fee: \$70.00 Village residents for 10 sessions
\$80.00 School dist/non-residents

Ages: 21 years and over



Registration Deadline: January 3

Take part in the fast-paced action of indoor soccer. This program is great for staying fit during the winter months. Come join the fun!

INDOOR SOCCER - WEDNESDAY

Act.# 2012 Sec. 2

Dates: Wednesdays, beginning January 11
No class February 22

Time: 8:30 - 10:00 PM

Location: PVC New Gymnasium

Fee: \$70.00 Village residents for 10 sessions
\$80.00 School dist/non-residents

Ages: 21 years and over



Registration Deadline: January 4

Take part in the fast-paced action of indoor soccer. This program is great for staying fit during the winter months. Come join the fun!

SENIOR ACTIVITIES

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The Senior Recreation Program provides 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 gather for weekly meetings on Fridays at 11:00 AM at 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 Valerie Nolan, Director of Senior Recreation, at 271-5804. If the Croton-Harmon Schools are closed due to inclement weather, all senior programs are canceled.

LOCAL EXPLORERS:

Our senior bus departs from the Croton Municipal Building parking lot. Call 271-5804 for more trip details!

Jacob Burns Film Center/
Movie Matinee

Wednesday, January 25

The Westchester Mall

Thursday, February 16

Westchester Broadway Theatre -
"Mama Mia"

Thursday, March 30

CHARTER BUSTRIPS and TRAVEL:

Mohegan Sun Casino

Thursday, March 16

MAH JONGG

Act.# 2089 Sec. 3

Dates: Tuesdays, beginning January 17
Time: 10:30 – 12:30 PM
Location: Recreation Conference Room
Fee: \$65.00 Village residents for 8 sessions
\$78.00 School dist/non-residents
Material fee of \$9.00 paid directly to instructor



Registration Deadline: January 10

This is a great class for new players. The ancient Chinese tile game of Mah Jongg involves both skill and luck. Have fun while learning the basic moves, rules of the game and winning strategies.

CURRENT EVENTS

Act.# 2125 Sec. 2

Dates: Thursdays, beginning January 26
Time: 10:00 AM – 12:00 PM
Location: Recreation Conference Room
Fee: \$48.00 Village residents for 8 sessions
\$58.00 School dist/non-residents



Registration Deadline: January 19

Instructor: Ed Pressman

Join us for lively discussion of today's news headlines! Explore current "hot button" issues. Examine current social, political & economic issues. Diverse points of view are encouraged and respected.

SENIOR SING

Act.# 2118 Sec. 1

Date: Tuesdays, beginning January 24
Time: 2:00 – 3:00 PM
Location: The Bennett Conservatory, 18 Van Wyck Street
Fee: \$65.00 Village residents for 8 sessions
\$75.00 School dist/non-residents



Registration Deadline: January 18

Instructor: Claire Collins, BA Music, Choir/Voice Instructor

Sing out loud, a vocal ensemble for all seniors who love music! Singing lifts your spirits, enhances health and happiness. Learn new music, warm up exercises and practice vocal techniques. Explore different types of music from classical to contemporary to popular!

FITNESS FOR BALANCE - Monday Act.# 2111 Sec. 1

Dates: Mondays, beginning January 23
No class February 20

Time: 1:00 – 2:00 PM

Location: Recreation Conference Room

Fee: \$65.00 Village residents for 8 sessions
\$78.00 School dist/non-residents

Registration Deadline: January 16

Instructor: Caryl DePalma



FITNESS FOR BALANCE - Wednesday Act.# 2111 Sec. 4

Dates: Wednesdays, beginning January 25

Time: 1:00 – 2:00 PM

Location: Municipal Building Community Room

Fee: \$65.00 Village residents for 8 sessions
\$78.00 School dist/non-residents

Registration Deadline: January 18

Instructor: Caryl DePalma

Improve balance and fitness with senior exercise specialist Caryl DePalma. Balance is the key to all daily functional activities. Build strength, improve flexibility and reduce the risk of falls. Bring a water bottle and wear comfortable clothing.

INTERMEDIATE BALANCE Act.# 2112 Sec.2

Dates: Wednesdays, beginning January 25

Time: 2:15 – 3:15 PM

Location: Municipal Building Community Room

Fee: \$65.00 Village residents for 8 sessions
\$78.00 School dist/non-residents

Registration Deadline: January 18

Instructor: Caryl DePalma

Improve your fitness and balance! This class will concentrate on advanced balance techniques, increased flexibility and core strength. ***The ability to get up and down from the floor unaided is required!***

PAINTING WITH WATERCOLORS Act.# 2100 Sec. 2

Dates: Mondays, beginning January 23
No class February 20
Time: 1:00 – 3:00 PM
Location: Municipal Building Community Room
Fee: \$80.00 Village residents for 8 sessions
\$95.00 School dist/non-residents

Registration Deadline: January 16

Instructor: Hillary Hostetler, MFA

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.



PAINTING WITH ACRYLICS Act.# 2102 Sec. 1

Dates: Thursdays, beginning January 26
Time: 12:30 – 2:30 PM
Location: Municipal Building Community Room
Fee: \$80.00 Village residents for 8 sessions
\$95.00 School dist/non-residents

Registration Deadline: January 19

Instructor: Hillary Hostetler, MFA

Explore all aspects of acrylic painting with instructor, Hillary. Enjoy painting still lifes, landscapes and florals. All levels of experience welcome, come join the fun!

CHAIR YOGA

Act.# 2110 Sec. 3

Dates: Mondays, beginning January 9
No class January 16, February 20

Time: 11:30 AM - 12:30 PM

Location: Recreation Conference Room

Fee: \$80.00 Village residents for 10 sessions
\$95.00 School dist/non-residents



Registration Deadline: January 2

Instructor: Sarah Lipton

Chair yoga incorporates all aspects of yoga, such as meditation, breathing, asanas and relaxation. In this class, participants do not get down on the floor. Yoga leaves you feeling relaxed, renewed and with a more joyful outlook.

FREE BLOOD PRESSURE SCREENINGS

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

Dates: **First Friday** of each month thru May

Time: 11:00 AM - 12:00 Noon

Location: Municipal Building Community Room

JEFFERSON VALLEY MALL SHOPPING

On the second Thursday of each month, a shopping trip to the Jefferson Valley Mall is open to all Croton Seniors. The dates for Winter 2017 are: **January 12, February 9, March 9**. The bus leaves the Municipal Building at 9:30 AM and returns at approximately 1:30 PM. To register, please contact Valerie Nolan at 271-5804.

LOCAL SHOPPING BUS

A shopping bus is available twice per week, Mondays and Wednesdays, for seniors who need to go grocery shopping. The bus takes residents to ShopRite, the bank or the post office. To register, please contact Valerie Nolan at 271-5804.

SPECIAL EVENTS

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 10th by 12:00 noon**. 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 both categories. Photos will not be returned. **Village and school district residents only may participate.**



LUNCH WITH THE BUNNY

Act.# 1320 Sec. I

Date: Saturday, April 8

Time: 12:00 PM

Location: Municipal Building Community Room

Fee: \$20.00 Village residents per family
\$25.00 School dist/non-residents per family

Registration Deadline: April 1

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



SPRING WINDOW DECORATING

Have fun decorating Village windows for spring! Participants may begin painting windows **April 10** and must be completed by **April 14**. The Recreation Department will assign windows. This is not a contest but a fun event for the whole family!



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

Please print and use a separate form for each person. When mailing a form, please send separate checks for each program.

**To register on line, please visit:
<https://croton.seamlessdocs.com/f/registration>**

Participant's
Name _____ Date of Birth _____ Grade _____

Address _____

Parent's Name (if under 18) _____

Home Phone _____ Work Phone _____

E-Mail _____

Emergency Name & Phone _____

Activity #	Section #	Program	Day	Fee
-----	-----	-----	-----	-----
-----	-----	-----	-----	-----
-----	-----	-----	-----	-----

Total Due _____

I am enrolling myself/my child in programs offered by the Croton Recreation 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 may be done using this "Mail-in Registration Form." Please be sure to complete all information, sign and enclose check(s) for the proper amount made payable to: **"Village of Croton" and mail to Municipal Building, One Van Wyck Street, Croton-on-Hudson, NY 10520.**

Croton Recreation Department
Stanley H. Kellerhouse Municipal Building
One Van Wyck Street
Croton-on-Hudson, New York 10520

