



Recreation Programs Offered By Day

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Class Start Dates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FALL 2017 SESSION	Sept. 18	Sept. 19	Sept. 20	Sept. 28	Sept. 29	Sept. 30
WINTER 2018 SESSION	Jan. 8	Jan. 2	Jan. 3	Jan. 4	Jan. 5	Jan. 6
SPRING 2018 SESSION	April 9	April 10	April 11	April 12	April 13	April 14

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

When mailing or registering in person follow the instructions below:

1. Use forms provided in the booklet. Check detailed flyers with further information
2. A Rockville Centre Recreation Membership Card is required for all individuals taking part in our programs. Resident fee \$24.00 per year, Non Resident fee \$26.00 per year. Fiscal year begins June 1, 2017 and ends May 31, 2018. This fee must be included in addition to the program fee.
3. Mail check or money order to: Inc. Village of Rockville Centre, 111 N. Oceanside Rd., Rockville Centre, NY 11570.
4. Credit Cards (Mastercard and Visa, in-person only) are accepted for payment by the Recreation Department.
5. You will be notified ONLY if a class is undersubscribed and therefore canceled, or oversubscribed and the class is closed.

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

6. Please refer to the brochure for starting dates and times. Register EARLY. If you have any questions, please call the Recreation office at 678-9238.



Rec Specialties



Birthday Parties

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: \$240 residents for 10 guests, \$9 each additional
\$280 non-residents for 10 guests, \$10 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: \$240 residents for 10 guests, \$9 each additional
\$280 non-residents for 10 guests, \$10 each additional

Bricks 4 Kidz Lego Party

For ages 4 & up. Lego themed party where activities may include building motorized machines, prize winning games & challenges, followed by 30 minutes in our festive party room for refreshments.

Fee: \$350 residents for 10 guests, \$10 each additional
\$390 non-residents for 10 guests, \$10 each additional

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.

Fee: \$405 residents for 14 guests, \$5 each additional
\$445 non-residents, for 14 guests, \$5 each additional

All parties include trained staff members in the gym and the party room who will direct activities.

Please Note Birthday parents supply all food, drink, paper goods, party favors, etc. DEPOSIT REQUIRED AT TIME OF BOOKING.

For information and available dates, contact the Recreation Office.

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.rvcrec.weebly.com

Tennis Courts

The Nancy Cottrell Memorial Tennis Courts are located at Veterans' Park adjacent to the Recreation Center. The Har-Tru surfaced courts are available for rental seven days a week from May through October, weather permitting. Adult and Senior Citizen rates apply. Call the office for further details.

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 are scheduled every day; anticipated trips include Adventureland, RVC Lanes, Merrick Movie Theatre and more! Two highlights are the Family Night Fun-Fest and Summer Send-Off Finale where there will be games and prizes and lots of fun!

Registration begins in March and is on-going at the Recreation Center office.

Ages: Gr. 1-8

Day/Time: Monday—Friday 9:00-12:00pm
(Late June—Early August)



Fitness and Health



CROSSFIT KIDS @ "THE ROCK"

CrossFit Kids @ "The Rock" is a general strength and conditioning program designed especially for kids, utilizing the revolutionary CrossFit method. We teach children about functional exercises that mimic the everyday movements they do when they play - like pull, push, run, throw, climb, lift and jump. We also promote better nutrition and eating habits, and the development of greater self-confidence, leadership, and teamwork skills. CrossFit Kids @ "The Rock" is for boys and girls ages 6-12 (45 min. classes) and teens ages 13-17 (1 hr. classes).

All sessions are taught by CrossFit Kids certified coaches. Offered Mondays, Tuesdays, Thursdays and Saturdays

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

ALL 4 ONE YOGA

YOGA for special needs children, the Sonia Sumar method is a comprehensive program of Yoga techniques designed to enhance the natural development of children with special needs.

Instructor: Kate Dolan-Cheney & Kristen Maceda

Age: Grades K-5 **Day/Time:** **Wed.** 4:45-5:30pm

Contact Rec. Center office for further details

CO-ED CARDIO WORKOUT

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 7-8:15 pm and Thursdays 7-8:15pm

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

SQUARE DANCING

Western Square Dancing Lessons for adults, for the beginner through advanced with internationally acclaimed caller Lee Kopman. This will surely help you stay in shape physically and mentally. A fun-filled evening guaranteed!

Beginner session meets on Thursdays 7:30-9:00pm

Fee: \$7.50 per dancer, per session

"LET'S GROOVE" WITH THE BACKYARD PLAYERS & FRIENDS

Friday Nights 7:00- 9:00pm

"BackYard Players & Friends" is a unique inclusive community program for teens and young adults of all abilities. Our "Let's Groove" sessions incorporate Zumba, Pound Fit, Dance Fitness and a healthy snack!

Please contact Ellen White for Tuition rates and Program Dates
516-581-2018

email: BYPlayersDrama@aol.com www.byandfriends.com

YOGA KIDS

A unique approach to integrative learning using yoga as a pathway. Yoga Kids creates the ultimate learning adventure while helping kids de-stress and relax. The curriculum will help set the groundwork for meeting challenges and growing strong physically, mentally and emotionally while cultivating self-esteem.

Age: K and 1st Grade **Day/Time:** Fridays 4-5pm

Age: Grades 2-8 **Day/Time:** Fridays 5-6 pm

Fee: **Resident** \$164 **Non-Resident:** \$179 for 10 classes

ZUMBA!

Aerobic activity to a Latin beat. Have a great time, you'll be exercising and won't even know it!

Age: Adults over 18 **Instructor:** Ruth Karhu

Fall-Spring Hours

Monday 9:15am, Wednesday 6:00pm, Saturday 8:30am

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

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 in Tae Kwon Do will increase confidence, self discipline, respect of one self 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: \$167 **Non-Resident Fee:** \$181 for 11 class meetings

CPR & FIRST AID TRAINING

Boost your confidence in the case of an emergency by becoming certified in CPR/AED and First Aid! This class gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing emergencies, perform cardiopulmonary resuscitation (CPR), and use an automated external defibrillator (AED) for victims of sudden cardiac arrest. Learn the skills necessary to prevent, recognize and provide care for injuries and sudden illnesses until advanced medical personnel arrive. **Instructor:** Eric Ressegger

Day/Time/Fee: Offered Monthly on weekday evenings

TBA Please check with the Rec Center website or flyer

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 Fridays and Saturday 7:30-10:00pm. Includes socializing and table tennis.

Recreation Card required. Start date TBA

Gym & Game specials during holiday & school breaks.

**PARENTS / GUARDIANS MUST REGISTER THEIR STUDENTS.
MEETING AND REGISTRATION DATES TO BE ANNOUNCED.**



Sports Programs

TENNIS LESSONS

Learn the fundamentals of tennis at the Nancy Cottrell Memorial Tennis Courts adjacent to the Recreation Center. Work on your forehand, backhand and serving techniques while learning how to keep score!

Instructor: Karen Polito **Ages:** 6-12 Years

Day: Tuesdays, Wednesdays, Thursdays or Fridays

Time: 4:00-4:45pm or 4:45-5:30pm each day

Resident Fee: \$85 **Non-Resident Fee:** \$91 5 class meetings
Starts September 12

FENCING INSTRUCTION

Children will learn basic skills, etiquette, terminology, footwork and blade work employed in the sport of fencing. Classes will begin with games 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 1 Session)

Classes will be combined if enrollment warrants

Resident Fee: \$172 **Non-Resident Fee:** \$188 for 10 class meetings

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 2018.

Contact the Recreation office in early March for information and registration forms.

SOFTBALL LEAGUES

Leagues for men ages 18 & up and women ages 16 & up. Games are played weeknights at fields located in Rockville Centre in Spring, Summer and Fall leagues.

Contact the Recreation Center office for information.

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. 12.

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

INTRO. TO PICKLEBALL

This class is geared for the Adult Beginner player. Introduction to the game will focus on developing basic skills and implementing them in game situations. You will learn strokes and skills such as: underhand serve, forehand/backhand drive, volley, dink shot, drive/lob, as well as ball control and match strategy. Paddles can be borrowed or purchased from the instructor. Pickleball is a fun and easy game to learn quickly and is a socially friendly game to play!

Day/Time: **Tues. 6:45 - 7:45pm/ Adult Intro**

Tues 7:45 - 8:45pm/ Adult Intro

Instructor: Ken Henderson (Certified Pickleball Professional & Regional Tournament Championship Player)

Res. Fee: \$187 **Non-Res. Fee:** \$198 **Seniors 60+:** \$177
9 class 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 Anderson Rec. Center at 6:00pm. **Coordinator:** Maura Ressegger **must have 5 or more registrants for pick-up at each school*

SWIMMING INSTRUCTION

Trained recreation staff provides group swim instruction to children in pre-beginner through experienced swimmer levels. Children should bring a towel, swim suit (and change of clothes), hair brush, goggles and a small snack. All items must be labeled with name.

Ages: 1st—6th grade boys and girls **Day/Time:** Tuesday 3:45-6pm at Freeport Recreation Center Pool

Resident Fee: \$168 **Non-Resident Fee:** \$183 for 10 meetings

BOWLING

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

Ages: 1st—6th grade boys and girls **Day/Time:** Wednesday 3:45-6pm

Resident Fee: \$173 **Non-Resident Fee:** \$188 for 11 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: 1st—6th grade boys and girls **Day/Time:** Thursday 3:45-6pm Fall start date TBA—8 class meetings

Fall Resident Fee: \$120 **Fall Non-Resident Fee:** \$130 **Winter Resident Fee:** \$168 **Winter Non-Resident Fee:** \$183



Art & Leisure

CREATIVE CARTOONING

Children will learn the finer points of becoming a cartoonist, creating their own characters using basic everyday shapes. Participants must supply sketch pad and drawing pencils.

Instructor: Dan O'Connor **Day/Time:** Tuesday 4:30 –5:30pm
Age: Gr. 2 and up **Res. Fee:** \$122 **Non-Res:** \$135 for 11 classes

BABYSITTING

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 4-5pm **Res. Fee:** \$83 **Non-Res:** \$91 for 8 meetings

THEATRE GROUP—BACKYARD PLAYERS

Backyard Players & Friends is a unique inclusive program for teens and young adults of all abilities. Our BYP Theatre Group explores theatre games, song, dance, improvisation and sketch comedy. You'll discover that working together and having fun is the best "ART" of all! Contact Ellen White for tuition rates and program dates at 516-581-2018 or BYPlayersDrama@aol.com

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
Age/Day/Time: Gr. 2 –8 Wed. 5:00-5:45pm
Res. Fee: \$98 **Non-Res. Fee:** \$110 for 8 class meetings

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 \$35 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 4:30-5:15pm
Age 5-6 Tuesday 5:15-6:00pm
Res. Fee: \$225 **Non-Res. Fee:** \$242 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: \$150 **Non-Res. Fee:** \$165 10 classes

KINDER-CRAFTS

Kids will explore various art media as they create personal masterpieces. Holiday themes will be used for a wonderfully creative experience.

Instructor: Roseann Catanzaro, Moira Anderson
Age/Day/Time: Age 3 ½ - 5 years: Tuesday 4:00-4:45pm
Res. Fee: \$108 **Non-Res. Fee:** \$120 for 10 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. Gr K-1 will allow children to dance independently on the stage.

Instructor: Diana Graham
Age/Day/Time: 3-4 year olds: Wednesday 3:45-4:45pm
Gr. K-1: Wednesday 5:00-6:00pm
Res. Fee: \$176 **Non-Res. Fee:** \$192 for 11 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 7:00, 8:00, 9:00pm
Res. Fee: \$177 **Non-Res. Fee:** \$191 for 10 class meetings

LEGO BRICKS FOR KIDZ

For ages 3-4 An educational and entertaining class engaging the children using Lego Duplo bricks to form letters. Your child will build exciting models with guided instruction.

For grades K—5 These innovative classes incorporate building with Lego bricks with challenges to expand children's creativity!
Instructors: Bricks 4 Kidz, Inc. Staff Members
Day/Time: Thursday or Friday 4:00pm or Saturday 10:00am
Pre-school 45-minutes and Gr. 1-up 1 hour classes
Res. Fee: \$181 **Non-Res. Fee:** \$199 for 10 class meetings

COMPUTER EXPLORERS

The TechStars program that simplifies the complex world of educational technology by connecting science, technology, engineering, math and the arts. All of our unique courses are project-based, hands-on and designed to make learning fun. Students work together in small groups and we challenge them to apply what they learn! *For details on days call 516-731-3766 or email celoricat56@gmail.com*

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. Kids will participate in tournaments and have fun! For players with prior experience also!

Instructor: Kevin & Kendra Hoepper
Age/Day/Time: Gr. 2 –8 Mon. 6:30-7:30pm
Res. Fee: \$108 **Non-Res. Fee:** \$118 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 has been created to give 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



Movement & Intro to Gymnastics

TUMBLE-TIME! 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-Time 1 & 2, the child attends with an adult; In Tumble-Time 3 child must separate.

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

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

Tumble-Time 3 prepares the child for more structured gymnastics instruction.

Tumble –Time One

16-23 Months

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

Tumble-Time Two

24-35 Months

Mon. 10:05-10:50 am
Mon. 10:55-11:40 am
Tues. 9:15-10:00 am
Tues. 10:05-10:50 am
Wed. 10:05-10:50 am

Tumble-Time Three

36-48 Months

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

Child must be 3 years-old when class begins

Age: Ages 1 ½ -3

Instructor: T1 + T2 with Rosalie Rodriguez T3 with Rosalie Rodriguez, Karen O'Connor, Heather Knoch, Agatha Koziarz

Resident Fee: \$180 **Non-Resident Fee:** \$197 11 class meetings

INTRODUCTION TO GYMNASTICS

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 2017-18

Why should I enroll my child in gymnastics?

Here are some excellent ways children benefit from gymnastics:

- It's fun!
- It develops strength, flexibility and 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 KINDERGARTEN

Mon. 3:45-4:30 pm
Tues. 3:45-4:30pm
Wed. 3:45-4:30 pm
Wed. 5:00-5:45 pm
Fri. 5:00-5:45pm
Sat. 9:45-10:30am

*child must be attending Kindergarten for 2017-18 school year

PRE-SCHOOLERS Ages 4 & 5

Mon. 2:10-2:55pm
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 the first class meeting of that session.

Coordinators: Heather Knoch and Karen O'Connor

FEE for Fall Session:

Resident Fee: \$180 **Non-Resident Fee:** \$197

11 class meetings

Participants must arrive on time. Make-ups for missed classes are limited.

ROLL AROUND FUN CARD

For children ages 1-4 with adult supervision

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.

(NO OLDER CHILDREN PLEASE)

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

Single session \$12 / Resident \$13 / Non Resident

5 Session Card \$45 / Resident \$50 / Non Resident

10 Session Card \$80 / Resident \$90 / Non Resident

15 Session Card \$110 / Resident \$125 / Non Resident

Each session limited to first 30 children

PROOF OF RESIDENCY IS REQUIRED

Schedule on Page 9



Gymnastics Programs



RISING STARS AND GYMNASTICS CLUB

The *Rising Stars* developmental team is for girls who contemplate trying out for the competitive teams in the future. The *Gymnastics Club* program is for girls who are looking to participate in a more rigorous gymnastics workout but not looking toward the competitive level.

Evaluation tryout for the 2018-19 program takes place in June 2018

Gymnasts must pre-register in order to tryout.

(contact Rec. office for more information)

Practice Times

Rising Stars: Thursdays 5:15-7:15pm

Club Junior: Gr. 1-4: Thursdays 4:00-5:30pm

Club Senior Gr. 4-8: Tuesdays 7:00-8:30pm

Monthly Fees For October—May

Rising Stars- \$105/Residents \$113 Non-Residents

Club: \$ 79 Residents \$85 /Non-Residents

COMPETITIVE GYMNASTICS TEAMS

The Recreation Center is the home of the *Ultimate and United Gymnastics Teams*, featuring 1st – 8th graders competing in the L.I. Independent Gymnastics League. The teams practice 2 nights per week and compete in 4 dual meets and 2 championships during the season. We are proud to announce that a RVC Rec. team has been the LIIGL champion for the past 8 years! Tryouts for the competitive teams takes place in June. 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:

Michele LoPalo, Pam Lang, Heather Knoch, Kerri Owens

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 online in April.

TUMBLING

NEW! The gymnastics staff offers an hour-long class covering tumbling skills such as roundoffs, handstands, walkovers as well as advanced tumbling skills for those who show mastery of basic skills according to USAG standards. Participants must have at least one full year of gymnastics experience with basic skills and knowledge.

Day/Time: Tuesdays 5:00-6:00pm **Age:** Grades 2-5 girls
FEE: \$180 resident \$197 non-resident for 11 class meetings

INSTRUCTIONAL GYMNASTICS PROGRAM Grades 1-5

Our 43rd year providing quality recreational instruction to children, featuring the four women's Olympic apparatus—vault, uneven bars, balance beam and floor exercise. This program follows the guidelines set by USA Gymnastics. 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 *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.

FEE for all one-hour classes:

Resident \$180 Non-Resident \$197

11 Class meetings for Fall session

Please use Gymnastics Registration form on detailed flyer

Returning gymnasts may register on August 7 but are not guaranteed placement in a class.

Coordinator: Heather Knoch HKnoch@rvccny.us

2017-18 INSTRUCTIONAL CLASS OFFERINGS

One Hour Classes

Girls Grade 1

Mon. 4:30pm ~ Mon. 5:30pm ~ Wed. 4:00pm

Fri. 4:00pm ~ Sat. 10:30am

Girls Grade 2

Mon. 5:30pm ~ Wed. 4:00pm

Fri. 4:00pm ~ Sat. 10:30am

Girls Grade 3

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

Girls Grades 4-5

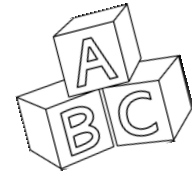
Tues. 4:00pm ~ Sat. 11:30am

Instructional program for Grades 6-8 no longer offered.

Middle schoolers should inquire about Rising Stars and Club Programs

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!



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 nurturing environment that prepares your children for kindergarten. Call our office to arrange for a visit and personal tour! Nursery School Director Karen Polito at KPolito@rvcny.us

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 2017-18

<u>Morning</u> <u>Pre-Kindergarten 3's</u>	<u>Morning</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 Karen Polito	Monday - Friday 9:00-11:30am Kerri Maxwell	Tuesday, Wednesday and Thursday 11:45am-2:15 pm Karen O'Connor	Monday -Thursday 11:45am-2:15 pm Kerri Maxwell

Assistants: Jean Higgins, Nanette Sweeney, Donna Brown, Carol Repetto, Sandra Brew, Julie Brooks, Patty Salute

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

Eligibility: Pre-Kindergarten 4's - Birthdate 1/1/13– 12/31/13 (Those entering Kindergarten in September 2018)

Pre-Kindergarten 3's- Birthdate 1/1/14-12/31/14 (Those entering Kindergarten in September 2019)

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! **Teacher:** Karen Polito

Day/Time: Tuesdays, Wednesdays, and Thursdays 11:30am-2:00 pm (Choose one or all 3 days)

Fee: Residents: \$74 / Non-residents: \$82 per month for each day or 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

Teacher: Julie Glass, with Agatha Koziarz, Sandra Brew and Michelle Sabatino

Fee: Residents: \$150 non-refundable deposit
Non-Residents: \$185 non-refundable deposit
PLUS monthly tuition payments—fee schedule available at the office.

Eligibility: For Fall 2017 session, child must reach his/her 2nd birthday by Sept. 30, 2017.



SUMMER NURSERY

A fun-filled nursery school program for children entering Kindergarten or Pre-K 4's in Fall 2018

<u>2018 Gr. K class</u>	<u>2018 pre-K 4's class</u>
Days/Times: Monday– Friday 9:00-11:30am	Monday-Thursday 9:00-11:30am

Fee: Residents: \$150 non-refundable deposit plus final payment TBA
Non-Residents: \$185 non-refundable deposit plus final payment TBA

Note: Final payments in addition to deposit are due in May.
Registration begins in March 2018. See detailed flyer.



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.

Instructor: Happy Piano staff **Age:** 6 to 17 months with adult
Day/Time: Wed or Thurs 9:30-10:00am or Wed 12:45-1:15pm
Res. Fee: \$158 **Non-Res. Fee:** \$171 for 10 class meetings

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!

Instructor: Happy Piano Staff
Day/Time: Weds or Thurs 10:00-10:45am or Weds 1:15-2:00pm
Age: 18-35 months with adult **Res. Fee:** \$198 **Non-Res. Fee:** \$215
for 10 class meetings

FUNDAY MONDAY

Children entering Kindergarten in 2017 or 2018 can enrich their nursery school experience in this program of music, stories, crafts and gym time.

Instructor: Karen Polito
Age: Children must be entering Kindergarten in 2018 or 2019
Day/Time: Mondays 11:30am-1:30pm September 25
Resident Fee: \$182 **Non-Resident Fee:** \$198 for 11 classes

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 1/1/15 through 6/30/15 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 sessions.
Please see detailed pre-school flyer for more information*

See page 6 for Tumble-Time class for Toddlers



The HAPPY PIANO ENRICHMENT

Music and movement integrated into the pre-school curriculum, including stories, drama, arts & crafts and gym time. Music lessons on a keyboard a plus! Bring your lunch!

Children in this class will be brought directly to Afternoon Pre-K class.

Instructor: Lisa Hoffman and Happy Piano staff
Age: Pre-K 3's and 4's
Day/Time: Tuesdays 10:00am-11:30am Starts Sept. 26
Resident Fee: \$256 **Non-Resident Fee:** \$276 for 10 classes

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
Day/Time: Fridays 9-10:30am or 10:45am-12:15 pm
Resident Fee: \$189 **Non-Resident Fee:** \$205 11 classes

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. *You may choose to attend any of the Open Roll Around sessions with your*

FUN CARD! Fun Cards sold in 5, 10, 15-packs.
Single session \$12/Resident \$13/Non Resident
See page 6 for Fun Card information
Reserved sessions require advanced registration.

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

Tuesdays **10:30am**; 11:35am; 12:40pm

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

Thurs **9:00am**, 10:30am; 11:35am; 12:40pm

Fridays 9:00am, 10:05am; 11:10am

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

Tentative Start Date Sept. 5, 2017

Roll Around Times in Bold are Reserved Sessions

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

COMPUTERTOTS

This program offers extraordinary computer education classes in which your child will learn computer terminology and usage. Children work in small groups with early childhood computer teachers on PC's and laptop computers and use a variety of exciting software and peripherals, such as a digital camera and a computer microscope. Class is geared for ages 3-5 and runs once a week for 30 minutes.

For details on days and times and to register,
call 516-731-3766 or email celoricat56@gmail.com



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!

Learn the fine arts of Knitting and Crocheting! Join us for crafts, cooking, chefs corner, book club, adult coloring, mini discussions and much, much, more from exceptionally talented women! Get involved with Community Outreach to help those in need.

All adults over 18 years old are welcome. We meet Tuesdays at 10:00am. Fall session starts Tuesday, September 12th, 2017.

Any questions call Karen Alterson at 516-318-6771

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

Guild for the Arts

Call the Guild Hotline for information at 516-616-3610



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 \$27 residents \$29 non-residents. This program is conducted at the Recreation Center on Mondays and Thursdays throughout the year, beginning on Thurs. Sept. 8. and Mon. 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, Anita Karsch 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

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*

Sandel Center

Senior Transportation Programs

Transportation is available to Center members on a regular schedule from central locations and by appointment for local non-emergency door-to-door medical appointments, activities, and other needs.

Call the office at 766-1266.

Meals: Are Served 12 noon, Monday-Friday

Center Stage Chorus

Singers perform at the Senior Center and in and around the community. All those age 60 and over are encouraged to join the troupe.

Workshops and Classes

An array of daily classes in physical fitness, yoga, stitchery, art, music, dance, and much more.

Discussion Groups

Qualified leaders guide discussions on humanities, self-awareness, and current event topics.

Men's Club

The club meets on the first and third Tuesdays of every month, with guest-speakers and a business meeting. Trips, luncheons, and special events are also included in Men's Club activities

Evening Dine Around

Mature adult participants meet at different local restaurants on various Wednesdays of each month from 6-8pm. Join us for fun, companionship, and good dining out. Please call 678-9350

Volunteer Programs

Numerous volunteer opportunities are available to senior participants.

Social Work Services

SPA, "Senior People in Action"

Summers also include this award-winning older fitness program; SPA provides a combination of multiple intensity fitness and educational activities in an atmosphere of emotional and social support.

Information and Referral

A Social Worker is available at the Senior Center for all those age 60 and over, or caring for a senior, needing information and/or assistance with such areas as health, housing, recreation, transportation, income maintenance and/or interpersonal difficulties, individual counseling and family consultation.

Senior Center Without Walls

"Senior Center without Walls" provides social work services at senior housing sites, the library and houses of worship. Meeting privately and individually with seniors and their families, the social workers are able to answer questions about and make referrals to services such as transportation, Meals on Wheels, Medicare and Medicare Part B, services available upon discharge from the hospital or a rehab and other issues of relevance to older adults in the community. For information about the next Senior Center without walls program or to schedule the Social Work staff to meet with your groups,

Call Sherri Gilbert, LCSW at 536-1162



2017- 2018 PROGRAM REGISTRATION FORM

This form NOT for gymnastics

Participant's Name _____ Age _____ Date of Birth _____ Rec. Cd. # _____

Address _____ Town _____ School _____ Grade _____

Home Phone _____ Cell _____ Email _____

Program	Day	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____

2nd participant's name _____ Grade _____ D/O/B _____ Rec. Cd. # _____

Program	Day	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____

Make checks payable to *Inc. Village of RVC*

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

Program fees _____

Rec. card fee _____

Total paid _____

Signature of registrant/guardian _____

Office use only: Date rec. _____ Posted _____ Rec. # _____ Staff _____

2017-18

RECREATION MEMBERSHIP FORM

2017-18

PROGRAM _____

PLEASE PRINT

Last Name _____ First Name _____

Age _____ Male/Female _____ Date of Birth _____ Email _____

Address _____ Town/ Zip _____

Home Phone _____ Emergency Phone _____

If student School Attending _____ If student Grade (Sept. '17) _____

I hereby apply for membership to the Inc. village of Rockville Centre's Dept of Recreation and state that the information supplied herein is true.

Date _____

Signature of applicant or parent _____

For office use only

2017-18 RVC Card # _____ Amt. \$24 Rec. # _____

2017-18 Non-res. card # _____ Amt. \$26 Rec. # _____

Note: cards are color-coded and are valid from June 1, 2017 through May 31, 2018. A new card must be purchased for each new fiscal year beginning June 1. Individual membership is not pro-rated or transferable.