

TOWN OF LEWISBORO

PROGRAM BROCHURE



PROGRAM REGISTRATION BEGINS TUESDAY, SEPTEMBER 7TH

FALL 2010

Dear Residents,

As the summer ends and work and school once again take center stage in our lives, I'm pleased to introduce you to the many wonderful programs in the Parks and Recreation Department's Fall Brochure. If you spent time in town this summer then you know about all of the great programs that Superintendent Dana Mayclim and her staff made available. If you were away, this brochure will give you an opportunity to get in on the Fall fun.

My wife Elisa and I made such good use of the town's programs that we came to refer to ourselves as "local adventurers." Our children thoroughly enjoyed themselves, Ethan as a Warrior in Lewisboro Sports Camp and Abigail as a Yellow Daisy in Little Explorers. They both participated in After Camp at Town Park which gave them extra Pool time and other activities, and attended the Mad Science workshops in August.

I hope you can find activities to participate in. This brochure is packed with programs for everyone. Some of the highlights in this fall's brochure are:

- **The annual Fall Fun Fest**, which will be held on Saturday, October 23rd at Town Park, will feature live entertainment, the pumpkin patch and refreshments sponsored by the North East Westchester Rotary Club – Please refer to page 3.
- **Zumba** – a new, exciting and popular exercise class is making it's way into our Fall line up please refer to page 10 for more details.
- Our popular boys and girls **basketball leagues** will return again for grades 3 through 12, please refer to page 8.
- Our active senior adult acting group, called "**Over the Hill Players**" will be performing on November 10th a celebration of Irving Berlin's musical heritage at the South Salem Firehouse.
- Another new class we are adding to our Fall activities is a new tennis class called "**Doubles Workout/Doubles Play**" for more information see page 13.

The Parks and Recreation Department welcomes any comments or questions you may have about their programs and events. Please don't hesitate to contact them at 232-6162 or via email at lewrec@optonline.net.

The programs in this brochure are a welcome opportunity for recreation and enrichment, and represent a value in these difficult economic times. I hope you and your family are able to participate and I look forward to seeing you at one.

Sincerely,

Charlie Duffy

Charlie Duffy
Town of Lewisboro Supervisor



FOR YOUR INFORMATION

TOWN OF LEWISBORO • DEPARTMENT OF PARKS AND RECREATION
65 OLD BEDFORD ROAD • GOLDENS BRIDGE, NY 10526

TOWN BOARD

Charles P. Duffy, *Town Supervisor*
Peter B. DeLucia, *Councilman/Deputy Town Supervisor*
Frank Kelly, *Councilman*
Bruce D. Pavalow, *Councilman*
Daniel Welsh, *Councilman*

Town Board Meeting Dates:

2nd and 4th Monday of the month
Please check the website for any updates - www.lewisborogov.com

Joann Vasi, *Tax Receiver*
Kathy Cory, *Town Clerk*
Peter Ripperger, *Highway Superintendent*

PARKS AND RECREATION ADVISORY COUNCIL

Ian Harris, *Chairperson*
Sophia Bernier
Maryanne Brogan
Joan Krellenstein
Sara Matschke
Neal Blum
Robert Goett
Gregory LaSorsa
Ron Tetelman

Meets the last Thursday of each month at 7:30PM at the Lewisboro Parks and Recreation Office. Please check the website for any changes.

RECREATION STAFF

Dana M. Mayclim, *Superintendent of Parks & Recreation*
Joe Muia, *Recreation Assistant*
Laura A. Stone, *Senior Office Assistant*
Pamela Veith, *Senior Adult Director*
Linda Yurus, *Recreation Leader*
Laurie Wiegand, *Senior Adult Bus Driver*

PARKS STAFF

Randy Price, *Parks Foreman*
Larry Grant, *Maintenance Repair Worker*

DIRECTORY

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OFFICE

Office Hours: 9:00AM – 5:00PM, Monday – Friday
Holiday Closures: September 6th – Labor Day
October 11th – Columbus Day
November 2nd – Election Day
November 11th – Veteran’s Day
November 25th and 26th – Thanksgiving

The office will be closed for six days due to furloughs - please check the website.

TELEPHONE NUMBERS

Office: 914-232-6162
Senior Adults: 914-232-6167
Program Information: 914-232-6166 (Taped Message)
Fax: 914-232-6165

WEBSITE www.lewisborogov.com
EMAIL lewrec@optonline.net
FACEBOOK [Lewisboro Parks and Recreation Department](#)

TOWN EMAIL ALERTS

Stay in the know! Sign up for the Town’s email alerts and you will be advised weekly of agendas, Parks and Recreation program updates, important Lewisboro events and much, much more! To sign up, visit our website at www.lewisborogov.com and go to “subscribe now” located in the bottom right hand corner of our home page or call the Town Clerk’s office at 763-3511 for assistance.

PERMITS

The Lewisboro Parks and Recreation Department has a Photo ID system for Town owned tennis facilities. By utilizing this Photo ID permit system, the Parks and Recreation Department will be able to improve the monitoring of our tennis facilities to ensure that only eligible individuals utilize these facilities.

Tennis: To renew your tennis membership, simply mail in your 2009 photo ID cards, check and registration form to our mailing address above.

Individuals who need photos may have their photo taken in our office during regular office hours 9:00AM - 5:00PM, Monday thru Friday.

All permits are non-transferable. There is a replacement fee of \$15.00 for a lost or stolen permit.

PERMIT REGULATIONS

The following details who is eligible for the purchase of permits unless otherwise petitioned through the Superintendent of Parks and Recreation: Family Permits: (resident and school district) are reserved for up to two adults, and unmarried children aged 25 and under, and living at home. All other relatives are not considered

FOR YOUR INFORMATION

part of the immediate family, nor are caregivers or housekeepers. Those individuals must purchase their own individual or family permits. Children are required to have a permit beginning at the age of eight for tennis membership.

REGISTRATION INFORMATION

Fall program registration starts on Tuesday, September 7th.

REGISTRATION POLICY

Town of Lewisboro residents will receive a one week period within which to register for all programs prior to registration by School District residents. School District resident applications will be accepted at the time of Town resident applications, however, they will be numbered and processed in numerical order one week after Town resident registration. Non-residents may sign up for programs one week before the start date when space is available with an additional fee.

REGISTRATION

Registration for all programs, unless otherwise specified, is by **mail** and must be on an official registration form. We can not accept registrations by phone, email or fax. Incomplete registrations are subject to being returned to sender. We can not be responsible for lost or misdirected mail. **Mail in registrations must be received on or after the registration date. Any walk in registrations will be processed with the day's mail if received prior to mail arrival. If received after the day's mail has arrived, it will be processed with the following day's mail.**

PLEASE NOTE: The Department does not confirm registrations. You will only be contacted if there is a problem or the program is cancelled.

FEES

All fees are expected to be paid at the time of registration. No Town of Lewisboro resident will be denied participation in any recreation program solely because of an inability to pay the prescribed fee.

AMERICANS WITH DISABILITIES ACT

The Lewisboro Parks and Recreation Department is committed to ensuring that individuals with disabilities are able to utilize and enjoy our programs and activities to the fullest extent possible. When registering, please let us know if you or a family member have any special needs that we can accommodate (such as wheelchair access, hearing aids, braille printed matter, etc.).

ENROLLMENT

For most programs to be conducted, a minimum enrollment must be reached. In addition, there is usually a maximum enrollment based on the facility size and the instructor's requirements. Therefore, registration is always on a first come, first served basis. We encourage persons to register on time!

REFUNDS/CREDITS

The Town of Lewisboro has a no refund policy. However, a refund will be given only under the following conditions:

1. A refund/credit will be given if the program is cancelled by the Parks & Recreation Department prior to the program's start.
2. If a participant moves from Town, a full or pro-rated refund will be made based on the number of sessions the participant attended. Proof of re-location must be presented.
3. If a participant becomes ill or injured a full or pro-rated refund will be made based on the number of sessions the participant attended. A doctor's medical note must accompany the request.

In addition to the above, a \$20.00 processing fee for all refunds/credits that are approved will be assessed, except for programs cancelled by the Parks & Recreation Department. All refund requests must be made in writing to the Superintendent of Parks & Recreation for consideration. Approved refunds will be paid by Town voucher.

RETURNED CHECKS

If a check is returned to the Parks & Recreation Department for any reason, a cash or money order payment of \$20.00 will be required in order to re-deposit your check and offset the expenses incurred by the Town.

PROGRAM CANCELLATIONS

Generally, programs are not held when school is not in session. Please check with the instructor or coach of the particular program; call the Recreation Office at 232-6162; the Recreation Department's program hotline number at 232-6166 for program information or check our website at www.lewisborogov.com.

INSURANCE

The Town of Lewisboro carries a Standard Liability Policy, which does not include accident coverage. Therefore, individuals who do not have their own accident coverage participate at their own risk.

FIELD & FACILITY PERMITS

Permits for field and facility use at all our town parks are available for a variety of functions. There is a schedule of fees that vary according to the facility and equipment usage. Please contact the Recreation Office for an application.

FIND A MISTAKE?

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.

Enjoy your search.



COOPERATING AGENCIES

SOCCER

The Lewisboro Soccer Club runs programs in both the fall and the spring. The intown program is available for children in grades pre-K to 8 and for adults in a new co-ed division. The travel program is available for children in grades 3-12. For further information, please visit their website at: www.lewisborosoccerclub.org

NORTH EAST WESTCHESTER SPECIAL RECREATION

North East Westchester Special Recreation, an agency supported and sponsored by the Town of Lewisboro, is available to children and adults with developmental disabilities from our community. North East programs offer a variety of year round recreational activities for all ability levels, designed with the specific support needed for participant success in this environment. Programs are highly structured, staffed and supervised. Program goals may focus on teaching skills, fostering fun and friendships, or teaching and correcting social or behavioral deficiencies. For more information, call their office at 347-4409 or visit their website at www.northeastspecialrec.org. Employment opportunities, community service credit, educational internships and a variety of volunteer experiences are also available.

LEWISBORO HORSEMEN'S ASSOCIATION

Contact persons: Callie Bauer 763-5742
Liza Fraser 763-5402
Website: www.lhatrails.org

SPECIAL EVENTS FALL

TOWN PARK FALL FUN FEST

CoSponsored by the North East Westchester Rotary Club

This special event is open to Town of Lewisboro and/or Katonah Lewisboro School District residents of all ages. No pre-registration is required.

DATE: Saturday, October 23rd
WHERE: Town Park, Route 35, South Salem
TIME: 11:00AM – 3:00PM
RAINSITE: John Jay High School (12:00PM – 3:00PM)
ACTIVITIES: Halloween Pumpkin Patch
Arts and Crafts Creations Corner
Play area featuring inflatable activities
Entertainment – Show at 12:30PM
Refreshment area

NOTE:

1. No pre-registration is required.
2. Participants do not need to stay at the event for the entire time.
3. Each family who attends the Fun Fest is asked to bring a canned or non-perishable food item which will be donated to a local food pantry.
4. In the event of inclement weather, contact our program hotline number at 232-6166 or check our website.

SPECIAL EVENTS FALL

4TH ANNUAL LEWISBORO WINTER CELEBRATION

Join the Parks and Recreation Department for a fun filled evening. There will be music, refreshments, lights and a special visit from Frosty and Friends.



Dress warm and be ready to have fun and be amongst friends and neighbors. Please bring a canned or non-perishable food item which will be donated to the local community center to help our neighbors during the holiday season.

WHERE: Town Park – please park in the main lot. Festivities will be held in the lot between the pool and ball field.
WHEN: Monday, December 6th
TIME: 6:30PM

SANTA CLAUS LETTERS

(December 1st – 17th)

Youngsters, 8 and under, are encouraged to write to Santa Claus to express their holiday thoughts and wishes. Santa's special mailboxes will be available at the Recreation Office, Vista, Cross River and the South Salem Post Office's from December 1st through December 17th. Santa and his helpers put special care into answering each letter. Please make sure that you put your complete name (first and last) and address on each letter.



BREAKFAST WITH SANTA

CoSponsored by the Lewisboro Lions Club

Youngsters 8 and under are invited to this very special event! Children will enjoy a light breakfast while watching a special show that has been planned. Santa will be there to greet each child and Mom and Dad will have plenty of opportunities to photograph Santa with their child.

WHEN: Saturday, December 11th
TIME: 9:00AM – 11:00AM
WHERE: John Jay High School Cafeteria
SIGN-UP: Pre-registration is required by phoning the Recreation Office at 232-6162 by Monday, December 6th to reserve a spot for breakfast!

NOTE:

1. All children must be accompanied by a parent or guardian.
2. As admission to this event, each child is asked to bring an unwrapped gift not to exceed \$7.00. These gifts will be distributed to a needy children's organization.
3. Don't forget your camera/camcorder!
4. All reservations will be accepted on a first come, first served basis. Registration is limited.

NOTE: The Lewisboro Recreation Department Special Event programs will not be re-advertised via program flyer through the Katonah-Lewisboro School District!

SPECIAL EVENTS

LEWISBORO LIBRARY FAIR

When: Saturday, September 25th
WHERE: Onatru Farm Park, Elmwood Road, South Salem
TIME: 10:00AM - 4:00PM - RAIN OR SHINE!



The highlight of the fair is the book sale, but it also features "Attic Treasures", auctions, food, hayrides, kid's games, music and vintage cars. Come check out the amazing corn maze! The popular book pre-sale, for Lewisboro Residents ONLY, will be held Thursday evening, September 23rd from 5:32 pm -9:00 pm. also at Onatru Farm.

PUMPKIN PATCH/HAYRIDE

Joe Muia, Supervisor

Come and join us for a tractor drawn scenic hayride to a great pumpkin patch. The children can take a short hike, visit the farm animals, participate in a nature scavenger hunt and have fun exploring the hay and corn mazes. Each child will receive a healthy snack/drink and a pumpkin to go.

FOR: Grades 1-5



WHERE: Thunder Ridge in Patterson, NY
WHEN: Thursday, October 14th
TIME: Depart from Town Park at 4:30PM and Return to Town Park at 7:30PM

ACTIVITY #: 411101-A2
FEE: \$25.00

NOTE: Please remember to dress for the weather. Don't forget to bring a jacket!

GHOST BUS TOURS

Trip Leader, Maureen Koehl, Town Historian

Ride if you dare...when we take a ghost bus tour through town with Town Historian Maureen Koehl looking for Lewisboro's ghosts.

FOR: Lewisboro Town Residents and Katonah/Lewisboro School District Residents - ages 12 and up

WHERE: Depart and return to Lewisboro Town Park
WHEN: Saturday, October 23rd

TIME: 4:00 pm (tour should take about 2 hours)

FEE: \$10.00 per person

ACTIVITY #: 411101-A1



TODDLER/PRE-SCHOOL ACTIVITIES

The Town of Lewisboro Recreation Department is pleased to offer the following programs for toddlers/pre-school children. As many programs reach their capacity, we encourage people to register on time.

PROGRAM NOTES:

1. A copy of the child's birth certificate (for toddler and pre-school programs) is required at the time of registration if not on file.
2. The child must be the appropriate age by the **start** of the program.
3. Due to the nature of these programs, siblings can not attend.

MISS PATTI'S FEELING GROOVY

Patti Hupp, Instructor

This upbeat program offers music and song and a whole lot of fun for toddlers and their parent/guardian. Active participation through singing, marching and use of rhythm instruments is all part of this popular program. Children will enjoy meeting with old friends and making new friends!

FOR: 12 - 24 months

WHERE: Cyrus Russell Community House

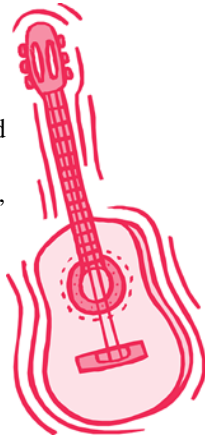
WHEN: Mondays, 10 weeks, Sept. 20th - Nov. 29th (no class 10/11)

FEE: \$95.00

NOTE: Parent or guardian must be present.

TIME: 9:30AM - 10:00AM

ACTIVITY #: 410101-C1



BEGINNING DANCE

Patti Hupp, Instructor

Dancers will learn basic ballet positions and steps. Children will learn a dance to a popular song and end the session with a "performance" and a tea party. Creative dress encouraged.

FOR: 3 and 4 year olds

WHERE: Cyrus Russell Community House

WHEN: Tuesdays, 10 weeks, Sept. 21st - Nov. 30th (no class 11/2)

FEE: \$100.00

NOTE: Parent or guardian must be present.

TIME: 2:45PM - 3:30PM

ACTIVITY #: 410102-C2



ART EXPLORERS

Tania Steele, Instructor

Children of all ages love art when they are free to express themselves, experiment and get messy. Each week a project will be planned that they can make themselves as well as using other art media as a means of exploration. As fine motor skills improve, so does confidence and pride in their work. Children will enjoy creating and showing off their master pieces. Smocks are recommended!

FOR: 4 and 5 year olds and/or Kindergarteners

WHERE: Cyrus Russell Community House

WHEN: Thursdays, 10 weeks, Sept. 23rd - Dec. 9th (no class 11/11 and 11/25)

FEE: \$105.00



TODDLER/PRE-SCHOOL ACTIVITIES

NOTE: Parent or guardian does not have to be present.
TIME: 10:00AM - 10:45AM
ACTIVITY #: 410202-D1

HOLIDAY COOKING THANKSGIVING SEASON

Linda Yurus, Instructor

Get in the spirit of the holidays by baking fresh breads using ingredients from the fall harvest. Take home recipes to bake for years to come.

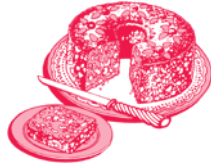
WHERE: Cyrus Russell Community House
WHEN: Saturday, November 13th
FEE: \$15.00/class

CLASS 1

FOR: 3-5 years olds or Kindergarteners
TIME: 1:00PM – 2:00PM
ACTIVITY #: 410203-E1

CLASS 2

FOR: Grades 1 - 3
TIME: 2:30PM – 3:30PM
ACTIVITY #: 410203-E2



HOLIDAY COOKING DECEMBER HOLIDAY

Michelle Winkler, Instructor

Get in the spirit of the holidays by baking delicious cookies. Take home recipes to bake for years to come.

WHERE: Cyrus Russell Community House
WHEN: Saturday, December 4th
FEE: \$15.00/class

Class 1

FOR: 3-5 years olds or Kindergarteners
TIME: 1:30PM – 2:30PM
ACTIVITY #: 410203-E3

Class 2

FOR: Grades 1-3
TIME: 3:00PM – 4:00PM
ACTIVITY #: 410203-E4



BUSY BAKERS

Michelle Winkler, Instructor

A program that combines learning the fundamentals of cooking with the fun of preparing delicious treats. Recipes will be available to take home. Stories and crafts will help pass the time as the goodies bake.

WHERE: Cyrus Russell Community House
NOTE: Parent or guardian does not have to be present.
FEE: \$105.00

CLASS I

FOR: 4 and 5 year olds and/or kindergarteners
WHEN: Tuesdays, 10 weeks, Sept. 21st – Nov. 30th (no class 11/2)

TIME: 9:30AM – 10:30AM
ACTIVITY #: 410301-B3

CLASS II

FOR: 3, 4 and 5 year olds
WHEN: Fridays, 10 weeks, Sept. 24th – Dec. 3rd (no class 11/26)

TIME: 1:15PM – 2:15PM
ACTIVITY #: 410301-B1

CLASS III

FOR: 4 and 5 year olds and/or kindergarteners
WHEN: Tuesdays, 10 weeks, Sept. 21st – Nov. 30th (no class 11/2)

TIME: 1:15PM – 2:15PM
ACTIVITY #: 410301-B2

ARTSMART

Patti Hupp, Instructor

Each day children will explore a famous artist. Then it's on to rhythm and fun as we sing and dance in our Feeling Groovy Music/Movement class. Free play will include bubbles, bounce house and obstacle course.

FOR: 3-5 year olds
NOTE: Parent/guardian does not need to be present. Children must be toilet trained.

WHERE: Cyrus Russell Community House
WHEN: Wednesdays, 8 weeks, Sept. 22nd – Nov. 10th
TIME: 1:30PM – 3:30PM
FEE: \$240.00
ACTIVITY #: 410205-C1

CHILDREN'S STORY HOURS

The Lewisboro Library offers story hours for infants and children from birth through 6 years old. The following programs are offered:

Wednesdays – 10:30AM: Mother Goose
Birth to 20 months

Thursdays – 10:30AM: Toddler Story Time
20 months to 3 years

Thursdays – 1:30PM: Pre-School Story Time
3 years to 6 years



Teen Book Club – Meets once a month on Tuesdays at 7:00PM. Book discussion is for grades 6 and up.

Each season new and interesting programs and stories are planned. Please call the library at 763-3857 for further information or the website – www.lewisborolibrary.org.

The library hours are as follows:

Sunday/Monday: Closed
Tuesday: 10:00AM – 9:00PM
Wednesday/Thursday: 10:00AM – 6:00PM
Friday: 10:00AM – 5:00PM
Saturday: 10:00AM – 4:00PM

YOUTH FALL ACTIVITIES

GROWING GOURMETS

Michelle Winkler, Instructor

Children love to cook “hands on.” These recipes will let children have fun cooking while preparing delicious treats. Children will also learn about measurements and quantity.



FOR: Boys and Girls, grades 1-5
WHERE: Cyrus Russell Community House
WHEN: Mondays, 10 weeks, Sept. 20th – Nov. 29th
(no class 10/11)
TIME: 4:30PM - 5:30PM
ACTIVITY #: 410302-B1
FEE: \$105.00

BEGINNING TAP/JAZZ

Anne Marie Gerard Galler, Instructor

This class is a fun introduction to the basics of beginning tap and jazz dance. The class will cover the basics of modern tap and jazz dance. Students will learn basic steps and movement, as well as developing memory and rhythmic skills in the context of choreographed dances. Tap and Jazz alternate each week.



FOR: Grades K-1
WHERE: Goldens Bridge Community House
WHEN: Mondays, 8 weeks, Sept. 20th – Nov. 15th
(no class 10/11)
TIME: 4:30PM – 5:15PM
FEE: \$84.00
ACTIVITY #: 412002-D1
NOTE: Dance clothes suggested (jazz pants/top or leotard and jazz shoes, hard shoes or tap shoes).

TAP/JAZZ II

Anne Marie Gerard Galler, Instructor

Beginning Tap/Jazz is a pre-requisite or prior dance training. A continuing exploration of the world of dance for those that have completed at least one prior session of beginning tap/jazz. Skills in technique, more advanced “steps” and learnings more challenging choreography will be stressed, as always in a fun non-competitive environment.

FOR: Grades 1-2
WHERE: Goldens Bridge Community House
WHEN: Mondays, 8 weeks, Sept. 20th – Nov. 15th
(no class 10/11)
TIME: 5:15PM – 6:15PM
FEE: \$84.00
ACTIVITY #: 412002-D2
NOTE: Dance clothes suggested (jazz pants/top or leotard and jazz shoes, hard shoes or tap shoes).

GIRL'S FIELD HOCKEY

Nicole Stone, Instructor

This program is an instructional program to learn the basic fundamentals of field hockey. Skills that will be covered include proper physical conditioning, dribbling, passing, stickwork, rules and game strategy. The program will be divided into two sessions: grades 4&5 and grades 6-8.



FOR: Girls, Gr. 4-8
WHERE: Onatru Farm Park
WHEN: Saturdays, 6 weeks, Sept. 25th – Oct. 30th
RAINDATE: Nov. 6th
NOTE: Participants must supply their own stick and shin guards.
FEE: \$125.00 includes shirt and mouth guard.

SESSION I – GRADE 4&5

TIME: 9:00AM - 10:15AM
ACTIVITY #: 410501-A2

SESSION II – GRADES 6-8

TIME: 10:30AM – 11:45AM
ACTIVITY #: 410501-A3

FALL BASEBALL FUN

Michael Yurus, Instructor

This program is designed for the boy or girl who just wants to play baseball and have fun without the pressure of winning or losing!

FOR: Boys and Girls, Grades 1-2
WHERE: Town Park Ball Field
FEE: \$85.00
NOTE: 1. Please bring glove, hat and drink.
2. Dress in layers.



SESSION I

WHEN: Wednesdays, 5 weeks, Sept. 22nd - Oct. 20th
TIME: 4:30PM - 5:45PM
ACTIVITY #: 410601-B1

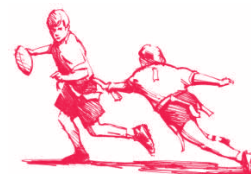
SESSION II

WHEN: Fridays, 5 weeks, Sept. 24th – Oct. 22nd
TIME: 4:30PM - 5:45PM
ACTIVITY #: 410601-D1

FLAG FOOTBALL

TBA, Instructor

This program is designed for the boy or girl who just wants to play football and have fun without the pressure of winning or losing!



FOR: Boys and Girls, Gr. 2 and 3
FEE: \$75.00
NOTE: Please bring a drink and dress in layers.

Continued on next page...

YOUTH ACTIVITIES

SESSION I

WHEN: Thursdays, 5 weeks, Sept. 23rd – Oct. 21st

WHERE: Fox Valley Park

TIME: 4:30PM – 5:30PM

ACTIVITY #: 410701-A1

SESSION II

WHEN: Tuesdays, 5 weeks, Sept. 21st - Oct. 19th

WHERE: Lewisboro Town Park

TIME: 4:30PM - 5:30PM

ACTIVITY #: 410701-D1

BINGO BASH

Joe Muia, Supervisor

Grab some friends and head to this great program where you can eat, socialize and win fabulous prizes. To stir it up, we will play bingo in a variety of ways. Food will be served followed by an exhilarating evening of bingo. Grades 2&3 will have pizza and grades 4&5 will make ice cream sundaes.

FOR: Boys and Girls, grades 2-5

WHERE: Lewisboro Elementary School Cafeteria.

FEE: \$20.00/Bash

BASH I

WHEN: Friday, November 5th

WHO: Grades 2 & 3

TIME: 6:00PM – 7:30PM

ACTIVITY #: 411901-E1

WHO: Grades 4 & 5

TIME: 8:00PM – 9:30PM

ACTIVITY #: 411901-E2

BASH II

WHEN: Friday, December 3rd

WHO: Grades 2 & 3

TIME: 6:00PM - 7:30PM

ACTIVITY #: 411902-E1

WHO: Grades 4 & 5

TIME: 8:00PM – 9:30PM

ACTIVITY #: 411902-E2

NOTE: You must pre-register for this program. There will be no on-site registration. Registration is limited. Parents will be required to sign their child out at the end of the evening. If car-pooling, a parent/guardian can sign out any child(ren) they are responsible for bringing home.

AMERICAN RED CROSS BABYSITTING SKILLS COURSE

Dana Mayclim, Instructor

When this class is over, students will become fully prepared to babysit. Instruction includes responsibilities of the sitter, handling emergencies, simple first aid, feeding, diapering, bedtime and playing. All youngsters will receive a certificate of completion. This program is also suitable for children who may not be ready to babysit but want to be left alone at home. Please bring a pencil, baby sized doll, dinner, beverage and a snack to class.



FOR: Town of Lewisboro and/or Katonah-Lewisboro School District youths, ages 11-14.

WHERE: Goldens Bridge Community House

NOTE: You must be present both days in order to become certified. You must be 11 years old by the start of the class.

FEE: \$95.00

CLASS 1

WHEN: Monday, October 18th and Tuesday, October 19th

TIME: 5:00PM – 9:00PM

ACTIVITY #: 411801-A1

CLASS 2

WHEN: Mondays, November 8th and November 15th

TIME: 5:00PM – 9:00PM

ACTIVITY #: 411801-A2

CLASS 3

WHEN: Sundays, October 3rd and 24th

TIME: 5:00PM – 9:00PM

ACTIVITY #: 411801-A3



YOUTH WRESTLING

Bill Swertfager and Adam Kern, Instructors

This exciting program is starting its 14th year under Coach Swertfager, Head Coach at John Jay High School. This year's expanded program will focus on basic wrestling moves and holds while emphasizing safety and fun. No prior wrestling experience is required.

FOR: Boys and girls in Grades K-6

WHEN: Mondays and Wednesdays,
December 1st – March 30th
(no clinic 12/27, 12/29, 1/17, 2/21 and 2/23)

WHERE: John Jay High School Wrestling Room

TIME: 6:00PM - 7:00PM

ACTIVITY #: 411601-A1

FEE: \$200.00 includes tee shirt, framed team picture and awards

NOTE: Gym clothes (wrestling shoes, head gear and knee pads are optional).

THE CLIFFS – ROCK CLIMBING FOR MIDDLE SCHOOLERS

Nicole Stone, Supervisor

Do you like to rock climb? Or do you really want to learn? Rock climb or learn rock climbing skills in a safe fun environment with over 100 different climbs. This program is for beginners to experts.



FOR: Boys and girls, grades 6-8

WHERE: The Cliffs in Valhalla

WHEN: Wednesdays, Oct. 13th, 20th, 27th and Nov. 3rd

TIME: Depart from JJMS: 3:15PM
Return to JJMS: 6:45PM

ACTIVITY #: 411301-F1

FEE: \$150.00

NOTE: You must wear laced sneakers and comfortable clothing.

YOUTH/TEEN ACTIVITIES

ICE SKATING AT BEAR MOUNTAIN

Joe Muia, Supervisor

Bundle up for a fun afternoon out with your friends at Bear Mountain outdoor ice skating rink. Listen to some great music while skating outdoors.



FOR: Boys and girls, grades 1-5
WHERE: Bear Mountain State Park
WHEN: Wednesday, November 17th (noon dismissal today)
TIME: Depart from Town Park: 1:00PM
Return to Town Park: 5:00PM
FEE: \$25.00 includes skate rental
ACTIVITY #: 415001-B1
NOTE: Rink is outdoors and uncovered so dress appropriately – don't forget to bring your gloves! You can bring extra money for the concession stand.

KARATE

Jay Nussbaum, Instructor

Why do thousands of America's children do karate?

1. To meet new friends.
2. To exercise in a cooperative environment where the only competition is with themselves.
3. To reduce the chance that they'll be bullied.
4. To improve concentration and determination.
5. To have a great time.



Sensei Jay Nussbaum is a 5th degree black belt who founded his first dojo in 1992 in New York City, then taught Eastern philosophy and martial arts at Cornell University from 1997 to 2000. He's a senior board member of the N.Y. Uechi-ryu Karate Association, and has traveled, trained and taught all over the world.

FOR: Boys and girls, ages 9 and up
WHEN: Saturdays, 6 classes, Sept. 25th – Nov. 6th (no class 10/9)
WHERE: Goldens Bridge Community House
TIME: 10:30AM – 12:00PM
FEE: \$90.00
ACTIVITY #: 411401-A1

NEW GIRL'S FALL SOFTBALL LEAGUE

Nicole Stone, Program Coordinator

This will be a Lewisboro only league consisting of instruction as well as competition and fun.

Games will be scheduled to start Saturday, September 11th. These games will be played Saturday mornings with the possibility of some night games at Town Park.

FOR: Girls, grades 7-9
WHEN: Saturday mornings



WHERE: Onatru Farm Park
TIME: TBA
FEE: \$100.00
ACTIVITY #: 410901-C1
NOTE: Coaches are needed - please call our office.

NEW FALL BALL LACROSSE

Todd Orlowski, Instructor

Keep up on your skills this fall. The objectives are to have fun, fine tune player skills and build confidence. We will concentrate on throwing, catching, shooting and dodging while also strengthening offensive/defensive positioning through 6 vs 6. Full equipment is required for this clinic.

FOR: Boys, Grades 1&2
WHEN: Wednesday, September 22nd - October 20th
WHERE: Fox Valley Park
TIME: 5:00PM – 6:30PM
FEE: \$75.00
ACTIVITY #: 412601-D1

YOUTH BASKETBALL PROGRAMS

The Lewisboro Parks and Recreation Department will be offering basketball for boys and girls in the following divisions: Junior Basketball gr. 3&4, Intermediate Basketball gr. 5&6, Senior Basketball gr. 7&8, Masters Boys Basketball gr. 9&10, Masters Girls gr. 9-12 and Veterans Boys gr. 11&12.

Again this year, the Recreation Department will be providing the Youth Basketball information in a separate packet. These packets will be mailed the week of September 20th to all participants from the 2009-2010 season. If you did not participate last year but are interested in playing this coming season, the information will be available at the Lewisboro Library, the Town House, the Recreation Office and the local schools starting September 20th. You may also call the Recreation Office and we would be glad to send you the information. Registration for basketball will begin on Monday, September 27th and end on October 22nd.



MINI-BASKETBALL

Michael Yurus, Instructor

This is an instructional program for boys and girls in grades 1 & 2. The program will be held on Saturday mornings at the Lewisboro Elementary School. Children will be instructed in the basic fundamentals and skills of basketball including dribbling, shooting, passing and the basic rules of the game. One hour class sessions will be held between 9:00AM - 2:00PM. Participants will be placed into sessions by Recreation Department staff and notified prior to the start of the program as to which class they are in.

FOR: Boys and Girls, grades 1 and 2
FEE: \$95.00 (Includes a basketball and tee shirt)

YOUTH/TEEN ACTIVITIES

WHERE: Lewisboro Elementary School Gym
SESSION I
WHEN: Saturdays, Jan. 8th - Feb. 5th
MAKEUP: February 12th
ACTIVITY #: 411002-A1

SESSION II
WHEN: Saturdays, March 5th - April 2nd
MAKEUP: April 9th
ACTIVITY #: 411002-A2

WEE SKI LEWISBORO

This popular and exciting program returns once again and earlier to make sure that you don't miss it!!



This is an instructional learn to ski or snowboard program that will run for five weeks starting in January. All participants in elementary and middle school will receive a 90 minute lesson each week regardless of their ability or level. After their lesson they will have some time to master their skills on their own.

- NOTE:**
1. All trips will leave from the Town Park.
 2. Your child must have his/her own equipment or obtain a seasonal rental. There will be no on site renting.
 3. Children must wear helmets (skiers and snow boarders) and wrist guards (snow boarders only).
 4. Registration begins September 7th. It is on a first come, first serve basis.

Elementary School Program – Nicole Stone, Supervisor

FOR: Boys and girls, grades 4&5
WHERE: Thunder Ridge Ski Area
WHEN: Tuesdays, Jan. 4, 11, 18, 25 and Feb. 1 (makeup date – 2/8)
TIME: 4:00PM – 9:30PM
ACTIVITY #: 411103-A1
FEE: \$350.00

Middle School Program - Joe Muia, Supervisor

FOR: Boys and girls, grades 6-8
WHERE: Catamount Ski Area
WHEN: Fridays, Jan. 7, 14, 21, 28 and Feb. 4 (makeup date – 2/11)
TIME: 3:30PM – 10:30PM
ACTIVITY #: 411103-A2
FEE: \$450.00

High School Program - Theresa McAvey, Supervisor

FOR: Boys and girls, grades 9-12
WHERE: Catamount Ski Area
WHEN: Fridays, Jan. 7, 14, 21, 28 and Feb. 4 (makeup date – 2/11)
TIME: 3:30PM – 10:30PM
ACTIVITY #: 411103-A3
FEE: \$400.00

LEWISBORO YOUTH EMPLOYMENT SERVICES

Youth of Lewisboro – Are you looking for work to make some money? This service is for you to place your name on the list for residents to reference. Fill out the form and mail it to the Recreation Office. Some of the jobs you could fill include babysitters, yard workers, party aids and dog walkers.

Residents of Lewisboro – Are you looking for someone to fill a job on a one-time or ongoing basis? The Lewisboro Youth Employment Service is for you. If you need someone to fill a job, please stop by the office or give us a call and we will mail you a referral list.

YOUTH EMPLOYMENT SERVICE MAIL-IN REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

PARENT'S NAME _____

Types of jobs that you are interested in doing (ex. Babysitting, pet sitting, yard work, snow shoveling, etc.):

I am the parent/guardian of the above named person and hereby give the Lewisboro Parks and Recreation Department permission to place my child on the Youth Employment Referral list. In so doing, I hereby release and waive the Lewisboro Parks and Recreation Department, the Town of Lewisboro from any liability for injury or damage to person or property that may arise from my child's name being placed on this list. I understand that it is a referral list, open to the public and that it is my/ my child's responsibility to negotiate terms and conditions of employment.

Signature (of parent or guardian if under 18) _____ Date _____

ADULT ACTIVITIES

NEW ZUMBA



Elaine Esposito, Instructor

We are excited to offer this new exercising class for adults. Zumba is an exercise class that features interval training session with fast and slow rhythms. It combines aerobic and international rhythm moves that has been shown to burn 400-600 calories for an hour long class. Join us as we grapevine and cha cha to a healthier body.

FOR: Adults, 18 years and older
WHERE: John Jay Middle School
WHEN: Tuesday, 8 weeks, Oct. 5th - Nov. 23rd
TIME: 7:00PM – 8:00PM
FEE: \$120.00 - residents/
\$150.00 - non-residents

ACTIVITY #: 420303-B1

NOTE: Wear comfortable clothing and sneakers, bring a towel and water bottle and participants must sign a waiver.

YOGA

Stephanie Harding, Instructor

Come and stretch to increase your flexibility and reduce stress in mind and body. Learn breathing techniques that will aide in the effectiveness of your practice.

FOR: Adults, 18 years and older
WHERE: John Jay Middle School
WHEN: Wednesday, 8 weeks, Sept. 22nd - Nov. 10th
TIME: 8:00PM – 9:00PM
FEE: \$120.00 - residents/
\$150.00 - non-residents

ACTIVITY #: 420305-D2

NOTE: Bring a mat and wear comfortable clothing.

YOGA

Tricia Keane, Instructor

Yoga has been revered for thousands of years for its many positive effects on the mind and body. A yoga practice benefits every system in the body, resulting in greater strength and flexibility. Yoga is also an excellent antidote to stress and anxiety. You will truly learn to RELAX! Class consists of gentle poses designed to stretch your body and release tension, followed by a period of relaxation. This class is appropriate for beginner through intermediate levels. (Please discuss any medical conditions with your doctor before beginning this or any other exercise program. It is also important to inform your instructor).

FOR: Adults, 18 years of age and older
WHERE: Goldens Bridge Community House
NOTE: Participants must supply their own yoga mat.

CLASS I

WHEN: Fridays, 8 weeks, Sept. 24th – Nov. 19th
(no class 10/1)
TIME: 10:00AM – 11:30AM

ACTIVITY #: 420101-E1

FEE: \$150.00

CLASS II

WHEN: Mondays, 8 weeks, Sept. 20th – Nov. 22nd
(no class 10/11 and 11/1)

TIME: 10:00AM – 11:30AM

ACTIVITY #: 420101-B1

FEE: \$150.00

CLASS III

WHEN: Mondays, 8 weeks, Sept. 20th – Nov. 22nd
(no class 10/11 and 11/1)

TIME: 12:00PM – 1:30PM

ACTIVITY #: 420101-B2

FEE: \$150.00

YOGA/CORE STRENGTHENING

Tricia Keane, Instructor

This class provides the benefits of both yoga and pilates. Our yoga poses will lengthen the body and relax the mind. The core work will help to flatten your tummy and tone your hips and thighs. You will learn to use your core strength as you move through your daily life.

FOR: Adults, 18 years and older
WHERE: Goldens Bridge Community House
WHEN: Fridays, 8 weeks, Sept. 24th – Nov. 19th
(no class 10/1)
TIME: 11:45AM – 1:15PM
FEE: \$150.00
ACTIVITY #: 420202-E1

ADULT BEGINNER TAP DANCE

Anne-Marie Gerard Galler, Instructor

Always wanted to tap? Here's your chance! One of the most cardio-friendly of dance forms, tap dancing is a truly American dance tradition. Join Broadway dance and choreographer Anne-Marie Gerard Galler as she teaches the basics using fun techniques and great music!

FOR: Adults, 18 years and older
WHERE: Goldens Bridge Community House
WHEN: Thursdays, Sept. 23rd - Nov. 18th (no class 11/11)
TIME: 5:30PM - 6:30PM
FEE: \$120.00 - residents/\$150.00 - non residents
ACTIVITY #: 420501-D1

ADULT BEGINNER JAZZ DANCE

Anne-Marie Gerard Galler, Instructor

From Broadway to videos, jazz dance is another uniquely American form of dance, incorporating elements of ballet and modern as well. A great total body workout, the class will begin with a warm up, stressing good form and technique, moving on to a fun combination of choreography think 'Fosse' and sign up!

FOR: Adults, 18 years and older

ADULT ACTIVITIES

WHERE: Goldens Bridge Community House
WHEN: Thursdays, Sept. 23rd - Nov. 18th (no class 11/11)
TIME: 6:30PM - 7:30PM
FEE: \$120.00 - residents/\$150.00 - non residents
ACTIVITY #: 420501-D2

ADULT FALL TOUCH FOOTBALL

This informal program stresses fun and friendly competition under the leadership of Town resident Tom Eichner.

ELIGIBILITY: Town of Lewisboro and/or Katonah Lewisboro School District residents ages 30 and older.

WHEN: Sundays, Sept. 12th - Dec. 19th
WHERE: Fox Valley Park – upper field
TIME: 9:00AM - 11:00AM
 8:30AM - warmups

REGISTRATION: None required

NOTE: - teams are picked each week
 - two hand touch

CONTACT PERSON: Tom Eichner at 232-2095



ADULT CO-ED VOLLEYBALL

This is a volleyball program that is for fun and exercise. Sneakers are required.

FOR: Adults, 18 years and older
WHERE: John Jay Middle School gym
WHEN: Thursdays, 10 weeks, Sept. 30th – Dec. 16th (no class 11/11 and 11/25)
TIME: 7:30PM – 9:30PM
FEE: \$50.00 – residents/\$75.00 – non residents
ACTIVITY #: 420301-D1

BASKETBALL FOR MEN

This is an opportunity to have fun and gain physical fitness. Monday nights we will have the open gym concept and Wednesday nights we will have the league effect with groups of

four being formed. Sneakers are required.

FOR: Adults, 18 years and older
WHERE: JJMS gym
TIME: 8:00PM – 10:00PM
FEE: \$50.00 – residents
 \$75.00 – non residents



Class 1

WHEN: Mondays, 10 sessions, Oct. 4th – Dec. 13th (no class 10/12)

ACTIVITY #: 420302-A1

Class 2

WHEN: Wednesdays, 10 sessions, Oct. 6th – Dec. 15th (no class 11/24)

ACTIVITY #: 420302-C1

BOOT CAMP BACK TO BASICS

Ellen Warner, Instructor

This new class will work on the following: cardio and muscle endurance, building lean muscle mass. You will break a sweat and be fit of the summer.

FOR: Adults, 18 years and older
WHERE: John Jay Middle School
TIME: 7:30PM – 8:30PM
FEE: \$120.00 – residents/\$150.00 – non residents
NOTE: Bring a mat. You can bring 3 lb. weights and a jump rope but they are not required.

CLASS 1

WHEN: Tuesdays, 8 weeks, Oct. 5th – Nov. 23rd
ACTIVITY #: 420304-B1

CLASS 2

WHEN: Thursdays, 8 weeks, Oct. 7th – Dec 9th (no class 11/11 and 11/25)
ACTIVITY #: 420304-D1

TENNIS

The Town of Lewisboro offers our residents three locations for tennis play. Four all-weather courts are featured at Fox Valley Park in Goldens Bridge and also at the Town Park. There are four soft surface tennis courts at Onatru Farm Park on Elmwood Road in South Salem. A reservation system is employed at each site. Reservations can be made by 12:00pm Friday for the following Monday through Sunday. Reservations may be made either in person at the Recreation Office or by phone at 232-6162.

The tennis season for Fox Valley and Town Park runs through November 30th. Onatru Park tennis courts will be open (weather permitting) through October 31st.

FALL FEES as of September 7th

Three Facility Permit - Town Park/Fox Valley/Onatru Park

Resident Family	\$90.00
Resident Individual	\$50.00
Resident Senior	\$25.00

NOTE: Individuals who have a valid 2010 tennis permit do not need to purchase a new permit for the fall season.

NOTE: The tennis courts at Fox Valley are used by the Katonah-Lewisboro School District from September through October, Mondays through Fridays, 2:30PM - 5:30PM.

Occasionally, additional days and times may be scheduled. A complete schedule of the school districts use is posted at the courts.

TENNIS

TUESDAY TENNIS WITH A TODDLER!

Marcie Maguire, Instructor

Let's have a ball! Parents/caregivers bring your little ones and spend some time playing tennis together. This program is geared towards introducing the children to the great sport of tennis.

FOR: 3-5 year olds
WHERE: Town Park tennis courts
WHEN: Tuesdays, 5 weeks, Sept. 21st – Oct. 19th
RAINDATE: TBD
FEE: \$60.00 without a racquet
\$80.00 includes a racquet
NOTE: Parent/caregiver must supply their own racquet and participate in the class.

Class 1

TIME: 1:00PM – 1:45PM
ACTIVITY #: 450104-B1

Class 2

TIME: 1:45PM – 2:30PM
ACTIVITY #: 450104-B2

YOUTH FALL TENNIS LESSONS

The Lewisboro Recreation Department will offer a comprehensive program of tennis lessons which are listed below.

1. TOWN PARK – Marcie Maguire, USPTA Certified Instructor

FOR: Grades 2-5
WHEN: Mondays & Wednesdays, 8 sessions,
Sept. 20th - Oct. 18th (no class 10/11)
RAINDATE: Oct. 20th
FEE: \$96.00 per person
NOTE: Participants must supply their own racquet.

CLASS 1

FOR: Grades 2&3
TIME: 4:30PM - 5:15PM
ACTIVITY #: 450101-A1

CLASS 2

FOR: Grades 4&5
TIME: 5:15PM - 6:00PM
ACTIVITY #: 450101-A2



2. TOWN PARK – Marcie Maguire, USPTA Certified Instructor

Instructions combined with match play.

FOR: Grades 6-10
WHEN: Fridays, 5 sessions
Sept. 24th - Oct. 22nd
RAINDATE: TBA
FEE: \$60.00 per person
NOTE: Participants must supply their own racquet.

CLASS 1

TIME: 4:00PM - 5:00PM
ACTIVITY #: 450101-E1

CLASS 2

TIME: 5:00PM - 6:00PM
ACTIVITY #: 450101-E2

JUNIOR TENNIS CLINICS

Denise Upham, Instructor

To complement our very popular youth tennis instructional program, a series of junior tennis classes will be offered this fall. Junior tennis is a comprehensive program designed to introduce children to the game of tennis in a fun, rewarding way.



By tailoring the equipment to the athletic abilities of young children, Junior Tennis allows them to learn the sport quickly and to have fun and success while playing.

WEEKEND CLASSES

FOR: Boys and girls, ages 4-7
WHERE: Town Park Tennis Courts
WHEN: Saturdays, 4 sessions, Sept. 25th – Oct. 23rd
(no class 10/9)

Class 1

FOR: Ages 4&5
TIME: 9:00AM – 9:45AM
ACTIVITY #: 450103-B1
FEE: \$90.00 includes a racquet
\$70.00 without a racquet

Class 2

FOR: Grades 1-3
TIME: 10:00AM – 11:00AM
ACTIVITY #: 450103-B2
FEE: \$100.00 includes a racquet
\$ 80.00 without a racquet

WEEKDAY CLASSES

FOR: Boys and girls, ages 4&5
WHERE: Town Park Tennis Courts
WHEN: Thursdays, 5 sessions, Sept. 23rd – Oct. 21st
FEE: \$105.00 includes a racquet
\$ 85.00 without a racquet

Class 1

TIME: 10:00AM – 10:45AM
ACTIVITY #: 450103-A1

Class 2

TIME: 1:30PM – 2:15PM
ACTIVITY #: 450103-A2

BALL MACHINE CLASS



Denise Upham, Instructor

FOR: Adults, ages 18 and older
WHERE: Town Park tennis courts
WHEN: Fridays, Sept. 24th – Oct. 22nd
TIME: 12:00PM – 1:00PM
FEE: \$110.00
ACTIVITY #: 450106-E1

TENNIS

ADULT FALL TENNIS LESSONS

A valid 2010 season tennis permit is required in order to register for any adult tennis lesson program. Players must supply their own racquet.

BEGINNER/ADVANCED BEGINNER

Marcie Maguire, USPTA Certified Instructor

WHERE: Town Park
WHEN: Mondays & Wednesdays, 8 sessions, Sept. 20th - Oct. 18th (no class 10/11)
RAINDATE: Oct. 20th
TIME: 11:00AM - 12:00PM
ACTIVITY #: 450102-A1
FEE: \$120.00

BEGINNING INTERMEDIATE/INTERMEDIATE

Marcie Maguire, USPTA Certified Instructor

WHERE: Town Park
WHEN: Mondays & Wednesdays, 8 sessions, Sept. 20th - Oct. 18th (no class 10/11)
RAINDATE: Oct. 20th
TIME: 9:00AM - 10:00AM
ACTIVITY #: 450102-A2
FEE: \$120.00

ADVANCED INTERMEDIATE

Marcie Maguire, USPTA Certified Instructor

WHERE: Town Park
WHEN: Mondays & Wednesdays, 8 sessions, Sept. 20th - Oct. 18th (no class 10/11)
RAINDATE: Oct. 20th
FEE: \$120.00 per person

CLASS 1

TIME: 10:00AM - 11:00AM
ACTIVITY #: 450102-A3

CLASS 2

TIME: 12:00PM - 1:00PM
ACTIVITY #: 450102-A4



ADULT FALL WEEKEND TENNIS LESSONS

Marcie Maguire, USPTA Certified Instructor

WHERE: Onatru Farm Park
WHEN: Saturdays, 5 sessions, Sept. 25th - Oct. 23rd
RAINDATE: TBA
TIMES: 8:00AM - 9:00AM (Advanced Intermediate)
ACTIVITY #: 450102-F3
9:00AM - 10:00AM (Intermediate)
ACTIVITY #: 450102-F2
FEE: \$75.00 per person

ADULT INTERMEDIATE TENNIS LESSONS

Denise Upham, Instructor

WHERE: Town Park
WHEN: Thursdays, 5 sessions, Sept. 23rd - Oct. 21st
TIME: 10:45AM - 12:00PM
FEE: \$110.00 per person
ACTIVITY #: 450102-D1



NEW DOUBLES WORKOUT/MATCH PLAY

Marcie Maguire, USPTA Certified Instructor

This program will feature doubles drills and doubles play. This is ideal for competitive players or the players who enjoy fast moving doubles!



FOR: Adults, 18 years or older
WHERE: Onatru Farm Park
WHEN: Tuesdays, Sept. 21st - Oct. 19th
FEE: \$110.00

Class 1 - Advanced

TIME: 9:30AM - 11:00AM
ACTIVITY #: 450107-B1

Class 2 - Intermediate

TIME: 11:00AM - 12:30AM
ACTIVITY #: 450107-B2

FOOTWORK AND FITNESS

Marcie Maguire, USPTA Certified Instructor

This program brings a new spin to tennis that will provide a great workout. Join us as we play tennis while we work on our footwork and increase our fitness levels.

FOR: Adults, ages 18 and older
WHERE: Town Park tennis courts
WHEN: Fridays, 5 weeks, Sept. 24th - Oct. 22nd
FEE: \$75.00
NOTE: Maximum number of 6 participants per class.

Class 1

TIME: 9:00AM - 10:00AM (Advanced Intermediate)
ACTIVITY #: 450105-E1

Class 2

TIME: 10:00AM - 11:00AM (Beginner Intermediate)
ACTIVITY #: 450105-E2



LEWISBORO SENIOR ADULTS

Pam Veith, Senior Adult Director

The Lewisboro Senior Adult Program has much to offer those aged 50 and older! The Senior Adult Program, under the leadership of Pam Veith, will enjoy many fun and interesting events throughout the year!

Our program will continue to offer a weekly meeting, senior adult newsletter, and van trips three days a week on our handicapped accessible van. Check the monthly newsletter for full information on all of our programs.

We invite you to read on and encourage you to participate in our program offerings. For more information on the Senior Adult program, please call Pam Veith at 232-6162 or email her at veith6@aol.com.

OUTREACH

Linda Yurus, Recreation Leader

Our responsibility is to reach out to the growing number of homebound senior adults in Lewisboro.

Through this program, access to needed information and referral services are available. If you or someone you know is in need of services such as home delivered meals, heating assistance, access to Westchester County information, Medicare/ Medicaid information, to name a few, please contact the office at 232-6167.

Transportation to and from medical appointments can be arranged Monday – Fridays. Hours for this transportation must be within office hours and are subject to availability. To make arrangements for transportation, please call Linda at 232-6167.

Medical equipment is available for loan including an electric wheelchair, wheelchairs, walkers, canes, bedrails, shower chairs, hospital beds, etc. Please call the office if you are in need of any equipment.

The **File of Life** is available through the Senior Adult Program and the Outreach Program. It is an informational tool to



provide assistance during a medical crisis. Everyone should have one. The large info file attaches to the refrigerator and the small info file belongs in your wallet at all times. There is a sticker for your door to alert emergency services to the File of Life.

The “**Are You Okay?**” telephone reassurance system is available to all our seniors. Computerized daily telephone calls to each participant are made to ensure an individual is safe and well. Confidentiality is always guaranteed.

NEWSLETTER

The Senior Adult Newsletter is printed and mailed out each month. The newsletter highlights the month’s activities and keeps you up to date on upcoming events and trips. To receive your monthly copy of the newsletter, simply phone the Recreation Office at 232-6162 to have your name added to the mailing list.



MEETINGS

Weekly meetings are held on Wednesdays at the South Salem Firehouse on Route 35 in South Salem. The South Salem Fire Department has graciously extended an invitation to our Seniors on a temporary basis to use their large meeting area for our programs. Our program offers much variety such as slide show presentations, guest speakers, holiday parties, birthday celebrations, casual gatherings of new and old friends, card games, reminiscing and fun. The Firehouse is open from 10:00AM to 3:00PM every Wednesday. Please join us!



BLOOD PRESSURE SCREENING

Blood pressure and sugar screening will be done for those interested the first Wednesday of the month beginning at 11:30AM by our visiting nurse. Please refer to the Senior Adult Newsletter for the monthly schedule of dates.

LEWISBORO SENIOR ADULTS

BUS SCHEDULE



DAY	LOCATION
1st Monday 1st Friday	Mt. Kisco – Target/Lunch/A&P Yorktown – Jefferson Valley Mall (lunch), Turcos
2nd Monday 2nd Friday	Ridgefield – Kohls/Lunch/Stop & Shop OR Danbury – Christmas Tree Shop/Lunch/Stop & Shop Brewster – Marshalls/Lunch/Kohls OR Norwalk – TJ Maxx/Lunch/Trader Joes
3rd Monday 3rd Friday	Baldwin Place – Home Goods/Rick’s Seafood/A&P Cortlandt – Walmart/Lunch
4th Monday 4th Friday	Danbury – Expect Discounts/Lunch/Stew Leonards Danbury Mall – Danbury Mall/Lunch in mall
5th Monday 5th Friday	Rider’s choice Riders choice

NOTE: On Monday and Friday shopping trips, the bus will stop at a local restaurant for lunch. In addition to the above, the bus picks up for the weekly Wednesday meetings.

VOLUNTEERS NEEDED

The Town of Lewisboro is looking for volunteers to help with our Senior Program. Time commitments can be flexible and sporadic. Volunteers are needed for driving to appointments, grocery shopping, picking up prescriptions or a simple home visit. To volunteer, please call Linda Yurus at 232-6162 or 232-6167.

BUS TRIPS

Led by our very dedicated bus driver/chaperone, Laurie Wiegand, the Town of Lewisboro offers bus trips three days a week with door to door pick up service. Our handicapped accessible bus can comfortably accommodate 12 people and two wheelchairs. Please call 232-6162 at least one day in advance to make a reservation on the bus.

UPCOMING TRIPS & EVENTS

(September thru December)

Details will be announced in the monthly newsletter.



September 9th - Arthur Avenue and Lunch at Emilios

September 10th - Intercommunity Picnic – Bedford Hills Town Park

October 14th

Tea Leaf Tour - visit Tea Factory and Winery

October 20th - 80’s Luncheon honoring those born in 1930, South Salem Fire Department. (Reservations needed)

October 27th - Flu shots at SSFD – 10:00AM to 12:00PM at SSFD. Fee for non-medicare individuals is \$25. Sign up at weekly meeting or call the Recreation Department at 232-6162.

November 9th - Mohegan Sun and Cornerstone Productions

November 10th - “Over the Hill Players” presents The Irving Berlin Express – a celebration of Irving Berlin’s musical heritage

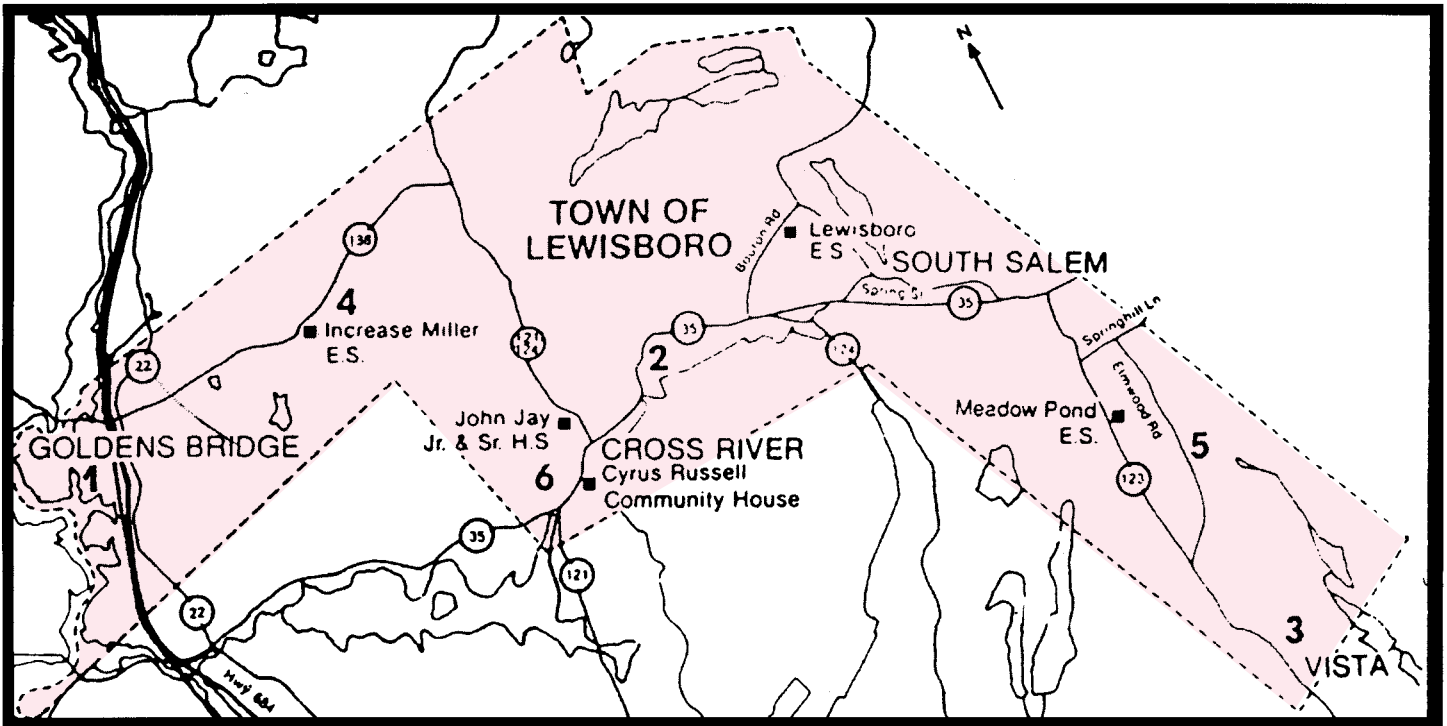
November 17th - Thanksgiving Luncheon

December - Holiday Party – Date and location will be announced in the monthly newsletter

For more information on day trips or the senior adult program, call Pam Veith at 232-6162.

SENIOR LIVING

FACILITIES



1. RECREATION OFFICE

Parks & Recreation Department, 65 Old Bedford Road, Goldens Bridge (914) 232-6162

2. TOWN PARK

Route 35, South Salem
Ballfield, swimming pool, four all weather tennis courts, two basketball courts, two sand volleyball courts, playground equipment, picnic pavilion, pond for fishing, ice skating and hiking trails.
NOTE: Basketball and volleyball courts have lights for night time use.

3. VISTA FIELD

Route 123, South Salem
Ballfield and toddler playground equipment.

4. FOX VALLEY PARK

Route 138 & Indian Hill Road, Goldens Bridge
Four all-weather tennis courts, two multipurpose fields for baseball, football, soccer and softball, hiking trails, fitness trail, restroom facilities and picnic pavilion.

* Restrooms are not available November-March

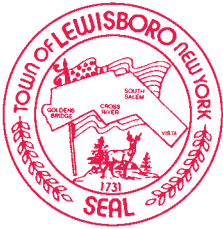
5. ONATRU FARM PARK

Elmwood Road, South Salem
Four multi-purpose fields for football, soccer, softball, field hockey, lacrosse, playground equipment, four soft surface tennis courts, hiking trails, restroom facilities and picnic pavilion.

* Restrooms are not available November-March

6. NEIL VREELAND MEMORIAL PLATFORM TENNIS COURTS

John Jay High School, Route 121/124, Cross River
Three platform tennis courts. Lights for night time use.



TOWN OF LEWISBORO
DEPARTMENT OF PARKS & RECREATION
65 Old Bedford Road
Goldens Bridge, NY 10526
(914) 232-6162

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REGISTRATION BEGINS TUESDAY, SEPTEMBER 7TH



TELEPHONE RESOURCE

- POLICE, FIRE, AMBULANCE EMERGENCY DIAL 911**
- New York State Police 277-3651
- Town of Lewisboro (Non-emergency number) 763-8903
- FIRE AND RESCUE IAL 911**
- South Salem 763-3700
- Goldens Bridge 232-4600
- Vista 33-2323
- AMBULANCE DIAL 911**
- Lewisboro VAC 763-8300
- Vista Fire and Rescue 533-2323
- HOSPITALS**
- Northern Westchester Emergency Room 666-1251
- Norwalk 203-852-2000
- Danbury 203-797-7000
- POISON CONTROL 1-800-336-6997**
- SUICIDE AND CRISIS PREVENTION 946-0121**
- CHILD ABUSE 1-800-342-3720**
- KATONAH/LEWISBORO CONTINUING EDUCATION 763-8932**
- WESTCHESTER COUNTY PARKS & RECREATION 864-PARK**