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Dominick A. Longobardi



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Floral Park Recreation Center News



Published by the Inc. Village of Floral Park, Department of Recreation

September 2017

With registration for the Fall/Winter Recreation Center youth, adult and senior programs nearing, all residents are reminded that the 2016/2017 Inc. Village of Floral Park Resident Leisure Pass or the 2017 Inc. Village of Floral Park Resident pool pass is required for enrollment in these classes. Forms for the Leisure Pass and Session I programs may be found in the lobby of the Recreation/Pool building and in the Floral Park Shelterhouse. For more information residents may call the Recreation/Pool building at 326-6336. Programs offered this fall include Boot Camp, Yoga, Zumba, and Aerobics for adults, cartooning, gymnastics, yoga, strength and conditioning, and gardening for children, and Silver Sneakers, senior agility, and knitting for seniors.

Registration for the programs will be held Tuesday, September 5th and Thursday, September 7th from 6:30-8:30pm in the Pool Building. Registration for Seniors will be held on Tuesday, September 5th and Thursday, September 7th from 9:00am to 1:00pm.

Throughout the year the Floral Park Recreation Center is the place to be. With a wide variety of activities for youth, adults, and seniors. The fall months have a very unique rhythm of its own and continues to be a hub of the village. The Recreation Center is host to the Titans football, FP Little League fall baseball, FP Youth Council Touch football, Indians Soccer and FP Screaming Eagle's hockey. During the fall/winter season the Recreation/Pool building runs 15 programs as well as being home to approximately 20 different Floral Park committees, clubs, and organizations.

This fall, the Recreation Center is again hosting the 38th Annual Jim Krug Tennis Classic. Run by tennis director Wendy Bilka, with the help of Sr. Director John Michon and Superintendent Kurt Meyfohrt, this staple of the Recreation Center continues to flourish.

The night Supervisor Richard Clifford III will oversee the popular Adult fall volleyball league. Men's

league will play on Monday evenings and women will play on Thursday evenings.

Centennial Gardens and Bird Sanctuary is open daily from 12:00pm-5:00pm, weather permitting, to Thanksgiving. Residents can enjoy the scenery and watch the many birds who call the garden home. The Floral Park Conservation Society is always looking for volunteers to assist in any way they can. Whether you donate your time in the gardens or some bird seed, every bit counts.

The Recreation Center would like to thank Public Works Superintendent Stephen Siwinski and General Foreman Richard Albertson for coordinating the efforts of their supervisors and crews to complete some extensive projects around the park over the summer. Jack Stincone was tasked with renovating the main room of the Shelterhouse. Rich Lombardi installed the new Code Blue AED tower near the fields to allow for quicker access to a defibrillator, as well as the new Lion water fountain, which was generously donated by the Lion's Club, and Russ Mazzola for the pruning of some of the trees in the facility.

Kurt W. Meyfohrt
Superintendent Recreation



FLORAL PARK RECREATION SESSION I FALL 2017

REGISTRATION:

At the Recreation and Pool Complex

DATES AND TIMES:

Tuesday, September 5 and Thursday, September 7
6:30 pm - 8:30 pm

Senior Registration:

Tuesday, September 5 and Thursday, September 7
9:00 am - 1:00 pm

Adult and youth program fees are \$45.00 for ten weeks (unless otherwise stated). All senior program fees are \$25.00. 2016/2017 VFP Resident Leisure Pass or 2017 Resident Pool Pass is required for registration. Applications are available at the Recreation/Pool Complex or the Park Shelter House. Call 326-6336 for additional information.

Classes are subject to change or cancellation.

YOUTH PROGRAMS

TINY TOTS GYMNASTICS

First Class Sept. 30

Saturday: 12:30pm - 1:20pm

Ages: 3

Saturday: 2:30pm - 3:20pm

Ages: 4-7

Introduction to the art of gymnastics. Including stretching, low impact tumbling, and beginner gymnastic techniques.

CREATIVE YOGA FOR KIDS

First Class Sept. 30

Saturday: 1:30pm - 2:20pm

Ages: 4 - 7

Creative thinking introduced by mind connection through yoga poses, then let the artistic paths flow.

CARTOONING FOR KIDS

First Class Sept. 25

Monday: 4:00pm - 5:00pm

Learn to draw cartoon characters, storylines, or create your own characters. Colored pencils required and not included.

STRENGTH & CONDITIONING

First Class Sept. 30

Saturday: 11:30pm - 12:20pm Pre-Teens Ages: 8 - 12

Grow muscle, get stronger. Learn skills throughout the program to create your own fitness routine.

CHILDREN'S GARDENING

First Class Sept. 23

Saturday: 9:00am - 9:45am

Explore gardening, planting, animals, and insects. Enjoy nature walks and crafts. Class meets at Centennial Gardens (Floral Pkwy entrance), will be held in the Rec/Pool Building during poor weather.

ADULT & SENIOR PROGRAMS

AEROBICS

First Class Sept. 11

Days: Monday, Wednesday, & Friday

Fee \$85.00

8:30am - 9:30am or 9:45am - 10:45am

Nights: Monday & Wednesday

Fee \$60.00

8:00pm - 9:00 pm

A 17 week step aerobic/floor program for those who wish to maintain good physical condition and instill the discipline of exercise.

ADULT BOOT CAMP

First Class Sept. 25

Monday & Wednesday: 7:00pm - 8:00pm

Designed to build strength and fitness through a variety of intense exercises.

ADULT YOGA

Tuesday: 7:45pm - 8:45pm

First Class Week of Sept. 25

Friday: 11:00am - 12:00pm

First Class Week of Sept. 29

Saturday: 10:15am - 11:15am

First Class Week of Sept. 30

Focus on balance, flexibility, strength, and body relaxation.

Emphasis on strengthening/toning muscles.

ADULT ZUMBA

Tuesday: 6:30pm - 7:30pm

First Class Week of Sept. 26

Saturday: 9:00am - 10:00am

First Class Week of Sept. 30

A dance workout that includes basic rhythms like Salsa, Meringue, Belly Dancing, Flamenco, Tango, and Samba.

KNITTING (Adult or Senior Fee)

First Class Sept. 26

Tuesday: 1:00pm - 3:00pm

Expert needle worker teaches beginner and intermediate levels of the art of knitting and stitching.

SENIOR AGILITY & STRENGTHENING (Senior Fee)

Friday: 12:30pm - 1:30pm

First Class Sept. 26

Includes a variety of indoor walking styles, as well as breathing and stretching techniques. Improves balance.

SILVER SNEAKERS EXERCISE (Senior Fee)

Tuesday & Thursday: 9:30am - 10:30am **First Class Sept. 26**

12 week exercise program without leaving your seats. A benefit for beginning or experienced exercisers. Increases flexibility and muscle tone.

SILVER SNEAKERS/GENTLE MOVEMENT

(Senior Fee)

First Class Sept. 26

Tuesday & Thursday: 10:30am - 11:30am

~ or ~

Tuesday & Thursday: 11:30am - 12:30pm

A 12 week program including low impact and toning exercises designed specifically for older adults to improve your range of motion, balance, and joint mobility.

FALL TENNIS LESSONS

First Lesson Mid-September

Tuesday & Thursday: 11:00am

Fee: \$ 55.00

~ or ~

Saturday: 8:00am or 9:00am

Fee: \$ 45.00

Proper mechanics, use of racket, strategies, and all the basics will be addressed each week.





**INCORPORATED VILLAGE OF FLORAL PARK
RECREATION LEISURE PASS**

2016 - 2017

LEISURE PASS APPLICATION

(FOR NON-POOL MEMBERS — LIST NAMES OF APPLICANTS ONLY)

Family Name: _____

Address: _____

Email Address: _____

Home Phone: _____ Cell Phone: _____

Husband's First Name: _____ (Pass # _____); Wife's First Name: _____ (Pass # _____)
Office Use Only Office Use Only

<u>Children's Names</u>	<u>Date of Birth</u>	<u>Age</u>	<u>School</u> <small>as of September 2016</small>	<u>Pass #</u> <small>Office Use Only</small>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

ALL APPLICATIONS MUST INCLUDE:

- 1) One current Picture ID *Per Adult* (18 yrs. and over) with name on it.
- 2) One Current Utility Bill (within the last month) at Current Address.
- 3) A Birth Certificate or Baptismal Certificate Per Child
- 4) One Photo per pass (1" X 1") drivers license size. (Place names on back)

I hereby apply for a leisure pass for the Inc. Village of Floral Park Recreation Center. I agree we will abide by the rules and regulations thereof and accept all conditions as stated wherein. Any falsification in the application information can result in the cancellation of the leisure pass and loss of privileges. Passes not valid if holder moves outside of the Inc. Village of Floral Park. The Village reserves the right to limit guests and privileges. Guests must accompany a member who presents a leisure pass upon request, at all times.

Signature: _____

Date Submitted: _____

Recreation Center Use Only below this line:

Date Processed: _____

Employee Signature: _____



Mayor

Dominick A. Longobardi

Trustees

Kevin M. Fitzgerald
Archie T. Cheng, Esq.

Dr. Lynn Pombonyo
Frank J. Chiara

Village Administrator

Gerard M. Bambrick

Village Clerk

Susan E. Walsh

Village Justice

Douglas J. Hayden

Superintendent Public Works & Buildings

Stephen L. Siwinski

Police Commissioner

Stephen G. McAllister

Superintendent Recreation

Kurt W. Meyfohrt

**Important Village of Floral Park
Phone Numbers**

Police & Fire Emergency.....	911
Police & Fire Non-Emergency.....	326-6400
Administration.....	326-6300
Assessment.....	326-6300
Building Department.....	326-6319
Court Office.....	326-6325
Fire Department Business Office.....	326-6327
Library.....	326-6330
Mayor's Hotline (after 5:00 p.m.).....	326-6300
Public Works Department.....	326-6320
Recreation Shelter House.....	326-6334
Recreation/Pool Bldg.....	326-6336

www.fpvillage.org

4VS – Cablevision Channel 18 / Verizon 28



Incorporated Village of Floral Park
One Floral Boulevard, P.O. Box 27
Floral Park, NY 11002
c/o Recreation Department



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