



Village of Croton-on-Hudson

FALL 2023

Recreation Brochure



The Village of

CROTON-on-HUDSON
NEW YORK

WWW.CROTONONHUDSON-NY.GOV

VILLAGE of CROTON on HUDSON

Brian Pugh, Mayor
Ann Gallelli, Deputy Mayor / Trustee
Sherry Horowitz, Trustee
Nora Moriarty Nicholson, Trustee
Len Simon, Trustee
Bryan Healy, Village Manager

DEPARTMENT of RECREATION and PARKS

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Allison Rosen

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<https://www.crotononhudson-ny.gov/subscribe>

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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.

2023 REGISTRATION INFORMATION

This brochure provides a description of recreation programs, facilities and special events offered for **FALL 2023** by the Village of Croton-on-Hudson's Recreation Department. Most classes and programs have limited availability and are offered on a first-come, first-served basis. Early registration is encouraged. Programs may be canceled due to insufficient registration.

Village Residents are defined as 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; 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.

A Mail-in registration form, located in the back of this brochure, may be used for most programs.

Checks Payable: "Village of Croton" (separate check for each program).

Address: Village of Croton / Recreation Dept., One Van Wyck Street, Croton-on-Hudson, NY 10520

A blue drop box is available outside of the Municipal Building (by the west, exterior stairs).

2023 ONLINE REGISTRATION AND PAYMENT

<https://www.crotononhudson-ny.gov/recreation-parks>

"2023 FALL ONLINE PROGRAM REGISTRATION"

Questions or concerns about our programs, please call Croton Recreation at (914) 271-3006.

Stay up to date with the latest news - Sign up for Recreation Department E-Alerts!



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 and purchasing of supplies. **PLEASE REGISTER EARLY!**

REFUND POLICY

The Village of Croton-on-Hudson Recreation Department does not issue refunds unless a program has been cancelled due to insufficient enrollment or in cases where a participant is medically unable to participate. In cases where a refund is being requested for medical reasons after the program has begun, a doctor's note must be submitted with the refund request. Registrants assume full responsibility for all other 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 a case-by-case basis by the Recreation Superintendent, who will then make a refund determination.

\$15 Processing Fee will be retained by the Village in all cases that refunds, or partial refunds, are granted.

\$20 Charge on all returned checks.

Please note that if you pay by credit card for a program, the village is unable to refund processing fees. The processing fee is retained by the village's third-party card processor.

FINANCIAL AID POLICY

It is the intention of the Village of Croton-on-Hudson Recreation Department to assist **Village Residents** by offering financial aid to those in need. Financial aid applications will be accepted for the following programs only: Senior citizen programs (excluding trips), some youth programs and summer camps. Applications are available in the Recreation Office. Residents must be able to prove financial need. All information will be kept confidential.

MEDICAL INSURANCE

The Village of Croton-on-Hudson DOES NOT provide medical insurance. If you do not have a personal medical insurance policy, we strongly urge you to secure coverage prior to enrollment in any of our programs. All persons participate at their own risk.



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VILLAGE of CROTON PARKS

The Recreation and Parks Department manages and maintains several parks and recreation facilities throughout the village for community enjoyment. including Senasqua Park, Silver Lake Park, Croton Landing, Dobbs Park, Duck Pond Park, Sunset Park, Harrison Street Park, Vassallo Park, Black Rock Park / Dog Park, Firefighters Memorial Field, Gouveia Park and Echo Canoe Launch.

The following rules & restrictions apply to ensure our parks remain beautiful, safe & clean:

- * Please help keep our parks clean, carry in / carry out or use provided trash receptacles when available
- * No playing on athletic fields when a "Fields Closed" sign is posted.
- * No sales, fundraising, charging admission fees of any kind
- * No entertainment, amusements, rides or public performances
- * No vehicles permitted in the parks, including bicycles, skateboards & scooters
Exception, Bicycles & Scooters are permitted on the Croton Landing Riverwalk Trail.
- * **No dogs or any other domestic animals** permitted in village parks;
Exception, leashed dogs are permitted at the Croton Landing River Walk Trail and Black Rock Park.

Black Rock Dog Park

Available for Village Residents M-F 8:00am-8:00pm (April 1-Sept 30)
M-F 8:00am-6:00pm (Oct 1-March 31) Saturday & Sunday 10:00am-4:00pm
All dogs must be registered and a dog park permit is required.
Please contact the main village office for additional information: 271-4781

RECREATION PHOTO ID CARDS

Recreation Photo ID cards are issued on Tuesdays & Thursdays from 9:00-3:30 in the rec office.

Fee: Village Residents \$9.00 / Village Seniors 62+ FREE

Fee: School District Residents \$15 / School District Seniors 62+ \$10.00

Recreation ID cards are valid for 3 years & are required for ages 4 and older

Two proofs of residency required: driver's license plus, a tax bill, bank statement or utility bill.

Photo ID Card Registration & Credit Card Payment is Available Online:

<https://www.crotononhudson-ny.gov/recreation-parks/pages/2023-village-croton-recreation-photo-id-cards>

PARK PERMITS - When a group of 8 or more people wish to use a park or facility, an individual must request a permit. Groups may require liability coverage. Fees, restrictions, rules of use and hours may apply. Please inquire at the recreation office for details 271-3006.

Additional information regarding the use of Village parks may be found in Village Code Chapter 168 which is posted on the Village website. Enjoy your visit!

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FALL 2023 SPECIAL EVENTS

FAMILY MOVIE NIGHT AT SENASQUA PARK

Date: Friday, September 8 **Rain Date:** September 9 **Time:** Dusk

BACK TO THE FUTURE (PG)

A Classic Sci-Fi Adventure - Marty McFly is accidentally sent back in time, traveling in a plutonium powered DeLorean "time machine" invented by his eccentric scientist friend. Join him on his quest to change the past to make sure he can get Back to the Future.



CONCERT NIGHT AT SENASQUA PARK

Date: Friday, September 29 at 7:00 PM (rain date September 30)

Everyone's favorite concert series continues. Bring a blanket and some folding chairs, enjoy music and beautiful Hudson River sunset views!



HALLOWEEN WINDOW PAINTING

Date: Saturday, October 21 (October 22 Rain Date)

Time: 9:00 AM - 2:00 PM

Registration Deadline: October 16 (Open to Village & School District Residents)

Get into the spirit of the season by decorating a Halloween themed window- space is limited! Registration forms are available online & at the Croton Recreation Dept.



GOBLIN WALK

Date: Saturday, October 28 at 12:00 Noon

Location: Municipal Building / Vassallo Park

All goblins, creatures and spirits will gather at the Municipal Building at 11:45 and parade to Vassallo Park at 12:00 Noon. Some tricks and treats will be waiting for everyone at the park. All welcome - don't miss this fun filled family friendly event! Please, no dogs in parade!



HALLOWEEN DOG PARADE

Date: Saturday, October 28

Time: 2:00 PM

Location: Croton Landing Park

Welcome all Dogs – Join us for a Halloween Dog Parade! Bring your creativity, enjoy a costume contest, prizes and raffle! All dogs must be immunized and play well with others.



SCARECROW CONTEST Sponsored by: www.hvgatewaychamber.com

Create an imaginative scarecrow to display in the village. Entries by individuals, families, organizations and businesses are welcome. Come join the fun!

www.crotononhudson-ny.gov



CROTON 125th ANNIVERSARY EVENTS

CROTON SCAVENGER HUNT

Date: Fall 2023 Date TBA
Time: 10:00 AM – 12:00 PM
Location: Croton Train Station Parking Lot A



Join us as we celebrate Croton's 125th Anniversary with a Scavenger Hunt! Clues will be given for locations throughout the Village, a car and cell phone are required to participate. Winners will be determined by the most correct answers and prizes to local food establishments will be awarded to the first 5 winners. All welcome!

TIME CAPSULE SELFIE

Fall 2023 date TBA - You are invited to be a part of the Croton 125-time capsule! Visit the Croton 125th "Hollywood style" sign at Croton Landing and take a selfie. Email your photo to Croton125anniversary@gmail.com, and your photo will be added to the time capsule. Please include the names of the people in your photo.



CROTON ORAL HISTORY PROJECT

Are you a resident of the Village of Croton for 50 years or more? The Croton 125 Committee would like to preserve your memories of Croton with a video interview. If you are interested in participating, please email: Croton125anniversary@gmail.com



CROTON 125 WINTER CONCERT

Warm up the winter, join the Croton 125 Anniversary Committee for a concert in December, date and details TBA



www.Croton125.org

Special Events Sponsored by the Croton 125th Anniversary Committee
For additional information, please check the anniversary committee website

www.Croton125.org or Email: Croton125Anniversary@gmail.com

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KEEP
RIGHT

CROTON
ON
HUDSON

SEASONAL ACTIVITIES

UPPER VILLAGE WALKING TOURS

Date: 1A - Sunday, September 24 Time: 1:00-3:00 PM

Date: 2A - Saturday, October 14 Time: 10:00AM – 12:00 PM

Location: Tour Begins & Ends at the Municipal Building Parking Lot

Registration/ No Fee: <https://www.crotononhudson-ny.gov/recreation-parks>

Join Village Historian Marc Cheshire for a walking tour of the upper village of Croton.

Explore the history of buildings and streets in the heart of the village.

This walk will last approximately 2 hours & covers 1.3 miles and includes stairs.

*Historic
Walking
Tour*



CROTON VILLAGE-WIDE TAG SALE – SEPTEMBER 23

The 5th annual village-wide tag sale will be held on Saturday, September 23

Registration Fee: \$10 per participating Household. Registration July 17 - September 15

A map will be published to highlight each participating household.

To register your household: <https://croton.seamlessdocs.com/f/tagsale2023>

Questions? Contact: Emily at emancini@crotononhudson-ny.gov or (914) 271-4848

CANOE / KAYAK WINTER STORAGE

Winter Kayak & Canoe storage is available from November 1- April 1

Location: Echo Canoe Launch (Croton Train Station Parking Lot)

Act # 8261-2 Fee: \$200 Village Residents / \$250 Non-Residents



CROTON COMMUNITY GARDEN

Location: Municipal Building & Silver Lake Parking Lot

Garden plots for village residents are located at

The Croton Municipal Building and Silver Lake

For Additional Information **Email:** communitygarden@crotononhudson-ny.gov

CROTON GARDEN CLUB

Open to all village residents, this club is dedicated to ecological gardening in Croton-on-Hudson. The mission is to: Create beautiful gardens in public spaces. Expand local habitats &

Contact: Eva Thadius at evathad@nmia.com



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YOUTH ACTIVITIES

WIGGLE & SQUIGGLE

Act# 1314 Sec 2

(Ages 2 – 4 with Caregiver)

Date: Thursdays, beginning October 5 for **6 sessions**

Time: 9:30-10:30

Location: Municipal Building Community Room

Fee: \$115.00 Village Residents
\$125.00 School Dist/Non-Residents

AGES: Ages 2-4 with Caregiver

Instructor: Whitney Webster, Creative Arts Educator

Registration Deadline: September 28



Join us for Wiggle & Squiggle with Whitney! Explore the sensory world around you through art, movement and song, in this fun and engaging class. This creative art and movement class is designed especially for little ones with their caregivers. Wiggle & Squiggle- guaranteed to make you giggle!

MUSIC & MOVEMENT WITH ROSE

Act# 1312 Sec 2

(Birth – Age 5 with Caregiver)

Date: Tuesdays, beginning September 26 for **6 sessions**

No Class October 31 and November 7

Time: 9:30-10:00 (30 min class – doors open at 9:15AM)

Location: Croton Landing Park / Community Room

Fee: \$125.00 Village Residents / \$135.00 School Dist / Non-Residents

AGES: Birth – Age 5 with Caregivers

Instructor: Rose Coen, Music Educator

Registration Deadline: September 19



Join Music Educator, Rose Coen for Music and Movement.

Musical Round-Up offers unique music and movement classes designed especially for little ones with their caregivers. Enjoy self-expression, music, movement and fun in this creative and engaging class!

STROLLER STRIDES FITNESS

Date: Spring & Summer classes

Location: Croton Landing Park (inside location available TBD)

Ages: Babies with Caregivers

Instructor: Dana Pavella, Fit4Mom www.yorktown.fit4mom.com

For additional information and to register, please refer to website:



Stroller Strides is a total fitness program that moms can do with their babies while in their stroller. It includes power walking, intervals of strength, and body toning exercises using the stroller and the environment. Stroller Strides instructors weave songs & activities into the routine designed to entertain and engage baby, while moms are lead through a series of exercises. Come join the fun!

www.crotononhudson-ny.gov



YOUTH ACTIVITIES

JUNIOR TENNIS – GRADES 1 - 4

Act# 1088 Sec 2

Dates: Mondays, beginning October 2 for **6 sessions**

No class October 9

Time: 2:30 - 4:00 PM

Location: CET Gym

Fee: \$145.00 Village Residents
\$160.00 School District Resident

Instructor: TGA Tennis



Get ready to serve an ace and have fun with Junior Tennis. This program is ideal for those new to the sport of tennis or in the beginning stages of their tennis journey. Participants will learn the fundamentals, practice their skills, and prepare for the courts. TGA's station-based curriculum focuses on teaching footwork, groundstrokes, serving, and volleying. This program is designed to refine skill, achieve success, promote discovery through play and provide a pathway to Keep Playing! Supervised snack time at 2:30, instruction begins at 3:00.



SOCCER CLINIC – Grades 3 & 4

Act# 1510 Sec 2

Dates: Wednesdays, beginning October 4 for **6 sessions**

Time: 2:30 – 4:00 PM

Location: CET Gym

Fee: \$120.00 Village Residents /
\$135.00 School Dist. Residents

Instructor: Toni Marie Feliu, Soccer Coach

Registration Deadline: September 27

Join us for soccer skills & drills afterschool at C.E.T. This is an instructional program designed to enhance and build on skills in a fun and energetic environment.

Develop skills and learn techniques such as first touch, receiving and dribbling.

Wear sneakers, bring a water and have fun!



Please pick up promptly at 4:00 in the front circle at CET

YOUTH ACTIVITIES

JUNIOR GOLF

Act# 1087 Sec 2

Dates: Thursdays, beginning September 28 for **6 sessions**
Time: 3:15 -4:15 PM
Location: Vassallo Park
Fee: \$145.00 Village Residents /\$160.00 School Dist/Non-Residents
Grades: K- 4
Instructor: TGA Premier Golf
Registration Deadline: September 21



Tee up and have fun with TGA Jr. Golf! This class is designed for both beginner & experienced players. Refine skills, achieve success and promote discovery through play. Each week students will learn a different swing, plus - keeping score, rules and game etiquette. All equipment provided.

ULTIMATE FRISBEE

Act# 1095 Sec 2

Dates: Fridays, beginning September 29 for **5 sessions**
Time: 3:00 -4:15PM
Location: Vassallo Park
Fee: \$35.00 Village Residents / \$50.00 School Dist/Non-Residents
Grades: 5- 8
Instructors: Katrina Krasnansky, Ultimate Player / Instructor
Registration Deadline: September 22



Ultimate Frisbee is a fun, fast-moving, non-contact team sport. Players will learn how to run, jump, throw, catch and out-think their opponents. This program will focus on learning the fundamentals of the game and then playing! All levels of experience welcome! Wear sneakers, bring a water bottle.

FLAG FOOTBALL FUNDAMENTALS

Act# 1080 Sec 2

Dates: Saturdays, beginning September 30 for **5 sessions**
Time: Starts: 8:30 – 9:30 AM
Location: CET Upper Field
Fee: \$50.00 Village Residents
\$60.00 School Dist / Non-Residents
Grades: 4- 6
Registration Deadline: September 23



Students grades 4-6 will develop basic flag football fundamentals such as flag pulling, catching and passing. Some scrimmaging may be included. Teams will be formed if there's enough interest. **Participants must wear a mouth piece.**

ADULT ACTIVITIES



PRINTMAKING WORKSHOP

ACT# 2103 Sec 2

ADULT & TEENS 16+

Dates: Wednesdays, beginning Nov 8 for **4 Sessions**

No class November 22

Time: 5:00 - 7:00 PM

Location: Municipal Building, Community Room

Fee: \$120.00 Village Residents
\$135.00 School Dist /Non-Residents

**Some Materials Provided & supply list will be provided.*

Registration Deadline: November 1

Instructor: Laurel Shute, MFA, Teaching Artist

Join teaching artist Laurel Shute and discover the basics of printmaking in this 4-week introductory workshop. Focus on printmaking techniques such as linocut, monotype and stenciling. Learn step by step how to plan an image, design a pattern, carve a linocut and print on different surfaces with colorful, textural effects. This class is open to adults & mature teens of all skill level. Come jumpstart your creativity!



PAINTING WITH ACRYLICS

ACT# 2102 Sec 2

Dates: Mondays, beginning October 23 for **6 Sessions**

Time: 1:00 - 3:00 PM

Location: Municipal Building, Rec Conference Room

Fee: \$135.00 Village Residents
\$150.00 School Dist /Non-Residents

**Supply List Available*

Registration Deadline: October 9

Instructor: Hillary Hostetler MFA, Teaching Artist

Join Hillary Hostetler for Painting with Acrylics. This course will cover basic painting techniques and proper handling of materials. Classes include demonstrations and personalized instruction. Enjoy creating in a fun and supportive environment. All levels welcome!



ADULT ACTIVITIES

INTRO TO POTTERY

Act# 2052 Sec 2

Dates: Tuesdays, beginning October 3 for 8 sessions
No class October 31 & November 21

Time: 7:00 - 9:00 PM

Location: PVC Art Room (Middle School)

Fee: \$185.00 Village Residents
\$200.00 School Dist/ Non-Res

*Some Supplies Provided & Material Fee Paid Directly to Instructor

Registration Deadline: September 26

Instructor: Kerry Goldberg, Teaching Artist

Explore the art of hand-building, an ancient pottery technique that involves creating forms, using your hands and simple tools. This class will introduce the basics of pinch, coil and slab building. Learn about surface decoration, glaze application, firing process and take home your completed creations. No prior experience required, come learn, create & have fun with clay!



ADVANCED POTTERY TECHNIQUES

Act# 2054 Sec 2

Dates: Tuesdays, beginning October 3 for 10 sessions
No class October 31

Time: 7:00 - 9:30 PM

Location: CHHS Art Room (High School)

Fee: \$225.00 Village residents
\$250.00 School Dist/Non-Residents

*Material Fee Paid Directly to Instructor

Registration Deadline: September 26

Instructor: Susan Posmentier, Teaching Artist

Advanced pottery techniques, designed for those with prior experience looking to work independently and enhance skills in a creative environment. Create hand-built functional pieces, with an emphasis on slab and coil techniques. Explore texturizing clay with rubber stamps, rollers and other found objects.



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ADULT ACTIVITIES

YIN YOGA WITH KRISTY

Act# 2195 Sec 2

Dates: Mondays, beginning October 2 for **10 sessions** (No Class Oct 9)

Time: 10:00AM -11:00 AM

Location: Municipal Building, Recreation Conference Room

Fee: \$155.00 Village Residents
\$165.00 School Dist / Non-Residents



Registration Deadline: September 25

Instructor: Kristy Cohen, CKYT, CVA, M.Ed.

Yin Yoga focuses on aligning the body, breath and mind allowing the body to sink deeply into a pose with little effort to release the body's connective tissue, fascia. This is a quiet, slow practice where poses are held for 3- 5 minutes This class requires no prior experience, designed for students of all levels.

GENTLE YOGA FLOW

Act# 2196 Sec 2

Dates: Wednesdays, beginning September 27 for **10 sessions** (No Class Nov 22)

Time: 9:30AM -10:30 AM

Location: Municipal Building, Recreation Conference Room

Fee: \$155.00 Village Residents
\$165.00 School Dist / Non-Residents



Registration Deadline: September 20

Instructor: Kristy Cohen, CKYT, CVA, M.Ed.

Enjoy a gentle flow of yoga poses that build energy combined with Yin postures that allow for a slow deep release. All levels welcome – No experience necessary.



YOGA NATURE WALK

Act# 2194 Sec 2A,2B,2C,2D

4 Dates: Saturdays * September 30 * October 14 * November 4 * December 2 *

(In the event of inclement weather, Yoga Walk will be scheduled for the following Saturday)

Time: 8:45 - 10:00 AM

Location: Meet at Silver Lake Parking Lot

Fee: \$20.00 Village Residents (per class)
\$25.00 School Dist / Non-Residents



Registration Deadline: one week prior to class

Instructor: Kristy Cohen, CKYT, CVA, M.Ed.

Start your weekend in nature with a Yoga Walk on the beautiful Silver Lake trail. Enjoy a quiet walk through the woods, listening to the sounds of nature. Stop along the way for a short series of gentle yoga poses, stretches and guided meditation. You will leave feeling centered and energized. No prior experience required; all levels welcome.

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ADULT ACTIVITIES

RISE & SHINE YOGA w/ ALEXA

Act# 2197 Sec 2

Dates: **Fridays**, beginning September 29 for **8 sessions**
No Class November 10 & November 24

Time: 9:00 - 10:00 AM

Location: Municipal Building, Recreation Conference Room

Fee: \$125.00 Village Residents / \$135.00 School Dist/Non-Res

Registration Deadline: September 22

Instructor: Alexa Wolkoff, RYT



Rise & Shine Yoga with Alexa, is an uplifting class, catering to students with some prior experience. Supine, seated and standing poses are incorporated into each class as well as breathwork and meditation. Release tension and restore balance – all while quieting the mind.

HATHA YOGA w/ ALEXA (Sundays)

Act# 2187 Sec 2

Dates: **Sundays**, beginning October 1 for **8 sessions**
No Class October 8 & November 26

Time: 10:00AM - 11:00 AM

Location: Municipal Building, Recreation Conference Room

Fee: \$125.00 Village Residents / \$135.00 School Dist/Non-Res

Registration Deadline: September 25

Instructor: Alexa Wolkoff, RYT



Join instructor Alexa for Hatha Yoga, a nurturing class designed for students of all levels. Practice stretches, breath work and simple yoga poses. Focus on the healing effects of breath, proper alignment and positive energy. Release tension, build strength, reduce stress and restore balance – all while quieting the mind.

SLOW FLOW YOGA w/ ALEXA

Act# 2188 Sec 2

Dates: **Thursdays**, beginning September 28 for **8 sessions**

Time: 5:30 - 6:30 PM

Location: Municipal Building, Recreation Conference Room

Fee: \$125.00 Village Residents / \$135.00 School Dis/Non-Res

Registration Deadline: September 21

Instructor: Alexa Wolkoff, RYT



Gentle, Slow Flow Yoga, join Alexa at the end of the day to slow down, reconnect and recalibrate. This is a slow, mindful flow class which is suitable for beginners as well as seasoned practitioners. Meditation and restorative poses are part of each class.

ADULT ACTIVITIES

VINYASA YOGA FLOW (Evening)

Act# 2199 Sec 2

Dates: Mondays, beginning October 2 for 6 sessions
No Class October 9

Time: 7:00 - 8:00 PM

Location: Municipal Building, Recreation Conference Room

Fee: \$95.00 Village Residents / \$105.00 School Dis / Non-Res

Registration Deadline: September 11



Instructor: Cathy Deutchman, 200-hour RYT in Vinyasa Yoga

Vinyasa Yoga Flow, an energizing class - students of all levels are welcome. Enjoy a playlist of upbeat music and dharma weaved throughout. This uplifting class is designed to increase strength, balance, flexibility, in community with other Yoga practitioners.



TAI CHI

ACT# 2032 Sec 2

Dates: Thursdays, beginning November 9 for 4 Sessions
No Class November 23

Time: 7:00 - 8:00 PM

Location: Municipal Building, Recreation Conference Room

Fee: \$60.00 Village residents
\$75.00 School Dist/Non-Residents



Registration Deadline: October 26

Instructor: Sifu Nat Costanza

Tai Chi is a low impact workout designed to increase mental and physical energy. Reduce stress and anxiety while increasing flexibility and balance. Achieve total harmony of the mind, body and spirit while improving your overall health and sense of well-being.

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ADULT 30+ ACTIVITIES

INDOOR SOCCER - TUESDAYS

Act# 2009 Sec 2

Dates: Tuesdays, beginning October 10 for **8 sessions**
No class October 31 & November 7

Time: 7:30 – 9:00 PM

Location: PVC New Gym

Fee: \$75.00 Village Residents / \$90.00 School Dist/Non-Res

Ages: Adults 30 + years

Registration Deadline: October 3



Adults 30+ take part in the fast-paced action of indoor soccer. This program is great for staying fit during the fall months. Come join the fun!

INDOOR SOCCER – THURSDAYS

Act# 2012 Sec 2

Dates: Thursdays, beginning October 12 for **8 sessions**
No class November 23

Time: 7:30 - 9:00 PM

Location: PVC New Gym

Fee: \$75.00 Village Residents / \$90.00 School Dist/Non-Res

Ages: Adults 30 + years

Registration Deadline: October 5



BASKETBALL OPEN GYM - MONDAYS

Act# 2008 Sec 2

Dates: Mondays, beginning October 16 for **8 sessions**

Time: 7:30 - 9:00 PM

Location: PVC New Gym

Fee: \$75.00 Village Residents / \$90.00 School Dist/Non-Res

Ages: Adults 30 + years

Registration Deadline: October 9



Adults 30+ enjoy a fun & friendly game of pick-up basketball at the PVC New Gym

BASKETBALL OPEN GYM - WEDNESDAYS

Act# 2011 Sec 2

Dates: Wednesdays, beginning October 11 for **8 sessions**
No class November 22

Time: 7:30 - 9:00 PM

Location: PVC New Gym

Fee: \$75.00 Village Residents / \$90.00 School Dist/Non-Res

Ages: Adults 30 + years

Registration Deadline: October 4

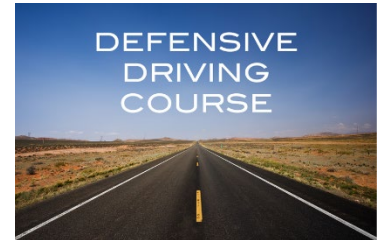


ADULT ACTIVITIES

DEFENSIVE DRIVING

Act# 2900 Sec 2

Date: Saturday, Nov 18
Time: 9:00 AM - 3:00 PM
Location: Municipal Building, Community Room
Fee: \$45.00 Village Residents
\$55.00 School Dist/Non-Residents



Registration Deadline: Nov 10

Instructor: Jack Coxen

This six-hour course is for licensed drivers through the New York State Safety Program. Upon completion of this course, four points will automatically be reduced from the driving record point total. 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.

CITIZEN EMERGENCY PREPAREDNESS TRAINING

Date: Saturday, December 16
Time: 10:00 AM - 12:00 PM
Location: Municipal Building, Community Room
To Register:



<https://www.dhSES.ny.gov/citizen-preparedness-training-calendar>

No Fee - Advanced registration required

The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster. With severe weather events becoming more frequent and more extreme, it is more important than ever for New Yorkers to be prepared.

COASTAL NAVIGATION CERTIFICATION COURSE

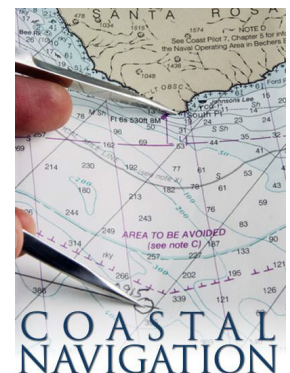
Dates: Sunday, Nov 5, Saturday, Nov 11 & Sunday, Nov 12
(Must attend all 3 sessions)

Time: 12:00 - 5:00 PM
Location: Municipal Building, Rec Conference Room
Registration Deadline: October 27

For additional information & to register please contact;
Croton Sailing School (914) 271-6868

Email: discoversailing@crotonsailing.com

Website: www.crotonsailing.com





ADULT 60+ ACTIVITIES

FALL 2023 - DAY TRIPS

All trips depart from the ShopRite parking lot – please see trip flyer for details

* Please note return times are approximate*

Additional Information Contact: Joanna Straub 271-5804

THE CLOISTERS

Act# 4200 Sec 2

Date: Thursday, September 21 **Time:** 9:30 AM Departure - Return 4:30 PM

Fee: \$35 Village Residents / \$40 School District / Non-Residents

Explore art, architecture and beautiful courtyard gardens at The Met Cloisters. Adventure back in times at this museum dedicated exclusively to the Middle Ages. Enjoy a private guided tour followed by lunch on your own at the Cloister's Trie Café.



ESSEX STEAM TRAIN & RIVERBOAT (Charter Bus Trip)

Act# 4201 Sec 2

Date: Thursday, October 19 **Time:** 8:00 AM Depart – Return 6:00 PM

Fee: \$75 Village Residents / \$80 School District / Non-Residents

All aboard the historic Essex Steam train! Savor an elegant three course lunch in the dining car, followed by a scenic riverboat cruise along the beautiful Connecticut River.



CULINARY CAFÉ LUNCH

Act# 4202 Sec 2

Date: Thursday, November 16 **Time:** 11:00 AM Depart - Return 3:00 PM

Fee: \$20 Village Residents / \$22 School District / Non-Residents

Join us for a wonderful dining and educational experience. Enjoy a gourmet three course lunch planned, prepared and presented by the student chefs at WCC. Please note the menu is not announced in advance. Fee includes 3 course lunch, gratuity and transportation.



DANBURY MALL SHOPPING

Act# 4203 Sec 2

Date: Wednesday, December 5 **Time:** 9:30 AM Departure – Return 3:30 PM

Fee: \$5 Village Residents / \$8 School District / Non-Residents

Get a head start on your holiday shopping! Join friends for a day of shopping at the Danbury Mall, enjoy a great selection of retail stores and dining opportunities.



HUDSON RIVER MUSEUM, HOLIDAY HOUSE TOUR

Act# 4204 Sec 2

Date: Thursday, November 30 **Time:** 9:00AM Departure – Return 3:00 PM

Fee: \$20 Village Residents / \$25 School District / Non-Residents

Tour the Hudson River Museum and experience the gilded age splendor of Glenview Mansion, all decked out for the holidays. Enjoy time to explore the art galleries, followed by a festive group lunch at Squires (individual checks provided).



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ADULT 60+ ACTIVITIES

CROTON HISTORICAL SOCIETY PRESENTATION

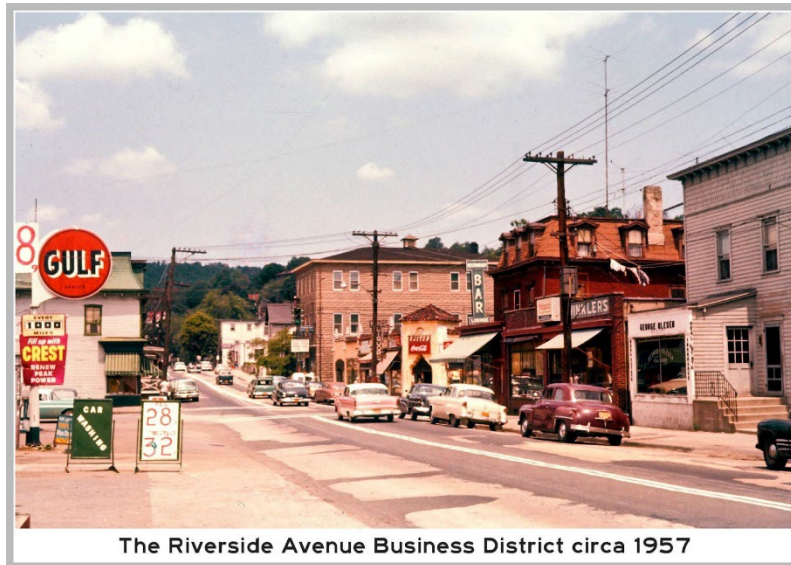
THE DESTRUCTION of RIVERSIDE AVENUE

Act# 3603 Sec2

Date: Thursday, September 21
Time: 10:00 AM – 12:00 PM
Location: Municipal Building, Community Room
Free: No fee, registration requested
Registration Deadline: September 18
Instructor: Marc Cheshire, Croton Village Historian



September 1960 demolition began on Croton's waterfront business district to construct Rout 9. Riverside Avenue was rerouted and most of the old buildings demolished. Join Village Historian Marc Cheshire, to recount the upheaval and loss from this seminal event in Croton's history.



The Riverside Avenue Business District circa 1957

UPPER VILLAGE WALKING TOUR

Act# # 3170 Sec 1A or 2A

Date: 1A - Sunday, September 24 Time: 1:00-3:00 PM
Date: 2A - Saturday, October 14 Time: 10:00AM – 12:00 PM
Location: Tour Begins & Ends at the Municipal Building Parking Lot
Registration Deadline: 1 week prior to tour date
Free Program: <https://www.crotononhudson-ny.gov/recreation-parks>
Instructor: Marc Cheshire, Croton Village Historian

*Historic
Walking
Tour*

Join Village Historian Marc Cheshire for a walking tour of the upper village of Croton. Explore the history of buildings and streets in the heart of the village. This walk will last approximately 2 hours & covers 1.3 miles and includes stairs.

www.crotononhudson-ny.gov

ADULT 60+ ACTIVITIES

LOTUS LANTERN MAKING WORKSHOP

ACT# 3106 Sec 2

Dates: Thursday, October 5
Time: 10:00 - 11:30 AM
Location: Municipal Building, Community Room
Fee: \$12.00 Village Residents
\$15.00 School Dist /Non-Residents
Registration Deadline: September 28
Instructor: Korean Culture Project



Join members of the Korean Culture Project and learn how to make a beautiful lotus flower lantern using colorful paper and wire frames to take home with you. Followed by a presentation and short documentary film about the lantern festival and Korean culture.

DIY ORNAMENT WORKSHOP

Act# 3133 Sec 2

Date: Tuesday, November 28
Time: 1:00 - 3:00 PM
Location: Municipal Building, Community Room
Fee: \$12.00 Village Residents
\$15.00 School Dist/Non-Residents
Registration Deadline: November 21
Instructor: Croton Recreation Staff



ORNAMENT MAKING

Are you ready to get crafting? Using paint, beads, fabric, ribbon and glue make your own ornaments to decorate your home or gift to others. Discover new crafting techniques or get inspired to create your own unique design. Join friends for crafting & refreshments.

PAINTING WITH ACRYLICS

ACT# 2102 Sec 2

Dates: Mondays, beginning October 23 for **6 Sessions**
Time: 1:00 - 3:00 PM
Location: Municipal Building, Rec Conference Room
Fee: \$135.00 Village Residents
\$150.00 School Dist /Non-Residents
Registration Deadline: October 9



Instructor: Hillary Hostetler MFA, Teaching Artist

Join Hillary Hostetler for Painting with Acrylics. This course will cover basic painting techniques and proper handling of materials. Classes include demonstrations and personalized instruction. Enjoy creating in a fun and supportive environment. All levels welcome!

ADULT 60+ ACTIVITIES

DEFENSIVE DRIVING

Act# 2900 Sec 2

Date: Saturday, Nov 18
Time: 9:00 AM - 3:00 PM
Location: Municipal Building, Community Room
Fee: \$45.00 Village Residents
\$55.00 School Dist/Non-Residents



Registration Deadline: Nov 10

Instructor: Jack Coxen

This six-hour course is for licensed drivers through the New York State Safety Program. Upon completion of this course, four points will automatically be reduced from the driving record point total. 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.

SMARTPHONE TECH SUPPORT

ACT# 3058 Sec 2A, 2B

Dates: (2A) Tuesday, November 14
(2B) Tuesday, December 12
Time: 3:15 - 4:00 PM
Location: PVC Middle School
No Fee: Free, Pre-Registration Required (Friday prior to date)



Do you have questions about using your smart phone? Maybe you have the basics down but have questions about a new app. Or is your smartphone still sitting in the box from the store? Join members of the PVC student council for tech support. Come to both session or one!

DEMYSTIFYING MEDICARE

At The Croton Free Library

Date: Sunday, October 15
Time: 1:00 - 4:00 PM
Location: Croton Free Library
FREE, but registration by 10/8/23 is requested
To Register:



[Demystifying Medicare and Healthcare Coverage for Seniors | Croton Free Library](#)

Instructor: Julie Woodward

Discover how to navigate your way through our complicated healthcare system for older adults. This program is helpful for those who already have Medicare, as well as people soon to be 65, planning to retire or assisting relatives with their medical decisions.

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ADULT 60+ ACTIVITIES

CHAIR YOGA

Act# 3161 Sec 2

Dates: Mondays, beginning September 18 for **9 sessions**
No class October 9 or November 20

Time: 11:15 AM - 12:15 PM

Location: Municipal Building, Community Room

No Fee: FREE -Space Limited!

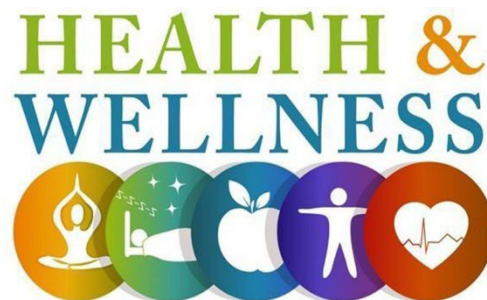
Registration Deadline: September 14

(non-resident registration begins September 11 space permitting)

Instructor: Karen Lett, Fitness Instructor

Join instructor Karen Lett for this weekly class that incorporates all aspects of yoga, including meditation, breathing, asana and relaxation without having to get down on the floor.

Yoga leaves you feeling relaxed, renewed and with a more joyful outlook.
*Chair Yoga is funded by the Village of Croton Recreation Department
and supported in part by funding from
the Westchester County Department of Senior Programs and Services*



HEALTHY & FUN COOKING w/ ALYSSA

New Day & Time

Dates: Mondays, September 18, October 23, November 13 & December 11

Time: 12:30PM – 1:30 PM

Location: Community Room

FREE, registration is requested

Instructor: Alyssa Advincula, Nutritionist, Feeding Westchester

Join nutritionist Alyssa Advincula for FREE cooking demonstrations & nutrition tips.
Sample delicious recipes & enjoy fun giveaways such as measuring cups or shopping bags.

Healthy & Fun Cooking is hosted in partnership with Feeding Westchester.



www.crotononhudson-ny.gov

ADULT 60+ ACTIVITIES

FITNESS FOR BALANCE #1 (1:00-2:00 PM)

Act# 3611 Sec 2

Dates: Thursdays, beginning September 21 for **8 sessions**
No Class October 5

Time: **1:00 PM - 2:00 PM**

Location: Municipal Building, Community Room

Fee: \$70.00 Village Residents
\$80.00 School Dist/Non-Residents

Registration Deadline: September 14

Instructor: Caryl DePalma, Exercise Specialist

Improve balance & fitness with Caryl DePalma. Balance is the key to all daily functions & activities. Build strength, improve flexibility and reduce risk of falls. This is a gentle exercise class that will be adapted to the level of each participant. Bring water & wear comfy clothes.



FITNESS FOR BALANCE #2 (2:15-3:15 PM)

Act# 3612 Sec 2

Dates: Thursdays, beginning September 21 for **8 sessions**
No Class October 5

Time: **2:15 – 3:15 PM**

Location: Municipal Building, Community Room

Fee: \$70.00 Village Residents
\$80.00 School Dist/Non-Residents

Registration Deadline: September 14

Instructor: Caryl DePalma, Exercise Specialist

Improve balance & fitness with exercise specialist Caryl DePalma.



LOW IMPACT EXERCISE

Act# 3613 Sec 2

Dates: Wednesdays, beginning September 27 for **8 sessions**

Time: 1:30 PM - 2:30 PM

Location: Recreation Conference Room

Fee: \$60.00 Village Residents
\$70.00 School Dist/Non-Residents

Registration Deadline: September 21

Instructor: Lori Barr, Fitness Instructor

Improve your strength, balance & overall fitness in this fun exercise class. Experienced Senior Fitness instructor Lori Barr will guide you through a routine that includes low impact cardio, strength training with light weights, resistance bands and balance work.



ADULT 60+ ACTIVITIES

THE CROTON SENIOR CLUB

Enjoy coffee, conversation & camaraderie!

Join the Croton Senior Club for weekly Friday meetings at 11:00 AM in the Community Room at the Croton Municipal Building.

The Croton Senior Club enjoys social activities, classes and guest speakers.

Club membership is open to Croton Village & School District Residents age 60+

For additional information, contact Senior Club President Bob Anderson 914-271-3168

Email: CrotonSeniorClub@gmail.com



SENIOR SHOPPING BUS

Do you need to get to the supermarket? Catch a ride on the shopping bus!

The Village of Croton local shopping bus will pick you up from your home and take you to ShopRite, local banks or to the Croton post office.

Who is Eligible: Village of Croton Residents Age 60+

When: Every Tuesday 10:30 AM – 12:30PM (approximately)

Cost: FREE but advance program registration is required.



MAH JONGG AT THE CROTON FREE LIBRARY

Every Thursday – Walk-Ins Welcome - Open Play 10:00AM-2:00PM

For additional information call Gwen at The Croton Free Library (914) 271-6612



CROTON-ON-HUDSON PARKS & RECREATION PROGRAMS - ADULTS 60+

The Village of Croton Recreation provides adults 60+ with opportunities for continued learning, social interaction and enjoyment through a variety of classes, special events and trips.

Programs are open to all Village of Croton residents, school district residents and (space permitting) non-residents. In most cases, School District residents are required to pay a higher “non-resident” fee; although they are given equal priority in the registration process.

Contact: Joanna Straub, Director of Senior Recreation

(914) 271-5804 – M, W, F - 10:00AM-3:00PM

jstraub@crotononhudson-ny.gov



www.crotononhudson-ny.gov

ACTIVITY REGISTRATION FORM

Village of Croton-on-Hudson / Recreation Department

1 Van Wyck Street, Croton-on-Hudson, NY 10520

Checks Payable "Village of Croton"

Please print a form for each participant and use a separate check for each program

Online Registration: www.crotononhudson-ny.gov/recreation-parks

Participant's Name: _____

Address: _____

(Under 18) Guardian _____ Date of Birth _____ Grade _____

Home Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Name & Phone _____

Activity #	Section #	Program	Day	Fee
# _____	Sec. _____	_____	_____	_____
# _____	Sec. _____	_____	_____	_____
# _____	Sec. _____	_____	_____	_____

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 myself /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 _____



www.crotononhudson-ny.gov