



Recreation Programs Offered By Day

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Class Start Dates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FALL 2019 SESSION	Sept. 16	Sept. 17	Sept. 18	Sept. 19	Sept. 20	Sept. 21
WINTER 2020 SESSION	Jan. 6	Jan. 7	Jan. 8	Jan. 9	Jan. 10	Jan. 4
SPRING 2020 SESSION	Mar. 30	Mar. 31	April 1	Mar. 26	Mar. 27	March 28

Class meeting schedule subject to change. Updated class schedule will be available at registration and from your class instructor.

HOW TO REGISTER

1. You may register for most programs on line at ROCKVILLECENTRE.RECDESK.COM. Establish your Family Profile on the site; include all family members.
2. Rockville Centre Recreation Membership is required for all individuals taking part in our programs.
Resident fee individual \$24 per year - Family fee \$50 per year Non Resident fee Individual \$28 per year- Family fee \$60 per year. The Village's fiscal year begins June 1, 2019 and ends May 31, 2020. In order to register for a program, each individual must be a member of the Recreation Department.
3. Cash, check and Credit Cards (Mastercard and Visa) are accepted for payment by the Recreation Department. You may register on-line or in person at the Recreation Center office. A 3% convenience fee is charged for Credit Card purchases.
4. You will be notified ONLY if a class is undersubscribed and therefore canceled..

NOTE: All programs have a minimum number of participants required to conduct a class; numbers vary.

5. Please refer to the brochure or the calendar on RecDesk for starting dates and times. Register EARLY.





Rec Specialties



Birthday Parties

All parties directed by trained staff members and/or by *Mad Science of Long Island*, *Bricks4Kidz, Inc.* and *Artfullinc.* (*Glam and W & W parties*) staff. Birthday parents supply all food, drink, paper goods, party favors, candles, etc.

Call the Rec. office for available dates and further information.

**NON-REFUNDABLE DEPOSIT REQUIRED AT TIME OF BOOKING.
For information and available dates, contact the Recreation Office.**

Roll Around Party

For children ages 1-6. Reserve our "Roll Around" set-up, including challenging climbing equipment, trampoline, rope swing, tumble track and more for 60 minutes followed by 30 minutes in our festive party room for refreshments.

Fee: \$260 residents for 10 guests, \$10 each additional
\$300 non-residents for 10 guests, \$12 each additional

Games & Sports Party

For children ages 6-12. Includes 60 minutes of games such as alligator pit, relay races, soccer, parachute games, soccer, foam hockey, foam bat baseball, and dodge ball in the gymnasium. Gym time followed by 30 minutes in our festive party room for refreshments.

Fee: \$260 residents for 10 guests, \$10 each additional
\$300 non-residents for 10 guests, \$12 each additional

Glam Spa Party Wands and Wizards Party

The perfect party for your fashionista or Harry Potter fan! One hour of themed activities followed by 30 minutes in our festive party room for refreshments.

See *Glam Spa* and *Wands & Wizards* flyers for pricing and further information. Presented by *Artfullinc.*, Michelle Wettstein

Mad Science Party

For ages 3-12. Includes a 45 minute fun interactive show, plus 15 minutes of making Mad Science Goo. Mad Science invitations and a party poster included. Demonstration followed by 30 minutes in our festive party room for refreshments.

See Mad Science Flyer for pricing and further information

Ninja Challenge Party

For children ages 5-9. Includes 60 minutes of various Ninja challenges and obstacle courses in the gymnasium. Gym time followed by 30 minutes in our festive party room for refreshments. Limit 20 party participants for Ninja party theme.

Fee: \$285 residents for 10 guests, \$10 each additional
\$325 non-residents for 10 guests, \$12 each additional

NEW

Bricks4Kidz LEGO® party

For ages 4-12. Includes model building, Spin Art, LEGO challenges and party T-shirt for Birthday child. One-hour or 90 minutes of activities followed by 30 minutes in our festive party room for refreshments.

See Bricks4Kidz flyer for pricing and further information.

Summer Playground

Summer fun starts here with our daily summer program staffed by trained Recreation personnel. Activities include athletics, arts & crafts, recreational games and special events. After-playground field trips (optional) are scheduled every day. Registration begins in March and is on-going on-line or at the Recreation Center office. For youth in Gr. 1-8 this program meets Monday—Friday 9:00-12:00pm (June 30—August 12)

Baseball School, Girls' Gymnastics School, Game7Sports Basketball Camps

The Recreation Department is proud to host the best Sports Schools in town! Bob Hirschfield's Baseball School, the Rec. Center's own Gymnastics School and the Summer Basketball Camp, run in conjunction with Game7 Sports, provide your child with a week – long intensive athletic experience. Look for detailed information in March for the summer of 2020..



Fitness, Health, Self-Improvement

CROSSFIT KIDS @ "THE ROCK"

A functional strength and conditioning program designed especially for kids, utilizing the revolutionary CrossFit method. We teach children about functional exercises that mimic every day movements that they do when they play, including pull, push, run, throw, climb, lift and jump. We promote good nutrition and eating habits and the development of greater self-confidence, leadership and teamwork skills. We focus on having fun, building strong and healthy bodies and minds; we develop within your child a life-long love of fitness. This exciting program is for boys and girls ages 3-5 (45 minute class), 6-8 and 9-12 (55 minute class) and 13-17 (60 minute class). All classes are taught by CrossFit Kids certified coaches, and are offered Mondays, Tuesday, Wednesdays at the John A. Anderson Rec. Center and Saturdays/Sundays at CrossFit at the Rock.

To register and ask questions, contact Janice Moone at Janice@crossfittherock.com or 516-445-6219.

NEW

JAKE S.A.T. PREPARATION

Learn to outsmart the makers of the SAT and the ACT. Jake Berman has over a decade of test prep experience, and he has taken the SAT himself over 75 times, so he can offer insights you simply won't get anywhere else. He is just the right mix of playful and passionate to make these weekly two-hour classes speed by. Learn more online or register at jakesatprep.com, or call Jake at 516-243-8436.

CLASSES MEET ON THURSDAYS AT THE REC. CENTER:

- 3-month SAT program, July 18 to October 3 @ 7:30 -9:30pm.
- 2-month SAT program, October 10 to Dec. 5 @ 7:30 -9:30pm.
- 3-month SAT program, Dec.12th to Mar. 12 @5-7 or 7:15 -9:15pm.
- 3-month SAT program, March 19 to June 4 @7:15- 9:15pm.
- 1-month ACT program, March 19 to April 2 @5:00- 7:00pm.
- 2-month SAT program, April 9 to June 4 @ 5:00 to 7:00pm.

PICKY EATERS ANONYMOUS

This is a food experiment lab where your picky eater can explore healthier versions of his favorite foods. We will present new recipes while preparing foods from around the world during this culinary adventure. The goal is to try new dishes that incorporate a wide range of preferences.

Your picky eater will be transformed into a FOODIE!

Age: Grades 1-4 **Instructor:** Francine Freise

Day/Time: Wednesdays 5:00-6:00pm

Fee: \$65 res. / \$70 non.res. for 5 classes
Sept. 25 Oct. 2, 9, 16, 23, 30



NEW

PING PONG

Ping Pong is a sport that knows no gender or age boundaries. Open play is available on Sunday mornings from 9:30-11:30am. Bring your own racquet (paddle) and ping pong ball. No fee, first come-first-served on two new tables.

BACKYARD PLAYERS AND FRIENDS

BackYard Players & Friends is an inclusive arts-based community program for teens and young adults of all abilities. We are a 501(c)(3) non-profit organization.

Contact Ellen White for tuition and program dates.

Phone: 516-581-2018 email: BYPandfriends@gmail.com web: [bypandfriends](http://bypandfriends.com)

Zumba & Pound Fitness Class Friday Nights 6:30 - 8:30pm

This class incorporates Zumba, Pound Fit and Dance Fitness as a means to healthier living...Fresh Beats & Loads of Fun!

Hip Hop Class Tuesdays 7:15 - 8:15pm

Learn the fundamentals of hip-hop dance, rhythm, and a fun hip-hop dance routine. Learn tips & tricks for cool hip-hop moves every class!

BYP Game Night Friday Nights 7:00 - 8:00pm

Explore interests and activities through lively competition. Join us as a participant in our large group game show. Strengthen communication, teamwork and collaboration strategies.

CO-ED CARDIO WORKOUT / ZUMBA

The Rec. Center presents CCW – an awesome workout designed to attack every part of the body from its awesome abs to a boot camp, kickboxing workout. Become a Miss-Fit!

Instructor: Sheila Hawkins **Age:** Adult Men and Women

Day/Time: Tuesday 6:30-8:15 pm and Thursdays 7-8:15pm

Fee: Pay as you go \$5 per class.

GYM AND GAME ROOM

"Open Gym" Basketball at the Rec. Center. For residents Grades 4 - 12 on Saturdays 2:00-4:00pm and Gr. 6-12 Saturday 7:30-10:00pm.

Includes socializing and table tennis.

Gym and Game Room membership required. Start date TBA

Gym & Game specials during holiday & school breaks.

PARENTS / GUARDIANS MUST REGISTER THEIR STUDENTS.

RECONNECT RVC

We aim to offer students a place to interact with peers, completing interactive activities designed by AND implemented with state certified educators. These activities are created to foster communication, model collegiality, and hold students to high standards – all without access to technology. REGISTER DIRECTLY WITH RECONNECTRVC. All classes meet at the Recreation Center, taught by RECONNECTRVC staff.. Fee for all classes is \$85 for 5 classes.

KIDS' YOGA: Offered Mondays 4:15-5:15pm for ages 3-6

TEEN YOGA: Offered Mondays 5:30-6:30pm for ages 13-19

PLAY to WIN GAMES /SPORTS: Offered Mondays 6:30-7:30pm for ages 8-11

STATE YOUR CASE: DEBATE: Offered Fridays 4:30-6:00pm for grades 6-8

Visit www.reconnectrvc.com for further information and to register.



Sports Programs

TENNIS LESSONS

The Nancy Cottrell Memorial Tennis Courts are under reconstruction. Call the Recreation Department for further information and updates.

FENCING INSTRUCTION

Children will learn basic skills, etiquette, terminology, footwork and blade work employed in the sport of fencing, designed to develop speed, endurance, and agility. Fencers will learn to keep score, referee and duel, using plastic foils, protective vests and lightweight masks.

Instructors: *Island Fencing Academy instructor*

Ages: 6-12 Years Old

Beginners Day/Time: Thursday 4:30-5:30pm

Advanced Beginners Day/Time: Thursday 5:30-6:30pm

(Must have attended minimum 1 Session; Classes combined if enrollment warrants)

Resident Fee: \$189 **Non-Resident Fee:** \$217 for 10 class meetings

TOUCH FOOTBALL GAMES

Touch football for boys in grades 4 & 5 (elementary) and 6-7 (middle school). Register your team (min. of 8 and max. of 12 players). Games will be played Wednesday, Thursday or Friday afternoons at Veterans' Park, behind the Rec Center. Rosters due Sept. 10.

FEE: \$25 per player *Plus Rec Membership*

TAE KWON DO

The curriculum for this Korean art form features combinations of drills and exercise, concentrating on breath control, equilibrium, focus and dynamic kicks, punches, blocks, takedown and mat work. Participation will increase confidence, self-discipline, respect for oneself and others.

Testing to advance at instructor's discretion.

Instructor: Mary Babcock

Age: Boys/Girls Grade 1 & up

Day/Time: Thurs. 4:30-5:30pm Beginner, 5:30-6:30pm Yellow belt

Resident Fee: \$175 **Non-Resident Fee:** \$200 for 11 classes

NINJA CHALLENGE

Obstacle training class specifically designed to unleash kids' inner Ninja! The class focuses on improving core strength, upper body strength and agility, which promote better technique, improve athletic performance, and build competence in a fun environment. Different skills and challenges will be explored each week.

Instructor: Troy Hassler

Age: Boys/Girls Grades K-3

Day/Time: Gr. K-1: Tuesday 5:15-6:00pm

Gr. K-1: Fri day 4:00-4:45pm Gr. 2-3: Friday 5:00-6:00pm

Res. Fee: \$171 **Non-Res:** \$192 for 11 meetings



SWIMMING ~ BOWLING ~ ICE SKATING

The following sports activities are sponsored by the Rockville Centre Recreation Department but take place at the Freeport Recreation Center or RVC Lanes. Participants will be picked up from RVC public elementary schools* or may meet at the John A. Anderson Rec.Center. They will then be transported to the Freeport Recreation Center (Swimming and Ice Skating) or RVC Lanes on Maple Avenue. The bus will return students to the John A. Anderson Rec. Center in RVC at 6:00pm. *must have 5 or more registrants for pick-up at each school

SWIMMING INSTRUCTION

Trained recreation staff provides mini-lesson swim instruction plus free-swim session. Children should bring a towel, swim suit, change of clothes, hair brush, goggles and a small snack. All items must be labeled with child's name.

Ages: Gr. 1 and up **Day/Time:** Tuesday 3:45-6pm Fall 2019 **Resident Fee:** \$175 **Non-Resident Fee:** \$196 for 10 class meetings

BOWLING

Bowling is a fun activity that can be enjoyed for a lifetime! Bowling sessions include instruction in technique and bowling etiquette.

Ages: Gr. 1 and up **Day/Time:** Wednesday 3:45-6pm Fall 2019 **Resident Fee:** \$175 **Non-Resident Fee:** \$196 for 10 class meetings

ICE SKATING

Join us for a 90-minute free-skate session—Rec. Staff will assist skaters, but no formal instruction provided. Helmet rentals are included (required for kids ages 8 and under). Participants must wear long socks and warm clothing.

Ages: Gr. 1 and up **Day/Time:** Thursday 3:45-6pm at Freeport Recreation Center Fall start date TBA
Fall 2019 **Resident Fee:** \$128 **Fall Non-Resident Fee:** \$144 for 8 class meetings

SOFTBALL LEAGUES

Leagues for men ages 18 & up and women ages 16 & up. Games are played weeknights at fields in Rockville Centre in Spring, Summer and Fall leagues. Contact the Rec. Center office for information.

BASKETBALL LEAGUES at Mill River Park.

For Grade 5, Middle School and Senior High Summer League (Boys & Girls) and Adult Men's teams. Rosters are due April 2020 for Summer 2020. Contact the Recreation office in early March for info.

Community Events

The Recreation Center is the site for many community events such as RVC Youth Council meetings, Blood Drives, Bereavement Group meetings, Award Ceremonies, Town Hall meetings, Scouting events, Fundraisers, F.A.N. Club special populations events, Connor & Friends Play-Dates, Hoops 4All Basketball Clinics.



Art & Leisure

INTRODUCTION TO GUITAR

Learn the basics of guitar playing: how to hold the guitar, basic chords and instruction on different genres of music. An acoustic guitar is required for this course.

Instructor: Stephen Mazzitelli

Day/Time/Age: Wednesdays 5:00-5:45pm Gr. 2-8
Res. Fee: \$104 **Non-Res. Fee:** \$118 for 8 class meetings

DOG OBEDIENCE

Train your dog to be a better member of the home and the community. Dogs must be 4 months or older and have shots up to date. Trainer attending class must be at least 17 years old.

Instructor: Rena Dershowitz

Day/Time: Wednesdays 6:30pm (Advanced K9)
Wednesdays 7:30pm (Puppy Kindergarten 4-6 mo.)
Wednesdays 8:30pm (Basic Obedience over 6 mo.)

Res. Fee: \$120 **Non-Res. Fee:** \$132 for 6 class meetings
Fall 1: Sept. 18, 25 Oct. 2, 16, 23, 30
Fall 2: Nov. 6, 13, 20 Dec. 4, 11, 18

HAPPY PIANO (Keyboards)

Participants will learn music theory as they joyfully play their little keyboard. This class is a great way to start your child on a life-long love of music! Registrants must pay a separate \$25 materials fee payable to Happy Piano at the beginning of the first session of the year.

Instructors: Happy Piano staff

Age/Day/Time: Age 3-4 Tuesday 4:00-4:45pm
Age 5-6 Tuesday 4:45-5:30pm

Res. Fee: \$240 **Non-Res. Fee:** \$260 for 10 class meetings

KIDS IN THE KITCHEN

Have fun with food, learn about good nutrition, and how to prepare gourmet dishes—then enjoy eating them! Kids will receive full book of recipes for dishes they have created!

Instructor: Moira Anderson, Roseann Catanzaro

Age: Grades K-1 **Day/Time:** Mon 4:00-5:00pm

Age: Grades 2-5 **Day/Time:** Mon 5:15-6:15pm

Res. Fee: \$170 **Non-Res. Fee:** \$190 10 class meetings

NEW

BRICKS4KIDZ MOTOR MANIA

Each session begins with a brief fun fact filled lesson about the model build for the day. Kids will build the motorized model with moving parts using LEGO® bricks. They will work in pairs, while following special Bricks4Kidz model plans. There will also be time for free build, when kids will be able to use their creativity to build whatever they can imagine. Kids get to take home their own customized

LEGO® Minifigure at the end of the program

Register directly at www.Bricks4Kidz.com/longisland-midiland

Age: Grades K-4 **Day/Time:** Wed. 4:00-5:00pm

Age: Grades K-4 **Day/Time:** Sat. 10:00-11:00am

Fee: \$149 for 10 class meetings

INTRODUCTION TO TAP and BALLET

Our introductory dance program introduces children to ballet and tap, while allowing them to express their toe-tapping energy through creative movement. Child must have ballet and tap shoes.

Age/Day/Time: 3-4 year olds: Wednesday 3:45-4:45pm

Gr. K-1: Wednesday 5:00-6:00pm **Instructor:** Diana Graham

Gr K-1 features children dancing independently on the stage.

Fall **Res. Fee:** \$176 **Non-Res. Fee:** \$198 for 11 class meetings

BE A BETTER BABYSITTER

NEW TIME

An instructional course for prospective babysitters, covering babysitting responsibilities, characteristics of children, accident prevention, emergency actions, basic child care, feeding and diapering.

Instructor: Roseann Catanzaro

Age: Boys/Girls Grades 6-9 **Day/Time:** Wed 6:00-7:00pm

Res.Fee: \$88 **Non-Res:** \$100 for 8 class meetings

NEW

PINT-SIZED PICASSO

Kids will explore various art media, including painting on canvas, sculpture, and drawing to create personal masterpieces. Holiday themes will be used for a wonderfully creative experience.

Instructors: Roseann Catanzaro, Moira Anderson

Age/Day/Time: Grade K-2 Tuesday 4:00-5:00pm

Res. Fee: \$130 **Non-Res. Fee:** \$150 for 10 class meetings

JCOLES HIP HOP DANCE KIDS

Learn cool new choreography to popular songs. Students will learn break dancing basics, rhythm, various forms of street dance and current hip hop moves. Hip Hop dance can help improve coordination and balance and teach discipline and foster self-expression.

Instructor: Jaison Coles (jcolesmusic@gmail.com)

Little Boppers (5-7) Sundays 12:30, Mondays 5:30 (45 min)

Movers & Groovers (8-12) Sundays 1:15 (1 hour)

Breakouts (8-12) Mondays 6:15 (1 hour)

Adults Wednesdays 6:30 (1 hour)

Register at <https://www.schedulicity.com/scheduling/JCH85Y/classes>

LEARN TO PLAY CHESS

Beginners learn the fundamentals of the game. Chess has proven to help students enhance their creativity, improve their concentration, develop and expand critical thinking skills. For kids with little to no experience. **Instructor:** Troy Hassler

Day/Time/Age: Wednesdays 4:00-5:00pm Gr. 2-6

Res. Fee: \$110 **Non-Res. Fee:** \$123 for 10 class meetings

TIME TO SHINE

TIME TO SHINE is a musical theater workshop for all children age 4 through teens. Our primary purpose is to allow children to express themselves through song and dance. This program gives children the opportunity to participate in a staged production just for the "FUN of it!" For class schedules and details, contact program director Kathy Smith at (516)795-8572 or go to timetoshinekids.com



Tumbles & Intro. to Gymnastics

TUMBLE ONE, TWO, THREE

Movement education classes featuring activities with large motor skills and basic gymnastic concepts using Roll Around and gymnastics apparatus. Music and songs are integrated into a dynamic program for both child and adult.

In Tumble 1 & 2, the child attends with an adult; In Tumble 3-4, child must separate.

If unable to separate, child may take Tumble-Time 2 with parent.

Tumble 1 and 2 require active participation of adult. Both child and adult are asked to remove shoes for activity.

Tumble 3-4 provides a basis for further gymnastics instruction in Introduction to Gymnastics.



SCHEDULE FOR FALL 2019

Tumble One

16-23 Months

Mon. 9:15-10:00 am
Tues. 9:15-10:00 am
Wed. 9:15-10:00 am

Tumble Two

24-35 Months

Mon. 10:05-10:50 am
Mon. 10:55-11:40 am
Tues. 10:05-10:50 am
Wed. 10:05-10:50 am

Tumble 3-4

For boys and girls in Pre-Pre Kindergarten (birthdates 1/1/16-12/31/16)

Mon. 1:15-2:00pm Tues. 11:05-11:50 am
Tues. 1:30-2:15 pm Wed. 11:05-11:50 am
Thurs. 1:00-1:45pm Fri. 11:30-12:15 am

Note: This class is carefully planned for children who will be going to Kindergarten in September 2021. The terminology, skills presented and equipment will grow with your child throughout the program season into 2020.

Instructors: T1 + T2 with Patty Salute/Jen Amiruddin T3-4 with Patty Salute, Heather Knoch, Tara Wischerth

FEE for Fall Session

Res Fee: \$193 **Non-Res Fee:** \$214 11 class meetings

INTRODUCTION TO GYMNASTICS PROGRAM

Movement education, basic tumbling and introduction to gymnastic apparatus, which is a basis for more formal gymnastics instruction. Participation in gymnastics provides a good foundation for other sports. Children will participate in activities using the vault, uneven bars, balance beam and floor exercise apparatus. **For boys and girls in Pre-school and Kindergarten 2019-20**

BOYS AND GIRLS IN KINDERGARTEN

Mon. 3:45-4:30pm
Thurs. 5:15-6:00pm
Sat. 9:45-10:30am

Note: This class is carefully planned for children who attend Kindergarten in September 2019. The terminology, skills presented and equipment will grow with your child throughout the program season. Children turning 6 early in 2020 will register for Gr. K classes for Winter and Spring 2020 sessions.

Why should I enroll my child in gymnastics?

Here are some excellent ways children benefit from gymnastics:

- It's fun!
- It develops strength, flexibility & coordination
 - It teaches listening skills
- Your child gains self-esteem and confidence
 - It provides social interaction with peers
 - It teaches goal setting
- It develops cognitive abilities to help in the classroom
- It develops skills to enhance other sports

BOYS AND GIRLS IN PRE-KINDERGARTEN Ages 4 & 5

Mon. 1:15-2:00pm Tues. 1:30-2:15pm
Wed. 1:30-2:15 pm Thurs 1:00-1:45 pm
Thurs. 1:45-2:30 pm Fri. 12:30-1:15 pm
Fri. 1:15-2:00 pm Sat. 9:00-9:45am

*Child must be at least 4 YEARS OLD by Dec. 31, 2019.

Note: This class is carefully planned for children who will attend Kindergarten in September 2020. The terminology, skills presented and equipment will grow with your child throughout the program season. Children turning 5 early in 2020 will register for this class for Winter and Spring 2020 sessions.

Coordinators: Heather Knoch (HKnoch@rvcny.us)
Karen O'Connor-Neary (KO'Connor@rvcny.us)
Tara Wischerth (TWischerth@rvcny.us)

FEE for Fall Session

Mon/Tues/Weds/Thurs/Fri: **Res Fee:** \$193 **Non-Res Fee:** \$214 for 11 meetings
Saturday: **Res Fee:** \$175 **Non-Res Fee:** \$195 for 10 meetings



Gymnastics Programs



GYMNASTICS CLUB PROGRAM

The **Gymnastics Club** program is for girls who are looking to participate in a more rigorous gymnastics workout than the Recreational level. Evaluation tryout for the 2019-20 program took place in June 2019.

Gymnasts must pre-register in order to tryout.
(contact Rec. office for more information)

Practice Times

Club Littles Gr. K-2: Mondays 5:15-6:45pm
Club Middles Gr. 3-5: Wednesdays 5:00-6:30pm
Club Seniors Gr. 5-8: Wednesdays 6:30-8:00pm

See detailed flyer or email Heather at HKnoch@rvcny.us for further information.

COMPETITIVE GYMNASTICS TEAM PROGRAM

The Recreation Center is the home of the RVC *Evolution Gymnastics Team Program*, featuring 1st – 8th graders. The teams practice 2 nights per week and compete in 4 dual meets and championships during the season. Tryouts for the competitive teams takes place in June for the following season. Participation in the team program is a full-year commitment. Families and friends are invited to watch the competitions in January through June. Admission is free!

Head Coaches:
Heather Knoch, Pam Lang, Michele LoPalo,
Karen Neary, Kerri Owens

Our Spring Session is dedicated to practicing routines based upon skills learned in the Fall and Winter sessions. Participants must have participated during the current year in order to participate in the show!

SUMMER GYMNASTICS
Rec Gymnastics, Super Sessions and Gymnastics Schools are offered in the Summer to enhance and expand on skills acquired during the school-year. Schedules are available at the office and on our website.

RECREATIONAL GYMNASTICS PROGRAM Grades 1-5

Our 45th year providing quality recreational instruction to children, featuring the four women's Olympic apparatus—vault, uneven bars, balance beam and floor exercise.

Gymnasts will be grouped within each class according to age, ability and prior experience. Placement in the proper instructional group is crucial to the gymnast's safety, enjoyment and learning experience.

Regarding attire:

Gymnasts must wear a leotard/unitard or form-fitting clothing.
Jeans and skirts are inappropriate attire.

All jewelry, including earrings, *must* be removed before entering the gym. Those who are not dressed properly cannot participate for safety reasons.

All instructional classes meet for one hour.
MAKE-UPS for missed classes are limited.

2019-20 INSTRUCTIONAL CLASS OFFERINGS

One Hour Classes

Girls Grades 1 and 2

Mon. 4:30pm ~ Thur. 4:00pm ~ Sat. 10:30am

Girls Grades 3, 4 and 5

Tues. 4:00pm ~ Sat. 11:30am

Recreational program for Grades 6-8 no longer offered.
Middle schoolers should inquire about Team and Club Programs

Coordinator: Heather Knoch (HKnoch@rvcny.us)

Returning gymnasts (regardless of residency) may register on August 5 but are NOT guaranteed placement in a class.

FALL SESSION FEE for all one-hour classes

Mon., Tues., Weds., Thurs.: Resident \$193 Non-Resident \$214 for 11 Class meetings
Saturday: Resident \$175 Non-Resident \$195 for 10 Class meetings





Nursery School

The Rockville Centre Recreation Department is pleased to offer Nursery School Programs in the Joan S. Schapiro Early Childhood Education Center. For over 50 years the Recreation Department Nursery School has provided a stellar program in a nurturing environment that prepares your children for kindergarten. Call or email to arrange for a visit and personal tour!

Benefits of participation in our Nursery Program

- * Children will enjoy numerous physical activities to encourage large muscle development in our spacious, well-equipped gymnasiums, as well as our state of the art age-appropriate outdoor playground.
- * Your child will explore age-appropriate manipulatives, books, sensory tables, musical movement and arts & crafts. Through directed play, the child develops socially and his or her capacity for adjustment to the formal experience of school is enhanced.
- * Teachers implement small-group activities to focus on skill-building, socializing and following instructions.
- * Children are encouraged to learn through play. Shapes, colors, letters and numbers will be introduced in a classroom setting.
- * Each classroom in the Joan S. Schapiro Early Childhood Education Center is spacious, bright, and inviting along with having the most current state of the art early learning materials.
- * Our program is run and staffed by our warm, nurturing, dedicated and experienced staff who are committed to providing your child with a positive school experience. The head teachers are NYS certified.

NURSERY SCHOOL 2019-20



<u>Morning</u> <u>Pre-Kindergarten 3's</u>	<u>Morning 2 classes</u> <u>Pre-Kindergarten 4's</u>	<u>Afternoon</u> <u>Pre-Kindergarten 3's</u>	<u>Afternoon</u> <u>Pre-Kindergarten 4's</u>
Monday -Thursday 9:00-11:30am	Monday - Friday 9:00-11:30am	Tuesday, Wednesday and Thursday 12noon-2:30 pm	Monday -Thursday 11:45am-2:15 pm

Assistants: Jean Higgins, Nanette Sweeney, Donna Brown, Carol Repetto, Sandra Brew, Julie Brooks, Patty Salute, Amy dela Teja, Liz Westlake, Kim Prudente

Fee: Non-Refundable Deposit: \$200 **PLUS** monthly tuition payments - fee schedule is available at the Recreation Center office.

Eligibility: Pre-Kindergarten 4's - Birthdate 1/1/15- 12/31/15 (Those entering Kindergarten in September 2020)

Pre-Kindergarten 3's- Birthdate 1/1/16-12/31/16 (Those entering Kindergarten in September 2021)

Registration for Fall 2020 classes will begin on January 8, 2020. **INQUIRE AT THE OFFICE TO ARRANGE FOR A VISIT!**

NURSERY SCHOOL PROGRAM DIRECTOR: KAREN POLITO Email: KPOLITO@RVCNY.US

NURSERY SCHOOL ENRICHMENT PROGRAM

An extension of our Nursery School program for children in the Rec Center's Morning Nursery program. This 1, 2 or 3 day - a -week program includes reading/math readiness skills, and music. Children should bring a lunch.

Day/Time: Tuesdays, Wednesdays, and Thursdays 11:30am-2:00 pm (Choose one, two or three days)

Fee: charged by the month, per day of enrichment (Tuesdays, Wednesdays or Thursdays)

Payment may be made with monthly Nursery School tuition. Contact Mrs.Higgins at JHiggins@rvcny.us.

TIME FOR TWO'S

A separation pre-school experience for 2-year-olds.

Days/Times: (Mondays & Wednesdays) OR
(Tuesdays & Thursdays) from 9:15am-11:15am

Eligibility: For Fall 2019 session, child must reach his/her 2nd birthday by Sept. 30, 2019.

Fee schedule available at the office.

FUNDAY MONDAY

Children entering Kindergarten in 2019 or 2020 enrich their nursery school experience with music, stories, crafts & gym time. Learning through play and interaction with peers is so important to your child's development!

Age: Children must be entering Kindergarten in 2020 or 2021

Day/Time: Mondays 11:30am-1:30pm Begins September 23

Res. Fee: \$199 **Non-Res. Fee:** \$223 for 10 class meetings

A CLASS OF MY OWN

Your "just-turned 3" year-old (and almost 3's) can go to school too! A unique opportunity for boys and girls with birthdays 1/1/17 through 6/30/17 to begin their Nursery School experience in a creative and nurturing environment.

Instructor: Karen Polito **Day/Time:** Fridays 9:00am-10:30am

* This class offered during the Winter and Spring 2020 sessions.



Infant/Toddler and Pre-School

The HAPPY PIANO Baby Bounce

We provide an entertaining musical world that captivates the attention of little ones through the use of brilliant colors, puppets, instruments & props in this 30 minute class.

Day/Time: Wednesday 9:30-10:00am
or Friday 9:30-10:00am

Age: 6 to 17 months with adult

Res. Fee: \$165 **Non-Res. Fee:** \$185 for 10 class meetings

Instructor: Happy Piano staff

The HAPPY PIANO Jamboree

An early childhood music literacy program that really rocks! Toddlers and parents will enjoy movement to music and listen/act out musical stories in a 45 minute class. Jamboree-ers experience a splash of playing on an actual piano keyboard!

Day/Time: Wednesday 10:00-10:45am
or Friday 10:00-10:45am

Age: 18-35 months with adult

Res. Fee: \$205 **Non-Res. Fee:** \$230 for 10 class meetings

Instructor: Happy Piano Staff

PARENT-TODDLER WORKSHOP

Your toddler can go to school too! A unique opportunity for parent/caregiver and youngster to participate together in a relaxed program of art, music, movement and playtime, led by an experienced early childhood specialist. Includes classroom and gymnasium activities.

NOTE: Child must be at least 24 months old at first class meeting.

Instructor: Karen Polito **Age:** 24-36 months old

Fall 2019 **Day/Time:** Fridays 11:00am-12:30pm

Resident Fee: \$114 **Non-Resident Fee:** \$126 for 6 classes

Fall 1: Sept. 20, 27 Oct. 4, 11, 18, 25

Fall 2: Nov. 1, 8, 15, 22 Dec. 6, 13

ROLL AROUND

For children ages 1—4 only

Roll Around creates an engaging environment of gym apparatus and manipulatives in which your child can explore, process, and discover. The parent/child interaction will enhance the physical, mental, emotional and social development of your child. Adult and child are asked to remove shoes while on mats. *Choose to attend any of the Open Roll Around sessions with your FOREVER FUN CARD! or pre-register for Reserved Roll Around.*

Fun Cards sold in 5, 10 and 15-packs.

(See below for Fun Card information)

OPEN ROLL AROUND SCHEDULE

(subject to change, check website for up-dates)

All Roll Around sessions below are 1 hour each

Sundays 9:30am

Mondays 10:30am, 11:35am, 12:40pm, 1:45pm

Tuesdays 11:35am; 12:40pm

Wednesdays: 10:30am; 11:35am; 12:40pm

Thurs 10:30am; 11:35am; 12:40pm

Fridays 9:00am, 10:05am; 11:10am, 12:40pm, 1:45pm

Saturdays 8:45am; 9:50am, 10:55am

Tentative Start Date Monday Sept. 9, 2019

Look for Roll Around special sessions during
Holidays and school vacations.

RESERVED ROLL AROUND SCHEDULE

Two Roll Around sessions are "reserved" for pre-registered participants only. You cannot be closed out! Register for a desired number of sessions: 5, 10, 15 or 20. Unused sessions cannot be rolled over to the Winter session.

Reserved Roll Around sessions are on:

Tuesdays at 10:30am and Thursdays at 9:00am

Fall 2019 session: Sept. 10—December 19

Fee: 5 sessions \$45 resident / \$50 non-resident

10 sessions: \$80 resident / \$90 non-resident

15 sessions: \$105 resident / \$120 non-resident

20 sessions: \$120 resident / \$140 non-resident

FUN CARDS cannot be used for Reserved Roll Around.

You will find registration for Reserved Roll Around under "Programs" in RecDesk.

Fun Cards are sold in 5, 10, 15-packs.

Single session \$13 / Resident
5 Session Card \$50 / Resident
10 Session Card \$90 / Resident
15 Session Card \$120 / Resident



Single session \$15 / Non Resident
5 Session Card \$60 / Non Resident
10 Session Card \$110 / Non Resident
15 Session Card \$150 / Non Resident

Each session limited to first 30 children

Adult and child are asked to remove shoes while on mats.
(NO OLDER CHILDREN PLEASE)

YOU MAY BE ASKED FOR PROOF OF RESIDENCY



Holiday Recess Activities

During holiday recesses when school is out, the Recreation Department offers many different activities in which children may participate. We offer everything from off-site trips with transportation by Recreation Center bus with trained rec. personnel, to on-site activities, mini-camps, and shows. Registration is held on a first come first served basis and all activities have a maximum and minimum enrollment. Look for flyers or check on our website at www.rvcny.gov.



Dr. Martin Luther King, Jr. Community Center

150 N. Centre Ave. Rockville Centre, NY 11570 Phone 516-678-9236
Director: Patrick Morris - Recreation Attendant: Sharon Sheppard

BUILDING SCHEDULE

Operation Hours are as follows:

MONDAY-FRIDAY - 9:00am– 8:00 pm

All children and adults must have a current registration and recreation card on file to participate in each program.
All children must follow guidelines in order to remain in the program.

YOUTH PROGRAMS

Homework Assistance, Open Recreation, Fashion Bugz, MLK Choir, Teen Group, Dance Classes, Teen Basketball, Pee Wee Night, Summer Camp, Martial Arts, Mentoring Program, Reading Club, Arts and Crafts

ADULT PROGRAMS

Open Game Room, Zumba, Male Roundtable, Helping Hand Committee

SENIOR PROGRAMS

Silver Fox Group, Arts and Crafts, Fan Van

HALLOWEEN PARTY: Open to children of all ages.

CHRISTMAS PARTY: Open to children of all ages.

WEST END DAY: Involves the whole community.

MARTIN LUTHER KING CELEBRATION: For the whole community.

MOTHER'S DAY and FATHER'S DAY DANCE

EASTER PARTY: Open to children of all ages.

Also on the calendar are activities planned for the Christmas Holidays, Winter Break, and Spring Recess during the school year.

Rockville Centre Chapter of Homemakers

Check out our new and updated look!

Don't let the name fool you! Adults ages 18 and older are welcome to join. We are a large group of exceptionally talented women who meet at the Recreation Center every Tuesday at 10:00am. Our first meeting of the season will be September 18, 2018. Come and make new friends while learning a new skill or teaching us one of your skills! We hold classes every Tuesday—classes can be cooking, book club, canasta, crafts knitting, crocheting and much, much more. We believe in teaching each other and donating back to the community. Call Karen Alterson at 516-318-6771 for more information.



Rockville Center Senior Citizens Club

Meets at the John A. Anderson Recreation Center

Co-Sponsored by the National Council of Jewish Women, South Shore Section and the RVC Recreation Department. Recreation Membership card required \$26 residents \$29 non-residents. This program is conducted at the Recreation Center on Mondays and Thursdays throughout the year, beginning on Mon. Sept. 9 and Thurs. Sept. 12.

Program does not meet during school holidays.

Detailed information regarding bus pick-ups will be available at the Sandel Center office in September.

Mondays

Program 12N-3:00pm

Cards/Mah Jongg 12n-3:00pm

Staff: Sue Pollak, Beth Cohen, Carol Fisher, Co-Coordinators

Thursdays

Water Color/Oil Painting 10:00am-12N

Program 12N-3:00pm

Duplicate Bridge 1:00-3:00pm

This program affords our seniors an opportunity to meet new friends, renew past acquaintances and share common interests. Professional oil painting and duplicate bridge instructors are on hand to ensure an enjoyable experience.

Join us for games, cards, day trips, discussions, and socializing. Refreshments are served!

Summer Hours 1:00pm– 3:30pm

Rockville Centre Department of Senior Services

50 S. Park Ave (corner of Park and Lincoln Ave.) Rockville Centre, NY 11570 - Telephone: 516-678-9350

Monday through Friday 9:30am-4:30pm Director: Chris O'Leary

Registration takes place throughout the year at the Sandel Center. To register call 516-678-9350 for an appointment. Membership is open to Village residents age 60 and up. A valid Senior Center Membership is required to participate in activities. *Senior Center registration is separate from registration to Recreation Department Programs*

The Sandel Center

Packed with programs, activities and services, the Sandel Center is the place to be for active older adults from Rockville Centre and surrounding communities. It is a beautiful, welcoming facility with countless opportunities for fun and friendship. Members enjoy volunteerism, trips, parties, fitness, life-long learning, creative arts and much more.

A program calendar is published monthly and is available at the Sandel Center or via the RVC Village website.

Regularly scheduled classes include:

Senior Transportation Programs

Door to door bus service is available for transportation to and from the Sandel Center, for non-emergency medical appointments trips and supermarket shopping. Call the office at 766-1266.

Meals: Lunch is served daily for a small fee

Fitness

Aerobics, Cardio dance, core fitness, meditation, Pilates, range of motion, stretch and balance, total body workout, yoga and more.

Cards and Games

Rummikub, Scrabble, Mah Jongg, and more

Creative Arts

Center Stage Chorus, art, sing a long, knitting and crochet, flower arranging, monthly art show and more.



Fun for Seniors

Social Work Services

A licensed clinical Social Worker is available by appointment to Sandel members and the wider Rockville Centre community. Assistance with Medicare, Medicaid, food stamps, Able Ride, EPIC and other benefit programs is available. Confidential short-term counseling for those experiencing personal problems such as stress, loss, depression, isolation and family-related issues is also available.

The Social Work direct phone line is 516 536-1162.

Please visit or call the Sandel Center to see if membership is right for you!



WHEN REGISTERING FOR PROGRAMS WITH THE ROCKVILLE CENTRE RECREATION DEPARTMENT, THE REGISTRANT OR PARENT/GUARDIAN OF REGISTRANT MUST BE AWARE OF THE FOLLOWING:

The Village of Rockville Centre’s Recreation Dept. recognizes its obligation to make our students and their parents aware of the risks and hazards associated with any activity. Participant may suffer injuries, possibly minor, serious or catastrophic in nature. By its very nature, physical activities carry a risk of physical injury and this risk cannot be eliminated. Participants must follow all the safety rules and the leader’s instructions. I give permission for the Recreation Dept., its coaches and other staff members to take whatever emergency measures are judged necessary for the care and protection of my child while under its supervision. In case of a medical emergency I understand that my child may be treated by the local emergency resources (police, rescue squad) if deemed necessary. I waive and release all rights and claims for damages that my child or I may have against the Village of RVC or its representatives. With all the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to participant’s enrollment in this program offered by the Recreation Dept. I am signing this waiver of liability, consenting and releasing the Village from all liability, claims and causes of actions arising out of activities at the Recreation Dept.

Permission to use photograph: I hereby grant the Village of Rockville Centre, its officers, boards, agencies, representatives and employees the right to take photographs of me and my property in connection with Recreation Department events, and to copyright, use and publish the same in print and/or other media, including electronic media. The foregoing permission includes use of such photographs with or without my name and for lawful purpose, including for example purposes as publicity, illustration, advertising and Web content. This permission includes the right to take and use photographs of the children listed, to the foregoing extent and under the foregoing conditions, for whom I am parent and/or guardian.

NOTE: NO REFUNDS ~ CREDIT ISSUED FOR WITHDRAWAL BEFORE 3rd CLASS MEETING for valid reason.

I certify that I have read and understand the above notification and that participant is in good health and capable of participating in this recreational activity.

I am registering for the above programs and I understand the NO REFUND policy

Village Youth Athletic Organizations

Rockville Centre Boys and Girls Basketball League

For information– www.rvcbl.com

Rockville Centre Little League

For information– www.rvclittleleague.com

Rockville Centre Lacrosse Club

For information– www.rvclacrosse.com

Rockville Centre Soccer Club

For information– www.rvcsoccer.net

Rockville Centre Tee Ball

For information– www.game7sports.com

RVC Titans Football

For information– www.rvctitans.com

Over 40 Basketball League

For information– www.rvcbl.com

Guild for the Arts

Call the Guild Hotline for information at 516-323-4444