



RECREATION FALL 2020 BULLETIN

ONLINE REGISTRATION WWW.SOUTHAMPTONTOWN.NY.GOV/PARKSONLINE

MORNING BEACH YOGA PONQUOGUE

This class will bring you into a deeper connection with your body, breath and life essence. Bring yoga mat, beach towel and water. Participants meet at the pavilion. **ALL LEVELS WELCOME.**

If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed. **Min 6 – Max 15**

FEE \$65 NON-RES \$75
SATURDAYS
9:00 AM – 10:00 AM
9/12, 9/19, 9/26,
10/3, 10/10, 10/17
AGE 16+

MORNING GENTLE YOGA EAST QUOGUE VILLAGE GREEN

This class will bring you into a deeper connection with your body, breath and life essence. Bring yoga mat, towel and water. **ALL LEVELS WELCOME.**

If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed. **Min 6 – Max 15**

FEE \$65 NON-RES \$75
TUESDAYS
9:15 AM – 10:15 AM
9/8, 9/15, 9/22, 9/29,
10/6, 10/13
AGE 16+

STRENGTH & TONE EAST QUOGUE VILLAGE GREEN

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. Participants need to bring their own mat, water and set of light weights; sneakers are required. **ALL LEVELS WELCOME.**

If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed. **Min 6 – Max 15**

FEE \$36 NON-RES \$46
MONDAYS
9:00 AM – 9:45 AM
9/14, 9/21, 9/28,
10/5, 10/12, 10/19
SATURDAYS
8:30 – 9:15 AM
9/19, 9/26,
10/3, 10/10, 10/17, 10/24
AGE 16+

ZUMBA GOOD GROUND PARK

A dance fitness class that can be a fun, energetic way to get cardio exercise perfect for everybody AND everybody! Classes are a mix of low, medium, and high intensity moves for an interval style, calorie burning, and dance fitness party. Zumba provides a total workout combining cardio, muscle conditioning, balance and flexibility, boosted energy, and an amazing stress reliever! If you want to turn your frown upside down, get yourself into this Zumba class!

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. **Min 2 – Max 15**

FEE \$48 NON-RES \$58
PER CLASS \$12
TUESDAYS
6:30 PM – 7:30 PM
SESSION 1:
9/8, 9/15, 9/22, 9/29
SESSION 2:
10/6, 10/13, 10/20, 10/27
AGE 13-ADULT

GUTTS, BUTTS & INTERVAL RED CREEK PARK PAVILION

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.**

If a class is canceled 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. **Min 5 – Max 15**

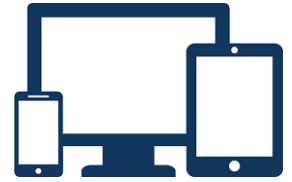
FEE \$42 NON-RES \$52
WEDNESDAYS
6:30 PM – 7:15 PM
9/9, 9/16, 9/23, 9/30,
10/7, 10/14, 10/21
AGE 16+

PILATES MAT & STRETCH RED CREEK PARK PAVILION

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! Please wear comfortable clothing and bring a yoga mat and towel. **ALL LEVELS WELCOME.**

If a class is canceled 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. **Min 5 – Max 15**

FEE \$42 NON-RES \$52
MONDAYS
6:30 PM – 7:15 PM
9/14, 9/21, 9/28,
10/5, 10/12, 10/19, 10/26
TUESDAYS
9:30 AM – 10:15 AM
9/8, 9/15, 9/22, 9/29,
10/6, 10/13, 10/20
AGE 16+



**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*
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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

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

**MUST BE THE
REQUIRED AGE
AT THE START
OF ANY PROGRAM**



ONLINE REGISTRATION

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE



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YOGA FOR FUN & FLEXIBILITY RED CREEK PARK PAVILION

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.

If a class is canceled 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. **Min 5 - Max 15**

FEE \$42 NON-RES \$52

WEDNESDAYS

6:30 PM – 7:15 PM

9/9, 9/16, 9/23, 9/30,

10/7, 10/14, 10/21

AGE 16+

MOMMY & ME DANCE (PRE-K) GOOD GROUND PARK

Mommy & Me class is an introductory toddler dance class where a parent or guardian joins them during their dance class. Mommy & Me classes introduce toddlers to Pre-K dance class and make sure they feel comfortable learning to dance with us before trying an independent class. Parents and guardians are encouraged to dance along with their toddlers during Mommy & Me. Have fun in this Creative Movement class for your 2.5-5 year old! All of our classes are fun and relaxed and developmentally appropriate in accordance with NYS Early Childhood Guidelines. Comfortable clothing & sneakers please.

If a class is canceled 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. **Min 5 - Max 15**

FEE \$65 NON-RES \$75

THURSDAYS

4:00 PM – 4:45 PM

9/10, 9/17, 9/24,

10/1, 10/8, 10/15

AGE

30MONTHS – 60MONTHS

HIP HOP LEVEL 2 GOOD GROUND PARK

In this class participants will learn more advanced concepts in isolations, rhythm, freestyle and choreography all to the original repertoire of A&G Dance Company. Comfy clothes and sneakers. Dance with A&G Dance Company. We use original methods that we have developed over the past 16 years to provide the community with a unique approach to a quality dance education.

If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed. **Min 5 - Max 15**

FEE \$65 NON-RES \$75

THURSDAYS

5:00 PM – 5:45 PM

9/10, 9/17, 9/24,

10/1, 10/8, 10/15

AGE 9-16

ART: FUN WITH PAPER-MACHE! RED CREEK PARK PAVILION, (OUTSIDE)

Let's get creative! Join this art session to create a functioning **Hanging Paper-Mache Flower Vase** in the theme of fall. Saturdays, 10:30am - 12pm. **Day 1 [9/26/2020] we will construct the vases. Day 2 [10/3/2020] we will add personal touches & have them ready for fresh flowers!** No ability is needed to make this masterpiece, as each step will be guided by A.Fennell, The Art Nanny.

Class will **be held outdoors** at Red Creek Park - Social Distancing will be implemented & Masks are required. Please dress for a mess & get ready for some fun while creating a lasting work of art. *All art materials will be provided. Siblings will be seated together. **Min 9 - Max 12**

FEE \$55 NON-RES \$60

SATURDAYS

10:30 AM – 12:00 PM

9/26, 10/3

AGE 7-12

ART: SLOTH CREATING - ART CLASS USING COLORSHIELD! RED CREEK PARK PAVILION

Come create start to finish framed art using tips, tricks and The Art Nanny's Colorshield. No ability needed to complete this recognizable work of art ready to display. Materials used will be ink, crayon and watercolor. All materials provided and individually given to each participant - you keep all of your creations.

Class will **be held outdoors** at Red Creek Park - Social Distancing will be implemented & Masks are required. Siblings will be seated together. **Min 12 - Max 15**

FEE \$25 NON-RES: \$30

SATURDAYS

11:00 AM – 12:00 PM

10/24

AGE 7-12