

# TOWN OF CARMEL

## RECREATION AND PARKS DEPARTMENT



EGG HUNT  
April 9, 2011



BEACH OPENING  
June 25, 2011



SUMMER CAMP  
July 5 - August 12

2011 SPRING/SUMMER  
BROCHURE

# FOR YOUR INFORMATION

## TOWN BOARD

Kenneth Schmitt      Town Supervisor  
Frank Lombardi      Councilman  
Suzanne McDonough      Councilwoman  
Robert Ravallo      Councilman—Deputy Supervisor  
Town Board meets every Wednesday at 7:00pm in  
Carmel Town Hall

## RECREATION & PARKS COMMITTEE

Robert Buckley, Chairman  
Dave Furfaro, Vice-Chairman

Kathleen Budries      Joyce Picone  
Ken Foran      Mike Berg  
Buddy Decker      Neal Sullivan

The Recreation and Parks Advisory Committee meets on the first Thursday of every month, 7:30pm at Sycamore Park.

There will be an "Open Meeting," April 7th, 7:30pm held at Sycamore Park. All residents and representatives of interested organizations are invited to attend. The purpose is to obtain views from the community on ways to improve and strengthen Recreation Department programs. The meeting will not be limited to a formal agenda, as the Advisory Board would like to hear from the community on matters affecting recreation.

## EMPLOYMENT OPPORTUNITIES

The Recreation Department is looking for pre-school class instructors. If you are interested, please download an employment application from the website or come into the Recreation office and pick one up. Applications are accepted year round.

## NEW PROGRAMS

The Recreation Department is constantly looking for new and innovative programs for the community. If you have any class suggestions or special abilities, please send/fax your ideas to the Recreation Department.

## Office Hours

Monday-Friday  
8:30am-4:30pm

The Recreation Office is located in  
Sycamore Park, 790 Long Pond Road,  
Mahopac, NY 10541

Telephone: (845) 628-7888

Fax: (845) 628-2820

E-mail: [carmelrecreation@ci.carmel.ny.us](mailto:carmelrecreation@ci.carmel.ny.us)

Website: [www.ci.carmel.ny.us](http://www.ci.carmel.ny.us)

## LIST SERVE

If you would like to be kept informed of upcoming events and programs by email please go to our website and sign up. You will get reminders about all of what is going on and you can remove yourself at any time.

## FACILITY RENTALS

Looking for a place to hold an event? The main building at Sycamore Park, Pavilion, BBQ area, fields and courts are available. Please contact the office at 845-628-7888 for a Facilities Use Form. A Certificate of Insurance, Resident I.D. card and rental fee must be included with the Use Form.

## Please Respect Your Property

Parks belong to you the resident. It's just like your very own back yard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers and leave trees and flowers alone for all to enjoy.

## Putnam County Office for People with Disabilities

For information on Recreation programs for children and adults with disabilities please contact: Putnam County Office for People with Disabilities, 110 Old Route 6, Building 3, Carmel, NY 10512 phone 845-228-5912.

Cover photos by: Susan Schwenk

# SUMMER REGISTRATION INFORMATION

## Summer Camp Information

*You must register in main office for summer camp.  
No mail in registration accepted for summer camp.  
Forms available online.*

- Summer camp registration begins April 4th through May 31st at Sycamore Park from 10:00am-2:00pm Mon-Fri. Register by May 31st and pay the early bird fee, after May 31st fee increases by \$50 and applications are wait listed.
- Camp forms will be available on-line.
- Family Registration Form required on file.
- A copy of immunization records are required at time of registration.
- Incomplete application or forms will be returned. No exceptions.
- Camp runs for six weeks beginning July 5th and ending August 12th, Monday-Friday (No camp Monday, July 4).

### Primary Camp

Children entering Kindergarten and 1st grade in September 2011. Camp runs from 9:30am-2:30pm. Early Bird Fee: \$425. We also offer an Extended Camp Day (2:30-4:30) for those enrolled in the single session camp at an additional \$160. Primary Camp is held at Sycamore Park every day. They will experience games, arts and crafts, beach time, playground time, various special events and a trip to the 4-H Fair.

### Playground Camp

Children entering 2nd grade to 8th grade in September 2011. Camp runs from 9:00am-3:00pm. Early Bird Fee: \$375. Campers will alternate between Sycamore Park and school location. They will experience non-competitive sports, games, arts and crafts, special events, waterfront activities and field trips.

**\*\* CIT and Volunteer Counselors \*\***  
**Applications Due By April 29, 2011**

## Swim Permit Activity Codes

F = Family Swim Permit      A = Adult Swim Permit  
Activity #9000-1              Activity #9000-2  
Fee: \$175.00                  Fee: \$90.00

Y = Youth Swim Permit      N = Nanny Swim Permit  
Activity #9000-3              Activity #9000-4  
Fee: \$70.00                    Fee: \$100.00

## Tennis Permit Activity Codes

F = Family Tennis Permit    I = Individual Tennis Permit  
Activity #8000-1              Activity #8000-2  
Fee: \$70.00                    Fee: \$45.00

Tennis Guest Fee of \$6.00 must be paid at the main office prior to using court.

## Swim Lessons

*You must register in main office for swim lessons.  
No mail in registration accepted for swim lessons.  
Forms available online.*

Age 5 years and older. Town of Carmel residents only.

### Weekday Sessions

<b>Monday - Friday</b>	<b>10 Classes</b>	<b>2:40pm - 3:10pm</b>
Session 1	July 5 <sup>th</sup> - July 15	
Session 2	July 18 - July 29	
Session 3	August 1 - August 12	
<b>Monday - Friday</b>	<b>10 Classes</b>	<b>4:00pm - 4:30pm</b>
Session 4	July 5 <sup>th</sup> - July 15	
Session 5	July 18 - July 29	
Session 6	August 1 - August 12	
<b>Monday/Wednesday</b>	<b>10 Classes</b>	<b>3:15pm - 3:45pm</b>
Session 7	July 6 - August 8	
<b>Tuesday/Thursday</b>	<b>10 Classes</b>	<b>3:15pm - 3:45pm</b>
Session 8	July 7 - August 9	

### Weekend Sessions

<b>Saturdays</b>	<b>7 Classes</b>	
Session 9	July 9 - August 20	10:00am - 10:45am
Session 10	July 9 - August 20	11:00am - 11:45am
<b>Sundays</b>	<b>7 Classes</b>	
Session 11	July 10 - August 21	10:00am - 10:45am
Session 12	July 10 - August 21	11:00am - 11:45am

Fee: \$130 per session (includes youth swim permit)  
\$60 each additional session

## BEACH OPENING

Come enjoy the water, sun and sand starting June 25th.  
Hours 10am-6pm. Free with Swim Permit ID Card.

### Beach Fee Schedule:

Adult Daily Fee:	\$8.00	Family Swim Permit:	\$175
Adult Guest Fee:	\$10.00	Adult Swim Permit:	\$90
Youth Daily Fee:	\$7.00	Youth Swim Permit:	\$70
Youth Guest Fee:	\$9.00	Nanny Swim Permit:	\$100

## Swim And Tennis Permit Information

- Fill out and return Family Registration Form (unless previously filled out & on file)
- Fill out and return Activity Registration Form with fee (no cash accepted through mail) (program codes are listed on this page)
- No refund for swim or tennis permits after 7 days of issuance
- Adult cardholders may have up to 5 guests on the beach
- If you already have your Resident I.D. card, you will need to bring the card to the main office to obtain a swim or tennis permit stamp
- Adult Swim Permit — Ages 18 and up
- Youth Swim Permit — Ages 4 and up
- If taking Swim Lessons Youth Swim Permit is included in price

Town of Carmel Recreation and Parks Department  
790 Long Pond Road  
Mahopac, NY 10541

PRSRT STD  
U.S. Postage Paid  
White Plains, NY  
Permit No. 4116

## Postal Customer Town of Carmel

# CARMEL SENIOR ADULT ACTIVITIES

**Senior Citizen Drop-In Meetings** are held every Wednesday from 10am-2pm at the Mahopac Firehouse September through June. The Drop-In is open to all Senior citizens (60 years or older) in the Town of Carmel (Carmel, Mahopac, Mahopac Falls) and allows non-residents to actively attend. The meetings consist of arts and crafts, bingo, general socializing with occasional guest speakers. The group also has many picnics, outings, trips and programs throughout the year. For more information contact Nick Mucciarone, Senior Citizen Director, at 845-628-7001.

### Registration Procedures

Registration for trips are **only** taken at the weekly meetings. A schedule of the trips, picnics, registration dates and other information is given out **only** at the weekly meetings. Registration is on a first come first serve basis where numbers are handed out. With the number a maximum of 2 people can register. Registration, trips, meeting dates, and times are subject to change and will be announced at the weekly meetings. All trips depart and return from the Mahopac Fire Department on Route 6 in Mahopac. Trips are for Senior Citizens 60 years or older who are current residents of Mahopac or Carmel. There is a \$10 additional fee per person for non-residents. If you have any questions regarding day trips, please contact Carmela Spano at 845-628-7888.

### 2011 DAY TRIP SCHEDULE

**Wednesday, April 27th**

**Mt. Haven Resort, Milford, Pa - "Laugh Out Loud Variety Show"**

Departs: 8:30am Returns: 6:30pm  
Description: Trip includes bus, breakfast, lunch entertainment and dancing.

**Wednesday, May 11th**

**Magnanini Winery, Wallkill, NY - Wine Tasting**

Departs: 10:30am Returns: 5:00pm  
Description: Trip includes bus, wine tasting and 6 course dinner.

**Thursday, June 9th**

**Westchester Broadway Theater in Elmsford, NY  
"Singing in the Rain"**

Departs: 9:45am Returns: 5:00pm  
Description: Trip includes bus, lunch and a show

**Wednesday, July 20th**

**Kruckers Picnic Grove, Pomona, NY - Clam Bake - Picnic**

Departs: 9:30am Returns: Approx. 6:00pm  
Description: Relax by the pool or lake; stroll around the beautiful grounds. Trip includes bus, pastry and coffee at arrival, lunch, music and dancing.

### ANNUAL PICNIC

We are excited to announce the Senior Citizen Annual Picnic will be on Wednesday, August 24th at the Mahopac Firehouse from 11:30am - 3:30pm. The theme this year will be "German Fest." No fee for members. There is a \$10 fee for non-members.

### Putnam County Office for the Aging

The Putnam County Office of the Aging is the major planner, coordinator and direct service provider for residents over 60 years of age.

Two Friendship Centers in the Town of Carmel offer numerous activities and a delicious hot meal every day:

The Carmel Friendship Center, located at 110 Old Rt.6, Building 1 - 845-225-2500

The William Koehler Friendship Center, located at 180 Rt. 6 in Mahopac - 845-628-0411

For more information on services available contact the Putnam County Office for the Aging at 845-225-1034.

# REGISTRATION INFORMATION

## RESIDENCY

A resident is defined as one who resides within the town limits and pays their land taxes to the Town of Carmel (Carmel, Mahopac, Mahopac Falls).

## NON-RESIDENTS

If space is available in a program, non-residents will be allowed to register by paying the non-resident fee.

## REGISTRATION - SPRING CLASSES

Spring Class Registration will begin on **Monday, March 21, 2011 from 10am-4pm** (unless otherwise noted). A 2011 Resident ID card is required in order to register for all spring classes. Resident ID cards will not be sold on the first day of registration. ID cards are \$6 per person.

## MAIL IN REGISTRATION

You may register by mail! Please mail a completed Family Registration Form along with a copy of your drivers license AND a current utility/cable bill. ID cards are \$6 per person (**all participants are required to purchase an ID card; if a participant is under the age of 18 a parent/guardian is also required to purchase an ID card**). Walk in registrations are still welcome and given first priority. Mail registrations (Activity Registration Form) must be received on or after registration date. Mail in registrations are processed at the end of each business day.

ALL registration forms must include payment in full. **Send all Forms to:** Carmel Recreation and Parks, 790 Long Pond Road, Mahopac, NY 10541.

## FORMS OF PAYMENT ACCEPTED

The Town of Carmel Recreation and Parks Department accepts cash and checks as forms of payment. We do not accept cash through the mail. Cash is only accepted with walk-in registrations. Please make checks payable to: Carmel Recreation and Parks.

## HOW TO WATCH A GOOD PROGRAM DIE

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, and purchasing of supplies. **PLEASE REGISTER EARLY!**

## CIT & VOLUNTEER COUNSELORS

Applications for CIT and Volunteer Counselors for the Summer Camp Program **MUST BE** handed into the office by April 29, 2011.

## SUMMER CAMP REGISTRATION

Summer camp registration begins **April 4, 2011 from 10am-4pm**. NO mail in registrations accepted for summer camp. A 2011 Resident ID card is required in order to register. ID cards **WILL NOT** be sold on April 4th. Please see Summer Registration page.

## PLEASE NOTE

The Recreation Department does not confirm program registration by mail, nor can we be responsible for lost or misdirected mail. Incomplete registrations will be returned to sender. We cannot accept registrations by phone or fax.

## REFUND POLICY

A full refund will be given if the program is cancelled by the Recreation Department. Should a participant become ill or injured, a prorated refund will be made based on the number of sessions the participant attended. A doctor's note must accompany request. Refunds **WILL NOT** be given after a program begins.

## INSURANCE

The Town of Carmel carries a Standard Liability Insurance Policy, which does not cover medical costs for anyone injured during normal course of participation in any Recreation Department program or facility. **ALL** persons participate at their own risk.

## CANCELLATION POLICY

Please listen to WHUD 100.7FM for any cancellations. Generally, programs are not held when school is not in session. You may also call the Recreation Department at 845-628-7888.

## FEES

Please pay the fee listed with program information. All fees must be paid at time of registration.

## RETURNED CHECKS

If a check is returned to the Recreation and Parks Department for any reason, a money order or cash payment of \$20.00, plus original cost, will be required for enrollment.

# TODDLER/PRE-SCHOOL ACTIVITIES

## PROGRAM NOTES:

1. The child must be the appropriate age by the START of the program.

2. A child may be registered for one Moms & Tots, Mini Tumbling or Pre-School Tumbling class and one other class; they will then be put on a waiting list for any additional classes.

## BABY TIME

Spend some time with your baby in a social environment (for you and them) designed to be relaxed and fun for you and your child. Let them roll, crawl and walk in a clean, safe and appropriate environment. Age appropriate toys and activities will be provided to play with during each class.

For: Children Ages Birth - 1 years old

Place: Sycamore Park Main Building

Fee: \$15/resident \$30/non-resident

Dates: **Mondays** Activity 2050-1 9:30 - 10:00am  
April 11, (18 No Class), 25, May 2, 9, 16, 23.

**Fridays** Activity 2050-2 9:30 - 10:00am  
April 15, (22 No Class), 29, May 6, 13, 20, 27.

## MOMS & TOTS

This class is meant to help socialize young children in a fun and safe environment. The class is mostly free play with soft balls and play equipment with a parachute and song time at the end of each class....Loads of Fun!

For: Children Ages 1-2 years old

Place: Sycamore Park Main Building

Fee: Free/resident \$20/non-resident

Dates: **Mondays** Activity 2100-1 10:15 - 10:00am  
April 11, (18 No Class), 25, May 2, 9, 16, 23.

**Tuesdays** Activity 2100-2 10:45 - 11:30am  
April 12, (19 No Class), 26,  
May (3 No Class), 10, 17, 24, 31.

**Fridays** Activity 2100-3 10:15 - 11:00am  
April 15, (22 No Class), 29, May 6, 13, 20, 27.

## MINI TUMBLING

This class is meant to help socialize young children and start teaching them basic tumbling techniques in a fun and safe environment. The class has some instructional time with free play mixed in. At the end of each class there is parachute and song time.

For: Children 3-4 years old

Place: Sycamore Park Main Building

Fee: Free/resident \$20/non-residents

Dates: **Mondays** Activity 2200-1 11:15am - 12:00pm  
April 11, (18 No Class), 25, May 2, 9, 16, 23.

**Tuesdays** Activity 2200-2 11:45am-12:30pm  
April 12, (19 No Class), 26,  
May (3 No Class), 10, 17, 24, 31.

**Fridays** Activity 2200-3 11:15am - 12:00pm  
April 15, (22 No Class), 29, May 6, 13, 20, 27.

## PRE-SCHOOL TUMBLING

This class teaches children basic tumbling techniques, balance and coordination in a fun and safe environment. This class is fully instructional and has no free play.

For: Children Ages 4-5

Place: Sycamore Park Main Building

Fee: Free/resident \$20/non-resident

Dates: **Fridays** Activity 2300-1 12:30 - 1:15pm  
April 15, (22 No Class), 29, May 6, 13, 20, 27.

## BABY VAN GO...

An art experience class designed to introduce young children to a variety of art mediums, at age appropriate levels. Children will create and take home a finished art piece each week, and will be exposed to some basic art vocabulary.

For: Children Ages 3 - 5

Place: Sycamore Park Main Building

Fee: \$45/resident \$90/non-resident

Dates: **Wednesdays** Age: 4 - 5  
11:30am - 12:15pm Activity 2450-1

**Wednesdays** Age: 3  
12:45 - 1:30pm Activity 2450-2

April 13, (20 No Class), 27, May 4, 11, 18, 25.

## LITTLE CHEF

Little Chef is a class designed to introduce your child into the world of cooking. We will prepare simple recipes in each class that will range from sweet deserts to tasty lunch items. This class will also include some free time for the children to play while their creations cook.

For: Children Ages 3-5

Place: Sycamore Park Main Building

Fee: \$45/resident \$90/non-resident

Dates: **Tuesdays** Activity 2400-1 2:15 - 3:15pm  
April 12, (19 No Class), 26,  
May (3 No Class), 10, 17, 24, 31.

**Thursdays** Activity 2400-2 1:30 - 2:30pm  
April 14, (21 No Class), 28, May 5, 12, 19, 26.

## MUSIC TOGETHER

Music Together is an early childhood music and movement program where we sing songs, dance and play instruments such as egg shakers, jingle bells, drums, maracas and also use balls, scarves and hula-hoops. Please join us for fun with the most wonderful people in the world, your children! Class includes 2 CD's of the Flutes Song Collection, an Illustrated songbook with all music, lyrics, activity suggestions and fascinating illustrations and an early childhood music development guide.

For: Children Birth - 5 years old

Place: Sycamore Park Main Building

Fee: \$145/residents \$195/non-residents

Dates: **Tuesdays** Activity #2500-1 9:30 - 10:15am  
April 12, (19 No Class), 26,  
May (3 No Class), 10, 17, 24, 31.



# TODDLERS—TEENS

## EDIBLE CRAFTS

Edible Crafts is a fun class where your children will create edible projects with various ingredients. Projects can range from chocolate race cars to pretzel houses. Come let your children satisfy their creative need and hunger at the same time.

For: Children Ages 2 - 5  
Place: Sycamore Park Main Building  
Fee: \$45/resident \$90/non-resident  
Dates: **Mondays** Activity 2450-1 1:45 - 2:30pm  
April 11, (18 No Class), 25, May 2, 9, 16, 23.  
**Thursdays** Activity 2450-2 12:15 - 1:00pm  
April 14, (21 No Class), 28, May 5, 12, 19, 26.

## DANCE CLASSES

We are pleased to offer this Creative Dance Class. This class will expose your child to different types of dance in a fun filled relaxed atmosphere.

For: Children Age 3 - 5  
Place: Sycamore Park Main Building  
Fee: \$50/residents \$100/non-residents  
Dates: **Thursdays** Ages 4-5  
10:00-10:45 Activity 2600-1  
**Thursdays** Age 3  
11:00-11:45 Activity 2600-2  
April 14, (21 No Class), 28, May 5, 12, 19, 26.

## KIDS CRAFTS

Let your child explore their need to create without worrying about making a mess at home. Each week your child will create an age appropriate project that they can take home and display. All supplies will be provided along with a sample and instruction.

For: Children Age 3 - 5  
Place: Sycamore Park Main Building  
Fee: \$50/residents \$100/non-residents  
Dates: **Mondays** 12:30 - 1:15pm Activity 2650-1  
April 11, (18 No Class), 25, May 2, 9, 16, 23.  
**Tuesdays** 1:00 - 1:45pm Activity 2650-2  
April 12, (19 No Class), 26,  
May (3 No Class), 10, 17, 24, 31.

## OPEN PLAY SCHEDULE

Raining or just plain bored? Bring your child to our indoor play unit for hours of fun.

For: Children Ages 3 - 9  
Place: Sycamore Park Main Building  
Fee: \$30/resident per child for entire session  
\$3/resident per child per visit  
\$60/non-resident per child for entire session  
\$6/non-resident per child per visit  
Dates: **Wednesdays** 2:30 - 4:30pm Activity 2700-1  
**Fridays** 2:30 - 4:30pm  
April 6, 8, 13, 15, 20, 27, 29,  
May 4, 6, 11, 13, 18, 20, 25, 27

## BOOT CAMP FOR TWEENS & TEENS

Girls, ages 12-18 who want to get in shape without committing to a gym or an athletic team, are welcome to try out Boot Camp. Boot Camp is a fun and energizing exercise program, designed to help you improve your overall well being. Whatever your personal goal, Boot Camp will help you get there. Join us and see how Boot Camp can help you: \*Lose fat and gain muscle \* Increase your energy and \* Build self confidence. You'll love exercising outside and you'll be thrilled with your personal results!!

For: Girls Ages 12-18  
Place: Sycamore Park Across From Main Office  
Fee: \$205/resident \$225/non-resident  
Sign up with a friend (or as a group) and pay \$155/\$175  
Dates: **Mondays, Wednesdays, Thursdays**  
5:45-7:00pm Activity 3100-1  
Weigh In: April 11 (by appt.)  
April 13, 14, 18, 20, 21, 25, 27, 28  
May 2, 4, 5, 9, 10 - Tuesday, (No Class 5/11), 12,  
16, 18, 19, 23, 25.  
Evaluation: May 26 (by appt.)

## CLUB KIWI

### Swimming, Tennis and Mini Golf Club

The secret is out - located at 825 Union Valley Road. A hop, skip and jump from your home. Kiwi is now opening their doors to feature Club Kiwi. Come to enjoy the experience of a country club in your own backyard with 4 heated pools (ranging from 1 1/2 feet to 9 feet), an 18 hole miniature golf course and two tennis courts.

#### Registration:

This program registers at Sycamore Park beginning April 4, 2011 and is for Town of Carmel Residents only. Resident ID cards must be purchased. Mail in registrations will be accepted.

For: Families - No children under 18 permitted without a parent

Place: Camp Kiwi, 825 Union Valley Road, Carmel, NY

Fee: **Family Rates:** (Family of 4)

Weekday and Weekend Pass \$1,100

Weekend Pass (Saturday and Sunday) \$650

Weekday Pass (Monday - Friday) \$550

\$50 for each additional family member

**Single Rates:** (18 and older)

Weekday and Weekend Pass \$375

Weekend Pass (Saturday and Sunday) \$250

Weekday Pass (Monday - Friday) \$150

Dates: Memorial Day through Labor Day

May 30 through September 6, 2011 with the following exceptions July 9, 16, 23 and August 6

Times: **Monday—Friday** 4:30pm to 8:30pm  
**Saturday and Sunday** 11:00am to 4:00pm

# ACTIVITIES

## PILATES

Pilates Mat Class—Based on the fitness system of Joseph Pilates. Emphasizes strong core stability promoting strength, flexibility and range of motion. Available to all levels.

Class taught by Christine Hamilton.

For: Ages 12 - Adult

Place: Sycamore Park Main Building

Fee: \$56/resident \$112/non-resident

Dates: **Wednesdays** Activity 3200-1 7:30 - 8:30pm  
April 13, (20 No Class), 27, May 4, 11, 18, 25.



## YOGALATES

Yummy as it sounds..... a blending of Pilates and Yoga. Enjoy a gentle exercise class for total body muscle tone, strength, and flexibility. Creating balance and inner peace. Class taught by Christine Hamilton.

For: Ages 12 - Adult

Place: Sycamore Park Main Building

Fee: \$56/resident \$112/non-resident

Dates: **Wednesdays** Activity 3250-1 6:30 - 7:30pm  
April 13, (20 No Class), 27, May 4, 11, 18, 25.

## MORNING YOGA

Hatha Yoga (hot-tah') yoga is an ancient Indian Healing program that gives you improved alignment and range of motion, increased strength, balance and muscle-control. Breath control and increased oxygen intake are a central part of every session. This adds up to exercise that's fun, relieves stress, provides endless challenge—and complements many sports activities. Instructed by Meredith Laubin, RTY. Please bring a yoga mat and a small cushion to class.

For: Ages 18 and up

Place: Sycamore Park Main Building

Fee: \$50/resident \$100/non-resident

Dates: **Wednesdays** Activity 3300-1 9:30-11:00am  
April 13, (No Class 20), 27, May 4, 11, 18, 25.

## EVENING YOGA

Yoga is an ancient Indian philosophy that enhances personal growth and well being. Although a systemic philosophical approach, yoga is not a religion, but complementary with most spiritual paths. The physical aspect of Yoga use poses and focused breathing, requiring concentration and discipline. The result is a greater union of mind, body and spirit. Anyone, regardless of body type, age, experience, or physical abilities, can practice yoga. Class taught by Theresa Boccia-Kennedy.

For: Ages 16 and up

Place: Sycamore Park Main Building

Fee: \$50/resident \$100/non-resident

Dates: **Mondays** Activity 3400-1 7:30-9:00pm  
April 11, (18 No Class), 25, May 2, 9, 16, 23.

## HORSEBACK RIDING LESSONS

We have a lesson for you! Whether you have little or no experience or you are able to walk, trot and cantor come and enjoy this eight week course in a safe indoor environment. Each class will be broken down into 40 minute riding lessons and 20 minute discussion/demonstration. There is a maximum of 5 students per class.

### Horseback Riding I (Those With Little or No Experience)

For: Ages 7-14 years old

Place: Zephyr Farms, 219 Watermelon Hill Road  
Mahopac, New York

Fee: \$240/resident \$290/non-resident

Dates: **Mondays** Activity 3500-1 4:00-5:00pm  
April 11, (18 No Class), 25, May 2, 9, 16, 23.

### Horseback Riding II (Able to Walk, Trot, Canter)

For: Ages 7-14 years old

Place: Zephyr Farms, 219 Watermelon Hill Road  
Mahopac, New York

Fee: \$240/resident \$290/non-resident

Dates: **Mondays** Activity 3500-2 5:00-6:00pm  
April 11, (18 No Class), 25, May 2, 9, 16, 23.

### Adult Horseback Riding (Little or No Experience)

For: Ages 15 and up

Place: Zephyr Farms, 219 Watermelon Hill Road  
Mahopac, New York

Fee: \$240/resident \$290/non-resident

Dates: **Mondays** Activity 3500-4 6:00pm-7:00pm  
April 11, (18 No Class), 25, May 2, 9, 16, 23.

## DOG OBEDIENCE

The objective is to give your dog the socialization necessary to make him/her a pet you can live with, while teaching you how to train your dog using the basic commands: come, sit, down, stay and stand. Controlled walking on a leash is a bonus skill you will also learn. Dog's immunization records are required at registration. Dog handler must be an adult, children may attend. Must wear sneakers to class!

For: Dogs 3 months or older

Place: Sycamore Park

Fee: \$65/resident \$130/non-resident

Dates: **Tuesdays** Activity 3800-1 7:00-8:00pm  
April 12 (Orientation - No Dogs)  
19, 26, May 3, 10, 17, 24.



Spring Class Registration will begin on **Monday, March 21, 2011 from 10am-4pm**

# SPORTS

## SPRING TENNIS LESSONS

Whether you are just learning the game or want to enhance your skills, these lessons will afford you the opportunity to have fun while learning and competing with your peers. Classes missed due to inclement weather may be made up on Sundays. Registration begins March 21; ongoing until full.

For: Ages 6 - Adult

Place: Sycamore Park Tennis Courts

Fee: \$80/resident \$160/non-resident

Dates: **Saturdays:** April 2, 9, 16, (23 No Class), 30, 7, 14, 21, (28 No Class), June 4.

Ages 6-9	9:00am-10:00am	Activity 3000-1
Ages 10-14	10:00am-11:00am	Activity 3000-2
Ages 15-Adult	11:00am-12:00pm	Activity 3000-3

## MICHAEL GEARY IN-LINE ROLLER HOCKEY LEAGUE

Whether you are just starting out or want to be the next Wayne Gretzky we have a spot for you. Ages 3-18 can enjoy the sport of roller hockey. Don't wait spring season begins April 16

Dates: Spring Registration is February 28 to April 8, 2011. In person or mail in Registration is through Sycamore Park ONLY!

Atoms - Learn To Play Clinic Activity 3600-1

For: Children Ages 3-6

Place: Michael Geary Memorial Hockey Rink, Mahopac

Fee: \$55/resident \$75/non-resident

In-Line Hockey League Activity 3600-2

For: Children Ages 6-18

Place: Michael Geary Memorial Hockey Rink, Mahopac

Fee: \$75/resident \$95/non-resident

USA Hockey In-Line insurance is required for all players and coaches (go on-line to [www.usahockeyinline.com](http://www.usahockeyinline.com) to register); BRING or MAIL IN RECEIPT WITH BARCODE TO SYCAMORE PARK when registering.

## AMERICAN RED CROSS CLASSES

The following classes are available.

Lifeguard Training—This course will provide ARC certification in Waterfront Lifeguarding. Minimum age required to take class is 15.

Lifeguard Training Review—A refresher course for those who are already certified as a lifeguard.

Responding To Emergencies—An expanded first aid course that provides the necessary knowledge and skills to respond to emergency situations.

## MULTI-SPORTS CAMP

Experience 15 different sports from around the world. All activities and games take place in a positive low pressure educational environment under the guidance of our qualified coaches who are chosen for their ability to inspire, motivate and encourage campers.

For: Children ages 5-13

Place: Sycamore Park

Dates: August 29-September 2

Ages: 5 - 13 9:00am - 12:30pm

\$149/resident \$189/non-resident

Ages 5 - 13 1:00pm - 4:00pm

\$119/resident \$149/non-resident

Ages 6 - 13 9:00am - 4:00pm

\$179/resident \$209/non-resident

## GOLF CLINIC

Using a revolutionary new system, the USSI golf camp is the ideal way to introduce youngsters to the game of golf. Learn how to properly swing, grip and strike the ball using unique and fun training methods.

For: Children Ages 5-11

Place: Sycamore Park

Fee: \$119/resident \$159/non-resident

Dates: June 27 - July 1 Ages 5 - 7 4:00-5:30pm

Ages 8 - 11 5:30-7:00pm

August 1 - August 5 Ages 5 - 7 4:00-5:30pm

Ages 8 - 11 5:30-7:00pm

## FLAG FOOTBALL CLINIC

The USSI Flag Football Clinic offers an incredible opportunity for any future football star to learn and enhance their skills in running, catching, passing, blocking. Open to children of all ability levels, the camp will focus on individual techniques and more importantly fun. The week finishes with the USSI Superbowl!

For: Children Ages 6 - 12

Place: Sycamore Park

Fee: \$119/resident \$159/non-resident

Dates: July 11 - 15 4:00-5:30pm

## SPORTS SQUIRTS

Fun, Fun, Fun!! This is a great way to introduce your child to a variety of sports. Sports are played through a series of games and activities designed to ensure learning and most importantly fun.

For: Children ages 3-5

Place: Sycamore Park

Fee: \$79/resident \$109/non-resident

Dates: June 27 - July 1 or August 29 - September 2

Time: 2:30pm - 3:30pm 4:30pm - 5:30pm

Registration for all sports camps begins April 4.

# SPECIAL EVENTS & COMMUNITY GROUPS

## EGG HUNT

Hop on over to our Annual Egg Hunt on Saturday, April 9, 2011 (bad weather alternate date is April 10th) at the Mahopac High School and Middle School campus. Hunt begins at 12 noon sharp. The Mahopac Rotary Club will be serving lunch from 11am-12pm (hotdogs, cookies, juice, water, hot chocolate and coffee).



## SUNSET CONCERT SERIES

Sponsored by the Mahopac National Bank

**"Family entertainment under the stars."**

**DATES: Thursday Evenings;**

July 21 Andrea and the Armenian Rug Riders  
(Rock and Roll)

August 4 The Magic Touch (Acappella Oldies)

August 18 Tracy De Lucia (Country Rock & Pop)

*Rain Dates are tentatively scheduled for the following Thursday*

**PLACE:** Mahopac Chamber Park; Rte. 6 and 6N

**TIME:** 7:00pm - 9:00pm.

**DATES: Sunday Evenings;**

July 17 The Saints (Classic R&B)

July 31 Mojo Myles Band (Blues)

August 14 Good and Plentie (Contemporary)

*Rain Dates are tentatively scheduled for the following Sunday*

**PLACE:** Mahopac Chamber Park; Rte. 6 and 6N

**TIME:** 6:00pm - 8:00pm.

**FEE:** Free; bring your chairs and blankets.

## 4TH OF JULY CONCERT

Sponsored by the Mahopac National Bank

**PLACE:** Red Mills Historic Park

**TIME:** 8:00pm

Open and free to the public. For more information contact Brian Vangor, Town Historian, at [alta881@comcast.net](mailto:alta881@comcast.net)

## LAKE MAHOPAC ROTARY ANNUAL DUCK RACE

Sunday, May 15, 2011 from 11am - 4pm at the Red Mills Historic Park The Lake Mahopac Rotary Club will be hosting a fun filled event for the entire family. Come join us and watch as 2,000 rubber ducks splash their way to the finish line. There will be live entertainment and activities for the entire family. Admission is free. To adopt a rubber duck or for more information go to [www.lakemahopacrotary.org](http://www.lakemahopacrotary.org).

## PUTNAM ARTS COUNCIL

Mahopac, New York

The **48th Annual Members' Exhibit** will be from March 6 - March 27 at the Belle Levine Art Center.

Gallery hours: Tuesday - Friday 10:00am - 3:00pm;  
Sunday 1:00pm - 4:00pm.

The **Annual Putnam County High School Student Art Show** will be exhibited April 8 - April 22 at the Belle Levine Art Center.

Gallery hours: Tuesday - Friday 10:00am - 3:00pm;  
Sunday 1:00pm - 4:00pm.

To find out more information please visit on the web at: [www.putnamartscouncil.com](http://www.putnamartscouncil.com)

## LAKE MAHOPAC GARDEN CLUB

Provides decorative public plantings, education on conservation and horticulture, and sponsors an annual Flower Show. We meet the first Tuesday every month at Sycamore Park (some exceptions) Join Us! For more information contact Ann Garris, Membership Chair at 628-7975 or [garris2@comcast.net](mailto:garris2@comcast.net).

June 3 and 4- Annual Garden Club Show at Sycamore Park.

Friday, 2pm-8pm; Saturday 10am-4pm.

Light Refreshments; Admission is Free!

## ANNUAL BIATHLON

3 Mile run followed by a .5 mile swim. Sponsored by the Taconic Road Runners Club and the Town of Carmel Recreation and Parks Department. Event is Sunday, August 7. For more information contact Karen Davies at 914-302-2082 or go to [www.runner.org](http://www.runner.org) to register online or download registration information.

## Mahopac Sports Association

The Mahopac Sports Association, a not-for-profit association, currently offers a variety of programs throughout the year. For more information please contact MSA at [MSASPORTS.ORG](http://MSASPORTS.ORG)

## Carmel Sports Association

The Carmel Sports Association, a not-for-profit association, currently offers a variety of programs throughout the year. For more information please contact CSA at 228-2435 or go to their website at: [www.carmelsportsassoc.org](http://www.carmelsportsassoc.org)

## Adult Softball – Men's and Women's

Men's contact: John Barbagallo at 914-490-3402.

Women's contact: Louise Decker at 914-494-2272.







Town of Carmel Recreation and Parks Department

Activity Registration Form

Please Fill Out Form Entirely and Please Print Clearly

( ) Town of Carmel Resident

( ) Non Resident

( ) Family Registration on File

Participant's Name: \_\_\_\_\_

Sex: ( ) Male ( ) Female

Address: \_\_\_\_\_

City: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Telephone#: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Telephone#: \_\_\_\_\_

Program 1 Name: \_\_\_\_\_

Program Code#: \_\_\_\_\_

Program Day(s): \_\_\_\_\_ Program Time: \_\_\_\_\_ Program Fee: \_\_\_\_\_

Program 2 Name: \_\_\_\_\_

Program Code#: \_\_\_\_\_

Program Day(s): \_\_\_\_\_ Program Time: \_\_\_\_\_ Program Fee: \_\_\_\_\_

Program 3 Name: \_\_\_\_\_

Program Code#: \_\_\_\_\_

Program Day(s): \_\_\_\_\_ Program Time: \_\_\_\_\_ Program Fee: \_\_\_\_\_



Fee Submitted with Registration: Amount \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_

(we do not accept cash through the mail; make checks payable to Carmel Recreation & Parks)

General Release: The undersigned hereby releases the Town of Carmel, its Town Board, Recreation and Parks Department, employees and volunteers thereof, of any responsibility should an accident or injury occur to the above named participant as a result of participation in the aforementioned program sponsored by the Carmel Recreation and Parks Department. I understand the department may use photos taken during events for publicity unless I notify them in writing otherwise.

- I give consent for the above named applicant to participate in the program listed above. I understand I am responsible for transportation to/from Thunder Ridge if participating in the ski/snowboard program.
Many recreational activities involve the possibility of physical injury. The municipality does not hold accident insurance. Such insurance is the responsibility of the individual. I hereby release the Town of Carmel and employees of any liability whatsoever in connection with any damage and/or injuries that the above named person may sustain as a result of participation in the above named program.
A hospital will not provide treatment for a minor, unless accompanied by a parent or guardian. This form will permit your child to be treated, if an emergency situation arises, and we are unable to contact you.
I certify that I/my child have no medical condition and require no medication that would be dangerous in conjunction with these programs.
I certify that I/my child was born on the above date, and is the required age by the first day of class/classes listed above.
There will be no refund if participant is picked up early or asked to leave in the event of a discipline problem.
Any misrepresentation will result in expulsion from class and forfeiture of all fees.

I have read, understand, and agree to the above policy.

Participant's Signature (Parent/Guardian, if under 18)

Date

Please Print Name (Parent/Guardian, if under 18)

Please bring or mail this form, with the appropriate fee to:

Carmel Recreation and Parks Department, 790 Long Pond Road, Mahopac, NY 10541