

# FLORAL PARK RECREATION SESSION II WINTER/SPRING 2024

## REGISTRATION:

At the Recreation/Pool Complex

## DATES AND TIMES:

Tuesday 1/9/24 - 7:00pm - 9:00pm

## Senior Program Registration Only

Tuesday 1/9/24 - 9:30am - 1:30pm

Open registration 1/10/24 Monday - Thursday  
9:30am - 7:00pm

Fees are noted by each class.

2024/2024 VFP Resident Leisure Pass or 2023 Resident Pool Pass is required for registration. Applications are available at the Recreation/Pool Building, Park's Shelter House or Village web site [www.fpvillage.org](http://www.fpvillage.org).

For more information call 326-6336.

*Classes are subject to change or cancellation.*

*Program fees are non-refundable.*

## YOUTH PROGRAMS - \$65

### KIDS ZUMBA

First

Class 2/3

Saturday: 11:15am - 12:00pm

Ages: 4-7

Saturday Dance Party! High energy dances with kid friendly routines and music kids love.

### TINY TOTS GYMNASTICS

First Class 2/3

Saturday: 12:15pm - 1:00pm

Ages: 5-7

Saturday: 1:15pm - 2:00pm

Ages: 4-5

Saturday: 2:15pm - 3:00pm

Ages: 3-4

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

### GARDENING FOR KIDS

First Class 3/16

Saturday: 9:00am

Ages: 3-10

Held at Centennial Gardens (Rain Location: Pool Building). Children explore gardening, walks and crafts.

### YOUTH TENNIS

Mondays: 4:00pm—5:00pm Grades 1-3

Begins 4/15

Tuesdays: 4:00pm—5:00pm

Grades 4-8

Begins 4/16

## ADULT & SENIOR PROGRAMS

### AEROBICS

First Class 1/22

**Days:** Monday, Wednesday & Friday

**Fee: \$100.00**

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

**Nights:** Monday & Wednesday

**Fee: \$75.00**

7:00pm - 8:00 pm

17 week step aerobic/floor program to maintain good physical condition and instill the discipline of exercise.

### CARDIO KICKBOXING/TONING

First Class 2/19

Monday & Wednesday: 8:00pm - 9:00pm

**Fee: \$75.00**

Intense exercises, weights, stability ball, and stretching.

### INTERVAL FITNESS TRAINING

**Fee: \$75.00**

(Outdoor in the Park)

First

Class 4/10

Wednesday & Friday 9:15 - 10:15am

Build a strong core! Interval training with bursts of activity alternated with intervals of lighter activity

### ADULT YO-CHI

**Fee: \$65.00**

Monday: 4:15pm - 5:15pm

**First Class 2/5**

A flow class combining the movement of tai-chi and the strength and balance of yoga.

### ADULT YOGA

**Fee: \$65.00**

Tuesday: 7:30pm - 8:30pm

**First Class 2/6**

Saturday: 8:45am - 9:45am

**First Class 2/3**

Learn to slow down and breathe deep while working on balance, flexibility, strength and relaxation.

### ADULT PILATES

**Fee: \$65.00**

Tuesday: 6:15pm - 7:15pm

**First Class 2/6**

Thursday: 4:15pm - 5:15pm

**First Class 2/8**

Low-intensity muscle-strengthening workout that focuses heavily on building strong core muscles.

### ZUMBA

**Fee: \$65.00**

Saturday: 10:00am - 11:00am

**First Class 2/3**

Let the beats of Latin music get your heart pumping.

Combines cardio, muscle conditioning, balance and flexibility, and enhanced energy every time you leave class.

### SENIOR AGILITY & STRENGTHENING **Fee: \$40.00**

Monday & Friday

**First**

Class 2/5

Monday: 1:00pm - 2:00pm

Friday: 11:00am - 11:45am

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

### SILVER SNEAKERS EXERCISE

**Fee: \$40.00**

Tuesday & Thursday: 9:15am-10:00am

**First Class 2/20**

~ or ~

Tuesday & Thursday: 10:15am - 11:00am

~ or ~

Tuesday & Thursday: 11:15am - 12:00pm

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.

### SPRING TENNIS LESSONS

Tuesday & Thursday: 11:00am **Fee \$70.00** **First Class 4/16**

~ or ~

Saturday:

**Fee \$65.00** **First Class 4/13**

9:00am Intermediate ~ or ~ 10:00am: Advanced Beginner

Learn the proper mechanics, use of racket, strategies and all the basics.

### PICKELBALL

**Fee \$65.00**

Friday 11:00am or 12:00pm

**First Class 4/12**

Learn the basics of the game including scoring, serving and proper mechanics





# Incorporated Village of Floral Park

## 2024/2025

### RESIDENT LEISURE PASS APPLICATION

(For Residents who are not current VFP Pool Members.)

Name: \_\_\_\_\_  
First / Last Date of Birth

Name: \_\_\_\_\_  
First / Last Date of Birth

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Children's Names	Date of Birth	Age	School as of September 2023
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

- ALL APPLICATIONS MUST:**
- Show one photo ID for each adult applicant (18 years and over) at current address.
  - Provide a Current Utility Bill (within the last month) at applicants current address.
  - Provide a Birth Certificate or Baptismal Certificate Per Child
- A photo will be taken for each pass processed at the Recreation/Pool Building.

I HEREBY APPLY FOR A LEISURE PASS FOR THE INC. VILLAGE OF FLORAL PARK RECREATION CENTER. I UNDERSTAND AS THE PATRON INDIVIDUALLY, AND/OR ACTING ON BEHALF OF APPLICANTS IN FULL THAT I SHALL BE LIABLE FOR ANY PROPERTY DAMAGE AND/OR PERSONAL INJURY (CAUSED BY SELF, A PATRON, GUEST OR ANY OTHER PERSONS) AT THE VFP RECREATION CENTER, CENTENNIAL GARDENS, ON VILLAGE PROPERTY, OR DURING ANY ACTIVITY, FUNCTION, ARRANGED OR SPONSORED EVENT. IT IS MY OBLIGATION TO PAY FOR ANY COSTS INVOLVED UPON PRESENTATION OF A STATEMENT THEREOF. PARTICIPATION IN ANY AND ALL ACTIVITIES, FUNCTIONS, ARRANGED OR SPONSORED EVENT SHALL BE AT SUCH PERSON'S OWN RISK. I AGREE THE INC. VILLAGE OF FLORAL PARK, THE VFP RECREATION CENTER, EMPLOYEES, AND RESIDENTS SHALL NOT BE LIABLE FOR ANY INJURIES OR DAMAGE TO SUCH PERSONS, INCLUDING THOSE CAUSED BY BACTERIA OR VIRUS, OR THE PROPERTY OF SUCH PERSONS, OR BE THE SUBJECT TO ANY CLAIM, DEMAND, INJURY, ACTIONS OR CAUSES OF ACTION OR DAMAGES, AND I HEREBY WAIVE, RELEASE, ABSOLVE, INDEMNIFY AND AGREE TO HOLD THEM HARMLESS FROM ANY CLAIM. I AGREE WE WILL ABIDE BY THE RULES AND REGULATIONS THEREOF AND ACCEPT ALL TERMS AND CONDITIONS AND AGREE TO THE POLICIES AND RULES OF THE VFP RECREATION CENTER AS THE PREREQUISITE FOR USE OF THE FACILITY. 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. NOT VALID AS A VFP POOL PASS. I ALSO ACKNOWLEDGE READING. I AGREE THAT ANY PHOTOS TAKEN DURING MY USE OF THE FACILITY MAY BE USED AT THE RECREATION DEPARTMENT'S DISCRETION.

Applicant's Signature: \_\_\_\_\_ Date Submitted: \_\_\_\_\_

Recreation Center Use Only below this line:

Employee Signature: \_\_\_\_\_ Date Processed: \_\_\_\_\_