



RECREATION SUMMER 2020

Parks & Recreation • Youth Bureau

BULLETIN

PLEASE BRING FACE COVERINGS TO ALL PROGRAMS AND FOLLOW ANY NYS AND CDC REGULATIONS.

AT OUR BEACHES

ONLINE REGISTRATION

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE

NIPPER GUARD

Pre-requisite: Students will demonstrate in their first class the ability to swim 50 yards without stopping using any strokes with form and proper breathing and tread water for 2 minutes. This program will feature many of the same activities of the popular Junior Lifeguard Program. NOT to be considered swim lessons. Recommended that nippers are at or above age level ability in Red Cross Lessons. Level 3, 4, 5. **Residents Only**

Location:

Long Beach, Ages 7-10,

Fee \$60

Thursdays, 11:30AM – 12:30PM

7/16, 7/23, 7/30,

8/6 & 8/8

competition



Location:

Session 1:

Mecox, Ages 11-15

Session 2:

Ponquogue, Ages 13 -15

Session 3: Tiana, Ages 11-12

Fee \$90

(Saturdays, 9:00 – 11:00AM)

7/11, 7/18, 7/25,

8/1 & 8/8 - competition

Session 4: Sagg Main, Ages 11-15

Fee \$90

Sundays, 9:00 – 11:00AM

7/12, 7/19, 7/26, 8/2 & 8/8

The last class for all programs will be a lifeguard tournament at Ponquogue Beach allowing the junior lifeguards to demonstrate their new skills. (If allowable under NYS guidelines at that time).

JUNIOR LIFESAVING

Pre-requisites: Participants must be able to swim 100 yards using the crawl stroke and tread water for 5 minutes without stopping.

The instructors will begin each day with a brief lecture on topics relevant to the course goals. Basic warm-up exercises will be included in each class. The junior lifeguards will participate in training drills designed to help them become safe ocean swimmers. Most drills will be taught as "lifeguard competition" events. As long as ocean conditions permit, junior guards will train in the water. While swimming skills are a prerequisite for the course and swimming lessons, as such, will not be given, instructors will help the students learn to recognize the power of the ocean, how to spot rip tides and other dangerous currents and how to swim safely in the ocean.

Residents Only

SNAPPER DERBY

Sponsored by Hampton Watercraft & Marine

Bring your own pole and tackle we will provide the bait. Join us for a fun filled afternoon of snapper fishing. Prizes will be awarded for most snappers caught in four age groups: 5-8, 9-11, 12-14 & 15-Adult. There will also be a prize for largest fish overall.

There is no fee to enter but **PRE-REGISTRATION IS REQUIRED**

Location: Tiana Bay Park

Ages 5-14, 15 – Adult

Thursday, 8/20

11:00AM – 1:00PM

STANDUP PADDLE BOARDING INSTRUCTION - Hampton Watersports

Learn to standup paddle board in the beautiful Peconic Bay. Standup paddle boarding is amazingly fun & a fantastic all body, no impact workout, it is the fastest growing water sport worldwide. Participants must be able to swim & will be required to wear an approved lifejacket. Equipment provided by Hampton Watersports.

Please wear bathing suit, bring a towel & a pair of water shoes.

Make-Up Classes: If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class.

However, due to unpredictable weather conditions, make-up classes cannot be guaranteed.

Location: TBD

Ages 10 - Adult

Fee \$95 (Res) \$105 (Non Res)

Saturdays

9:00 AM – 10:30AM

Session 1: 7/25

Session 2: 8/1

WINDSURFING/PADDLEBOARD

Age 9-Adult,

Fee \$220 (Res) \$245 (Non Res)

Monday, Tuesday & Wednesdays

The Town of Southampton Parks & Recreation Department and Hampton Watersports of Southampton is offering a combination windsurfing and standup paddle boarding instruction at two locations during the summer months. Participants must be able to swim and will be required to wear approved lifejackets. Boards and sails will also be provided by Hampton Watersports. **Please wear a bathing suit, bring a towel and a pair of water shoes or sandals.** Instruction is suitable to all skill levels beginner through advanced.

Location:

Session 1: Tiana Bayside

7/20, 7/21 & 7/22

10:30AM – 12:30PM

Session 2: Long Beach

7/27, 7/28 & 7/29

10:30AM – 12:30PM

Session 3: Tiana Bayside

8/3, 8/4 & 8/5

10:30AM – 12:30PM

SURFING - PONQUOGUE

Age 9-Adult,

Fee \$220 (Res) \$245 (Non Res)

Monday, Tuesday & Wednesdays

Pre-requisites: Must be able to swim & tread water in ocean

In this program students will learn how to position themselves in the correct location on a wave in order to be able to stand and ride. Students will learn how to avoid injury by practicing safe surfing techniques and etiquette. Surfboards will be provided. Please wear swimsuit & bring towel. Wetsuits are optional, but recommended.

Please Note: Participants must arrive at least 5 minutes prior to class and on first day parent/guardian must check child in. You may register for only one program, wait list for another.

Location: Ponquogue

Session 1

7/20, 7/21 & 7/22

2:00PM – 3:00PM

Session 2

7/27, 7/28 & 7/29

9:00AM – 10:00AM

Session 3

8/3, 8/4 & 8/5

2:00PM – 3:00PM

COVID-19: The Town of Southampton will abide by NYS guidelines for all programming. Please bring face coverings to all programs and follow any NYS and CDC regulations.

Rain Policy: In the event of rain, classes will be held as long as there is no thunder or lightning. Make-Up Classes: If a class is cancelled for any reason, every effort will be made to schedule a make-up class. However, due to unpredictable weather or wave conditions, make-up classes cannot be guaranteed.

TO SET UP AN ONLINE RECREATION ACCOUNT PLEASE CALL

(631) 728-8585

All online registrations will be subject to a 2.5% non-refundable convenience fee.



TOWN BOARD

Jay Schneiderman, *Supervisor*

John Bouvier, *Councilman*

Julie Lofstad, *Councilwoman*

Rick Martel, *Councilman*

Tommy John Schiavoni, *Councilman*

TOWN CLERK

Sundy A. Schermeyer

PARKS & RECREATION DEPARTMENT

Kristen Doulos

Town Parks Director

PARKS & RECREATION OFFICE

6 Newtown Road

Hampton Bays, NY 11946

Phone: (631) 728-8585

ParksAndRec@southamptontownny.gov

MON - FRI 8:30AM – 4:00PM

TENNIS – 6 week program

Tennis instruction is offered for all Ages and ability levels. Students must bring their own tennis racket to class. You may register for only one session, wait list for another.

Location: Red Creek Park

Tuesdays & Thursdays
7/14, 7/16, 7/21, 7/23, 7/28, 7/30,
8/4, 8/6, 8/11, 8/13, 8/18 & 8/20

Session 1: Fee \$210 (Res) \$220 (Non Res) Ages 18 – Adult 8:30AM - 9:30AM	Session 3: Fee \$180 (Res) \$190 (Non Res) Ages 8 – 12 9:45AM - 10:45AM	Session 5: Fee \$180 (Res) \$190 (Non Res) Ages 13 – 17 11:00AM - 12:00PM
Session 2: Fee \$210 (Res) \$220 (Non Res) Ages 18 – Adult 6:30PM - 7:30PM	Session 4: Fee \$180 (Res) \$190 (Non Res) Ages 8 – 12 4:00PM - 5:00PM	Session 6: Fee \$180 (Res) \$190 (Non Res) Ages 13 – 17 5:15PM - 6:15PM

Soccer Camp – US Sports Institute

Players receive instruction at a level that will both challenge them and ensure they have a great experience at camp. Professional qualified instructors will cover different themes and topics each day including dribbling, passing, shooting defense and more.

Location: Red Creek Park

Ages 5-11
Fee \$195 (Res) \$200 (Non Res)
 Monday – Thursday
 7/13 - 7/16 (Rain date, 7/17)
 9:00AM – 12:00PM

MULTI SPORTS CAMP – US Sports Institute

This camp gives players the opportunity to experience a variety of sports throughout the program including Soccer, Basketball, Flag Football, Cricket, Handball, Volleyball, and more. Players will work on developing their skills in each sport before participating in small tournament style scrimmages that encourage teamwork and sportsmanship.

Location: Red Creek Park

Ages 5-11
Fee \$195 (Res) \$200 (Non Res)
 Monday – Thursday
 8/10 - 8/13 (Rain date, 8/14)
 9:00AM – 12:00PM

Exercise in the Parks series – Beginning 7/13

PILATES, SCULPT & STRETCH Heather Rollo	YOGA FOR FUN & FLEXIBILITY Heather Rollo	GUTTS, BUTTS & INTERVAL Heather Rollo	YOGALATES Adam Baranello	STRENGTH & TONE Patty Tuzzolo
Fee: \$42 (Res) \$52 (Non Res) Mondays 6:30 -7:15PM 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24 Location: Red Creek Park	Fee \$42 (Res) \$52 (Non Res) Session 1: Mondays 7:15 - 8:00PM 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24 Session 2: Wednesdays: 7:15 - 8:00PM 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26 Location: Red Creek Park	Fee \$42 (Res) \$52 (Non Res) Session 1: Tuesdays 8:30 - 9:30AM 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25 Session 2: Wednesdays 6:30 -7:15PM 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26 Location: Red Creek Park	Fee \$45 (Res) \$55 (Non Res) Thursdays 6:00 -7:00PM 7/23, 7/30, 8/6, 8/13, 8/20, 8/27 Location: Red Creek Park	Fee \$36 (Res) \$46 (Non Res) Session 1: Mondays 9:00 -9:45AM 7/13, 7/20, 7/27, 8/3, 8/10, 8/17 Session 2: Saturdays 8:30 -9:15AM 7/18, 7/25, 8/1, 8/8, 8/15, 8/22 Location: East Quogue Village Green
A focused guts and butts class using breath with movement to strengthen your core and lower back. WORK THOSE ABS while Increasing flexibility and muscle tone, and improve your posture! ALL LEVELS WELCOME	Create balance in your body with simple and easy to follow poses and stretches. Release stress and tension, increase flexibility and balance, and improve your overall athletic and every day performance. Special attention paid to core and lower back. Every class is tailored to you. Please wear comfortable clothing and bring a yoga mat and towel. ALL LEVELS WELCOME	A great cardio session using aerobic intervals to get your heart pumping, then alternating with sculpting exercises to burn calories, tone muscles, and build strength. ALL LEVELS WELCOME	These classes are a perfect blend of yoga and Pilates, providing the students with a practical total body workout. Classes emphasize stretching, toning, breath control and working core muscles. You will leave each session feeling rejuvenated and relaxed. BRING A MAT	This class will incorporate a variety of strength and conditioning exercises using hand weights and mainly our own body weight. Designed to tighten and strengthen the core area and improve balance and flexibility. ALL LEVELS WELCOME Participants need to bring their own mat and set of light weights; sneakers are required.

SUMMER FUN

Three playground programs will be offered to children who are Southampton Town residents and attended elementary school (2-6) this past school year. Each playground program will be staffed by counselors who will organize sports, arts & crafts, active & quiet games & special event days. Please provide your child with a beverage and snack each day.

REGISTRATION - Each child may register for ONE or BOTH "SUMMER FUN" sessions

Registrations will be accepted, in person at the Parks & Recreation Office beginning Monday, 7/6. Please review rules, and print and complete waiver form to bring to registration.

There will be NO registration at the camps.

Location: Red Creek Park

Ages 7 -12
 Must be 7 by 12/31/20

Fee \$50 (Res ONLY)
 Monday – Friday, 9:00AM – 12:00PM

Session 1: CANCELLED
Session 2: 7/27 - 8/7
Session 3: 8/10 - 8/21