

TOWN OF LEWISBORO

PROGRAM BROCHURE

Winter 2017

PROGRAM REGISTRATION
BEGINS WEDNESDAY,
DECEMBER 7TH

 Like us on
Facebook

FOR YOUR INFORMATION

DEPARTMENT OF PARKS AND RECREATION
99 ELMWOOD ROAD
SOUTH SALEM, NY 10590

TOWN BOARD

Peter Parsons, *Town Supervisor*
Peter B. DeLucia, *Councilman/Deputy Town Supervisor*
Frank Kelly, *Councilman*
John Pappalardo, *Councilman*
Daniel Welsh, *Councilman*

Deirdre Casper, *Tax Receiver*
Janet Donohue, *Town Clerk*
Peter Ripperger, *Highway Superintendent*
Marc Seedorf, *Town Justice*
Susan Simon, *Town Justice*

Please check the website for any updates -
www.lewisborogov.com

PARKS AND RECREATION ADVISORY COUNCIL

Ian Harris, *Chairperson* Barbara Granata
Neal Blum Meg Kaplan
Maryanne Brogan Joan Krellenstein
Peter Cipriano William Pink
Peter DeVittorio

Meets the last Thursday of each month at 7:30PM at the Lewisboro Parks and Recreation Office. Please check the website for any changes.

RECREATION STAFF

Dana M. Mayclim, *Superintendent of Parks & Recreation*
Laura A. Stone, *Senior Office Assistant*
Nicole Stone, *Recreation Leader*
Reed Pullem, *Recreation Assistant*
Pamela Veith, *Senior Adult Director/Senior Outreach*
Laurie Wiegand, *Senior Adult Bus Driver*

PARKS STAFF

Randy Price, *Parks Foreman*

DIRECTORY

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OFFICE INFORMATION

Office hours: 9:00AM - 5:00PM, Monday through Friday

Phone numbers:

Office 232-6162
Senior Adults 232-6167
Fax 232-6165
TTY (800) 662-1220

Email: parks@lewisborogov.com

Web address: www.lewisborogov.com

Facebook: Lewisboro Parks and Recreation Department

HOLIDAY CLOSURES:

December 26th – Christmas Day Observed
January 2nd – New Year’s Day Observed
January 16th – Martin Luther King Jr. Day
February 20th – President’s Day

REGISTRATION INFORMATION

Winter program registration begins on Wednesday, December 7th.

PARKS AND RECREATION NEWS/HAPPENINGS



The Parks and Recreation Department would like to thank Sarah Matschke for her 12 years of service on the Parks and Recreation Advisory Council. You will be missed.

Food donations from the Fall Fun Fest totaled 117 lbs which was donated to the Katonah Food Pantry. Thank you to all who contributed.

Here are winners for the Fall Fun Fest Contests:

- Giant pumpkin weighed 200.4 lbs. and the winner Violet Alterio guessed 200 lbs.
- Mixed candy in the box had 166 pieces and the winner was Ryan Wolff with a guess of 158.
- Jolly Rancher jar had 84 pieces and Ashley Barcroft guessed the correct amount.
- Sunkist Gem jar had 33 pieces and the winner was Eve Tambor with a guess of 32.
- Jelly Belly jar had 803 pieces and the winner was Ethan Siegel with a guess of 611.

FOR YOUR INFORMATION

REGISTRATION POLICY

Town of Lewisboro residents will receive a one week period within which to register for all programs prior to registration by School District residents. School District resident applications will be accepted at the time of Town resident applications; however, they will be numbered and processed in numerical order one week after Town Resident registration.

REGISTRATION

Registration for all programs, unless otherwise specified, is by **mail only** and must be on an official registration form. We cannot accept registrations by phone, email or fax. Incomplete registrations are subject to being returned to sender. We cannot be responsible for lost or misdirected mail. **Any walk in registrations will be processed with the day's mail if received prior to the mail arrival. If received after the day's mail has arrived, it will be processed with the following day's mail.**

PLEASE NOTE: The Department does not confirm registrations by mail. You will only be contacted if there is a problem or the program is cancelled.

ENROLLMENT

For most programs to be conducted, a minimum enrollment must be reached. In addition, there is usually a maximum enrollment based on the facility size and the instructor's requirements. Therefore, registration is always on a first come, first served basis. We encourage persons to register on time!

REFUNDS

The town has a no refund policy. However, a refund/credit will be considered only under the following conditions:

1. A full refund will be given if the program is cancelled by the Parks & Recreation Department prior to the program's start.
2. If a participant moves from Town, a full or pro-rated refund will be made based on the number of sessions the participant attended. Proof of re-location must be presented.
3. If a participant becomes ill or injured, a full or pro-rated refund will be made based on the number of sessions the participant attended. A doctor's medical note must accompany the request.

In addition to the above, a \$20.00 processing fee for all refunds/credits that are approved will be assessed, except for programs cancelled by the Parks & Recreation Department. All refund requests must be made in writing to the Superintendent of Parks & Recreation for consideration. Approved refunds will be paid by Town voucher.

RETURNED CHECKS

If a check is returned to the Parks & Recreation Department for any reason, a cash or money order payment of \$20.00 will be required in order to re-deposit your check and offset the expenses incurred by the Town.

INSURANCE

The Town of Lewisboro carries a Standard Liability Policy, which does not include accident coverage. Therefore, individuals who do not have their own accident coverage participate at their own risk.

AMERICANS WITH DISABILITIES ACT



The Lewisboro Parks and Recreation Department is committed to ensuring that individuals with disabilities are able to utilize and enjoy programs and activities to the fullest extent possible. When registering, please let us know if you or a family member has any special needs that we can accommodate (such as wheelchair access, hearing aids, braille printed matter, etc.).

PROGRAM UPDATES

We are proud to announce program updates are available on our website at www.lewisborogov.com under the Parks and Recreation Department page and on Facebook.

TOWN EMAIL ALERTS

Stay in the know! Sign up for the Town's email alerts and you will be advised weekly of agendas, Parks and Recreation program updates, important Lewisboro events and much, much more! To sign up, visit our website at www.lewisborogov.com and go to "subscribe now" located in the bottom right hand corner of our home page or call the Town Clerk's office at 763-3511.



FIND A MISTAKE?

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.



COMMUNITY / SPECIAL EVENTS

ICE SKATING

Ice skating is available at the Lewisboro Town Park Pond when ice conditions are deemed safe. A green flag will be flown on the flag pole inside the pool area when skating is allowed. A red flag indicates unsafe skating conditions. In addition, signs are posted at the entrance to Town Park indicating whether there is skating or not. You may also check our website for ice conditions and Facebook. The Town Park Pond offers lights, donated by the Lewisboro Lions Club, for night time skating. As with all other programs and activities sponsored by the Town, individuals who do not have their own accident coverage participate at their own risk.



LEWISBORO "FIRST DAY" CELEBRATION

Come join us as we kick off the New Year with several mini activities in and around town.

8:30AM – 9:30AM – **Wolf Conservation Center** – Start the New Year with hot beverages and celebratory howls from the 20 wolves that call the center home. RSVP to visit@nywolf.org as space is limited.

9:00AM – 10:00AM – **Yoga** with Kripalu instructors Bobbe Stultz and Joanne Hickey.

11:00AM – 12:00PM – **Lewisboro Land Trust** - Hike at Leon Levy Preserve followed by cider.

12:00PM – 1:30PM – **Lewisboro Garden Club** – this will be a family event making bird feeders – fun for all ages.

12:00PM – 3:00PM – **Lewisboro Lions Club** will be hosting free refreshments at Onatru Farm House.

12:00PM – 4:00PM – **Onatru Arts Alive** show.

1:00PM – 3:30PM – Special 1st Day Brunch at Horse & Hound (\$15/person). Please make your reservations at parks@lewisborogov.com

2:00PM – 3:00PM – **Animal Embassy** at Onatru Farm House. An interactive education presentation. Meet live Animal Ambassadors from around the globe.

Please check our website for additional information and added events.



LOVE LIVING IN LEWISBORO AND WANT TO KNOW MORE?

Maureen Koehl, *Historian*

Are you a new resident or a seasoned veteran living in Lewisboro for twenty plus years . . . but want to learn more about the community that you call home? Please join us as we take you from the start of how Lewisboro was founded to the famous families, stars and legends that have lived here too as well as crimes that have taken place to what makes Lewisboro so great today and everything in between. Do you every wonder how many cemeteries there are in town? Or how Onatru Farm Park became the gem of the Parks and Recreation Department? Or did you know Vice President Henry Wallace settled in South Salem? Have questions about our lovely town – submit them to us beforehand at parks@lewisborogov.com or bring them! We will do our best to answer them.

FOR: Town of Lewisboro and School District Residents, ages 10 and older

WHEN: Sunday, February 26th

WHERE: Onatru Farm House – 1st Floor

TIME: 2:00PM - 3:30PM

FEE: Free

NOTE: There will be light refreshments served – please feel free to bring your own snacks too!

COMMUNITY YARD SALE

Turn your “trash” into someone’s “treasures” at Onatru’s Community Sale. Items can be cast off clothing, house hold items, furniture, toys, sports equipment, books, appliances, and more. The fee for vendors will be \$30.00 for two parking spaces - one to park your car and one to show off your wares. You must provide your own tables, displays and chairs. There will be no electrical outlets available. Individuals and families only-no professional vendors. For info or to enroll, please email Dana at DMayclim@lewisborogov.com. Limited spaces for vendors.

FOR: Town and/or School District Residents

WHERE: Onatru Farm Park, 99 Elmwood Road, South Salem, NY

WHEN: Saturday, April 22nd, 2017

RAIN DATE: Sunday, April 23rd, 2017

TIME: 10:00AM - 3:00PM

FEE: \$30.00 for two parking spots

ACTIVITY#: 220901-F1

NOTE: Admission and parking is free for shoppers.



COOPERATING AGENCIES

BASEBALL

The Lewisboro Baseball Association provides In-Town and Travel baseball league play for boys and girls ages 6-16. Registration for the spring season will open in January. Opening day festivities are scheduled for the end of April. For further information, please go to the website at www.lewisborobaseball.org or contact the LBA at Info@LewisboroBaseball.org.



JOHN JAY YOUTH SOFTBALL

The Lewisboro Baseball Association Thunder Softball Program: Athletes interested in playing tournament softball for the Spring/Summer under the guidance of the entire JJHS SB Staff please contact thundersoftballprogram@gmail.com. Teams will compete at 12U, 14U and 18U levels in USSSA Tournaments.

JOHN JAY FUTBOL CLUB

The John Jay Futbol Club runs soccer programs in both the fall and spring. The in-town program is available for all children ages 3-8th grade, while the travel program is available for children in grades 2-12. There is also a co-ed league for adults over 30. For more information, please contact the soccer club by visiting their website at www.johnjayfc.com.

NORTH EAST WESTCHESTER SPECIAL RECREATION

North East Westchester Special Recreation, an agency supported and sponsored by the Town of Lewisboro is available to children and adults with developmental disabilities from our community. North East programs offer a variety of year-round recreational activities for all ability levels, designed with the specific support needed for participant success in this environment. Programs are highly structured, staffed and closely supervised. Program goals may focus on teaching skills, fostering fun and friendships or teaching and correcting social or behavioral deficiencies. For more information, call their office at 347-4409 or visit their website at www.northeastsspecialrec.org.

LEWISBORO HORSEMEN'S ASSOCIATION

Founded in 1990, the LHA maintains over 25 miles of riding trails that run throughout Lewisboro across private, public and land trust properties and adjoin the North Salem Bridle Trails Association to the north and run south through the Lewisboro Town Park to Ward Pound Ridge Reservation and the Bedford Riding Lanes Association's trails.

The organization holds events throughout the year, including Spring Poker Run, family barbecues in the summer, trail cleanup days, horsemanship clinics and its annual holiday party.

The Lewisboro Horsemen's Association can be found on Facebook or on the web at www.lhatrails.org.

Contact persons: Jane Brady 977-3350
Liza Fraser Travalino 763-5402

LACROSSE - SPRING 2017

Visit www.jjyl.org for information on our Spring programs for boys and girls in grades K-8, including our no-risk equipment loaner program for grades K-4. Spring registration begins on January 1st, 2017. Like us on Facebook – fb.me/johnjayyouthlacrosse.

LEWISBORO LAND TRUST

February 19th (Sun) 1:00PM: Mid Winter Snowshoe/Hike at the Baxter Road Racetrack which is part of North Salem's Open Land Foundation. Led by Bonnie Robins.

March 11th (Sat) 1:00PM: Maple Sugaring in Lewisboro – join us as we walk the Brownell Preserve in Goldens Brige and learn about the local maple sugaring process. Led by Crown Maple staff and Mike Surdej.

March 25th (Sat) 10:30AM: Late Winter Wonderland Nature Walk – discover birds and other animals that inhabit our winter world. Meet at Old Field Preserve off Mead Street, Waccabuc. Led by Jim Nordgren.

April 14th (Sat) 10:30AM: Old Goldens Bridge Walk for Seniors – slow paced, easy walk with a stroll through the charming hamlet of Old Goldens Bridge. A reception will follow at the Katonah Art Center. Led by Bobbe Stultz.

April 21st (Sat) 10:30AM: Earth Day Hike – celebrate Earth Day with a hike in the woods as we look for spring wildflowers and vernal pools. Meet at Trailside Museum in the Ward Pound Ridge Reservation. Led by Peggy Nordgren.

April 21st (Sat) 1:00PM: Kids Vernal Pool Exploration – visit these woodland pools with dip nets and discover the creatures within. Meet at Trailside Museum in the Ward Pound Ridge Reservation.

For more information, please contact us at: events@lewisborolandtrust.org.

SCOUTING

Is your son or daughter interested in scouting? There are many scout organizations within our community. Typically, scouting starts at the beginning of the school year and runs into the spring. Please visit the website below to find the appropriate scouting organization for your child – www.jjscouts.yolasite.com.



COOPERATING AGENCIES

LEWISBORO GARDEN CLUB

The Lewisboro Garden Club has been an integral part of our community for 45 years, beautifying public grounds and conserving the natural flora.

Most programs and activities are open to residents of all ages and levels of gardening experience. We are always looking for new members.



If you are thinking about becoming a new member or would like to join, the garden club hosts guest speakers and workshops most months. All are welcome.

Help us welcome spring on Thursday, March 2nd at Cyrus Russell Community House for the annual Welcome Back Dinner. Members will each bring a dish to share. Non-members are welcome to join us for the lecture at 7:30PM following the dinner.

Other events and lectures are always being added. Please check our website at www.lewisborogardenclub.org or our facebook pages for updates.

For more information contact Club President Aimee Davidson-Locke at (203)803-6049, Rose Bonanno at (914)763-3881 or email lewisborogardenclub@outlook.com.

NEW YEAR'S STORMWATER RESOLUTIONS FOR 2017 FROM THE LEWISBORO STORMWATER COMMITTEE

Make this earth a better place. You can help prevent phosphorus and contaminants from entering our lakes, streams, wetlands, and drinking water. Phosphorus is the nutrient most often responsible for excessive quantities of algae and aquatic plants in our freshwater. Stop polluted runoff in its tracks by taking as many of these actions as you can.

- I will **not** use or allow the use of fertilizer containing phosphorous since it is against the law.
- I will pick up after my pets and dispose of their waste in the trash.
- I will protect my septic system from future maintenance by spacing out my water use, not overloading the system and not putting chemicals or grease down the sink.
- I will pump my septic system and keep a copy of the report.
- I will not create any impervious surfaces this year.
- I will cover bare soil with grass seed or mulch to prevent erosion.
- I will plant native plants which need less water and fertilizer to thrive.
- I will check my car for oil and antifreeze leaks and have any leaks fixed.

UPCOMING EVENTS/PROGRAMS/INFORMATION

SPRING/SUMMER BROCHURE

The 2017 Lewisboro Parks and Recreation Department's Spring/Summer Brochure is scheduled to be mailed to all residents in early March 2017. Please look for it in your mailbox!

SUMMER JOBS AVAILABLE

Summer will be here before you know it! The Lewisboro Parks and Recreation Department will need staff for the pool and day camps. If you are interested in being a lifeguard, gate attendant or part of the camp staff, please call the Recreation Office at 232-6162 so we can send you an application and job description or visit our website at www.lewisborogov.com to download it. All applicants must be 15 years old (CIT) or older before the start of the camp season and 16 years or older before the start of the pool season. Applications for all positions will be taken starting in February 2017.

DAY CAMPS

Camp is tentatively scheduled to start on Monday, June 26th, 2017 and run through Friday, August 4th, 2017 for all camps except Little Explorers which will start on Tuesday, June 27th. No camp on Tuesday, July 4th.

LITTLE EXPLORERS will be held at Meadow Pond Elementary School for pre-schoolers and early elementary school aged children. We look forward to making the 2017 season even better with new entertainers, activities and special events.

MAIN EVENT CAMP will be held at Lewisboro Town Park for early elementary to late elementary school aged children. Every year we try and make Main Event even better. With new events, staff, ideas and trips, the 2017 season should be even more memorable for your camper.



MARK YOUR CALENDARS: Day Camp registration is scheduled for **Saturday, April 29th** at the John Jay High School cafeteria from 9:00AM – 12:00PM.

For more detailed information on our camps, please look in our Spring/Summer brochure due out in March.

TEEN TREKS 2017 – We will continue to serve the future 7th through 9th graders. Each year we strive to make teen treks better which includes making the registration process easier and friendlier for all potential campers.

UPCOMING EVENTS/PROGRAMS/INFORMATION

Registration for all Town and School District residents will take place on **Saturday, February 4th, 2017** at the John Jay Middle School Library from 10:00AM – 12:00PM.

Non-residents may register on Monday, February 13th.

Two buses will run five days a week and one bus will run three days a week (Tuesday – Thursday). The 5 day a week camp will go on trips to local facilities (bowling, ice skating, arcades, etc.) on Mondays and Fridays and on Tuesdays through Thursdays they will join the other bus on the more traditional trips (amusement parks, tours, baseball games). We will be returning to Hershey Park for another overnight. The tentative dates for that trip are Wednesday, July 19th (3 day bus) and Wednesday, July 26th, 2017 (5 day buses) pending hotel availability.

Prices for the 2017 Camp Season will be:

Teen Treks 3 Day:

\$1,150.00 – Residents

\$1,450.00 – School District and non-residents

Teen Treks 5 Day:

\$1,400.00 – Residents

\$1,700.00 - School District and non-residents

More information will be available in the middle of January

at the Recreation Office. Please call 232-6162 for a packet of information or email Parks@lewisborogov.com.

FIREWORKS SPECTACULAR

Mark your calendar! The Town Board is pleased to announce that the Town of Lewisboro will again be hosting the 18th Annual Fireworks Spectacular! The spectacular will take place on Saturday, June 24th at Onatru Farm Park. Details will be available in the 2017 Spring/Summer Brochure.



After another successful sponsorship campaign for the Fireworks, we are going to try and increase our efforts. If you, your family and/or your business are interested in donating towards the Fireworks please feel free to contact Dana Mayclim at the Recreation Department at (914)232-6162 or DMayclim@lewisborogov.com.

UPCOMING EVENTS

The annual Egg Hunt is slated for **Thursday, April 13th** at Onatru Farm Park at 11:00AM sharp with a rain location TBA. More information on this event will be out in the Spring/Summer Brochure which is due out in the beginning of March.

TODDLER / PRE-SCHOOL ACTIVITIES

PROGRAM NOTES:

1. A copy of the child's birth certificate (for toddler and pre-school programs) is required at the time of registration if not on file.
2. The child must be the appropriate age by the **start** of the program.
3. Due to the nature of these programs, siblings can not attend.

BUSY BAKERS

Nicole Stone, Instructor

A program that will combine learning the fundamentals of cooking with the fun of preparing delicious treats. Recipes will be available to take home. Stories and crafts will help pass the time as the goodies bake.



FOR: 3-5 year olds
WHERE: Cyrus Russell Community House
WHEN: Mondays, 8 weeks, Jan. 9th – March 13th
(no class 1/16 and 2/20)
TIME: 1:30PM – 2:30PM
FEE: \$104.00
ACTIVITY #: 110301-B1
NOTE: Parent or guardian does not need to be present.

KIDZART DISCOVER

Kidzart, Instructor

This program is designed for the emerging artist. Artists in this class will discover new ways of creating art using a variety of professional, artist quality mediums and surfaces. Lines and shapes begin to take form as artists develop their skills and build their language of art. Let's escape the cold and get dreaming and drawing!

FOR: 3-4 year olds
WHERE: Cyrus Russell Community House
WHEN: Wednesdays, 8 weeks, Jan. 11th – March 1st
TIME: 1:30PM - 2:30PM
FEE: \$174.00
ACTIVITY #: 110202-E1
NOTE: Parent or guardian does need to be present.



LEWISBORO LIBRARY

The Lewisboro Library is located at 15 Main Street in South Salem. The Library offers weekly story hours for infants and preschoolers and a Lego Club for grades K-5, in addition to special events for all ages. For up-to-date information, please call 875-9004, visit the Library website www.lewisborolib.org or follow us on Facebook or Twitter.

YOUTH ACTIVITIES

GROWING GOURMETS

Nicole Stone, *Instructor*

Children love to cook “hands on.” These recipes will let children have fun cooking while preparing delicious treats. Children will also learn about measurements and quantity.



FOR: Boys and Girls, grades K-5
WHERE: Cyrus Russell Community House
WHEN: Thursdays, 8 weeks, Jan. 12th – March 2nd
TIME: 4:30PM - 6:00PM
FEE: \$125.00
ACTIVITY #: 110302-B2

VALENTINE'S DAY EVENT

Nicole Stone, *Instructor*

Bring home a delicious baked goodie that you will make to share with your valentine.



FOR: Boys and girls, grade K-5
WHEN: Saturday, February 11th
WHERE: Cyrus Russell Community House
TIME: 1:00PM - 3:00PM
FEE: \$20.00
ACTIVITY #: 110901-F1

KIDZART AFTERSCHOOL

Kidzart, *Instructor*

Join us this Winter as our artists are introduced to elements of drawing while using a variety of mediums. Whether creating a penguin with pastels, or drawing our way into the warmth of the Caribbean our emerging artists will gain confidence and the “know how” of approaching any piece of art. Our patented drawing technique will enhance any artist’s skill! If you can dream you can draw!



FOR: Boys and Girls, Grades K-5
WHERE: Cyrus Russell Community House
WHEN: Wednesdays, 8 weeks, Jan. 11th – March 1st
TIME: 4:30PM - 5:30PM
FEE: \$135.00
ACTIVITY #: 110202-D1

WINTER ACTING WORKSHOP

Pamela Stewart, *Instructor*

A fun and creative exploration of the exciting world of acting. Classes focus on collaboration through theatre games and improvisations while encouraging confidence, self-expression and imagination. Children will learn the fundamental building blocks of acting from a professional actress with over 25 years of experience in film, television and theatre.



FOR: Boys and girls, grades 2-5
WHERE: JJHS Cafeteria
WHEN: Tuesdays, 8 weeks, January 17th – March 7th
TIME: 4:00PM - 5:30PM
FEE: \$160.00
ACTIVITY #: 112701-A1

MECHANICAL ENGINEERING: ENGINEERING OLYMPIADS Engineering for Kids



In this class, children will compete in various tests of mental and creative strength. As students explore the fields of mechanical engineering, marine engineering, electrical engineering and civil engineering, they will participate in various challenges to strengthen their minds.

FOR: Boys and girls, grades 3-5
WHERE: Cyrus Russell Community House
WHEN: Tuesdays, 8 weeks, Jan. 10th – Feb. 28th
TIME: 4:30PM – 5:30PM
FEE: \$160.00
ACTIVITY #: 112601-A1

JR. ENGINEERING:

PIRATE ENGINEERS – Engineering for Kids

Being a pirate involves more than just swabbing and digging for buried treasure. Pirates have to engineer ways to build their ship, load it up and sail around the world. Sometimes buried treasure isn’t found on an island but in a dark cavern far below the ocean’s surface. In this class, children explore industrial and marine engineering as they design their own boat and sails and devise ways to dive deep in the ocean to retrieve buried treasure.

FOR: Boys and girls, PreK - grade 2
WHERE: Cyrus Russell Community House
WHEN: Fridays, 8 weeks, Jan. 13th – March 3rd
TIME: 4:30PM – 5:30PM
FEE: \$160.00
ACTIVITY #: 112401-A1



BABYSITTING SKILLS COURSE

Dana Mayclim, *Instructor*

Students will become fully prepared to babysit. Instruction includes responsibilities of the sitter, handling emergencies, simple first aid, feeding, diapering, bedtime and playing. All youngsters will receive a certificate of completion. This program is also suitable for children who may not be quite ready to babysit, but want to be left alone. Please bring a pencil, baby sized doll and snack/dinner/beverages to class.

YOUTH ACTIVITIES

FOR: Boys and girls, ages 11-14
WHERE: Onatru Farm House
TIME: 5:00PM – 9:00PM
FEE: \$100.00
NOTE: You must be present for every session in order to become certified.

CLASS 1

WHEN: Wednesday, Feb. 1st and Thursday, Feb. 2nd
ACTIVITY #: 110801-E1

CLASS 2

WHEN: Wednesdays, Feb. 15th and Feb. 22nd
ACTIVITY #: 110801-E2

INTRO TO YOUTH LACROSSE

JJYL, *Instructors*



This program will introduce boys and girls to the sport of lacrosse. Instruction will focus on the skills and fundamentals of lacrosse including passing, catching, cradling, dodging and shooting. Space is limited to enhance individualized learning.

FOR: Boys and girls, grades 1 and 2
TIME: 5:00PM – 6:00PM
FEE: \$120.00
NOTE: Bring your own lacrosse stick – no other equipment is needed.

CLASS 1

WHERE: Meadow Pond Elementary Gym
WHEN: Wednesdays, 8 sessions,
Jan. 11th – March 1st

ACTIVITY #: 110702-D1

CLASS 2

WHERE: Increase Miller Elementary School
WHEN: Fridays, 8 sessions, Jan. 13th – March 3rd
ACTIVITY #: 110702-D2

MINI-BASKETBALL

Michael Yurus, *Instructor*

Children will be instructed in the basic fundamentals and skills of basketball including dribbling, shooting, passing and the basic rules of the game. One hour class sessions will be held between 9:00AM - 2:15PM. Participants will be placed into



sessions by Recreation Department staff and notified prior to the start of the program as to which class they are in.

FOR: Boys and Girls, grades 1 and 2
WHERE: JJMS Old Gym
WHEN: Saturdays, 8 weeks, Jan. 7th – Feb. 25th
MAKEUP: March 4th
FEE: \$150.00 (Includes a basketball and tee shirt)
ACTIVITY #: 411002-A1

KINDERGARTEN BASKETBALL

Tom Eichner, *Instructor*



This is an instructional program for boys and girls in kindergarten. The focus will be on fundamentals and skills of basketball such as dribbling, shooting and passing.

FOR: Boys and girls in Kindergarten
WHERE: Increase Miller Elementary School
WHEN: Saturday, 8 weeks, Jan. 7th – Feb. 25th
MAKEUP: March 4th
FEE: \$125.00 (includes a basketball and tee shirt)

CLASS 1

TIME: 8:30AM – 9:15AM
ACTIVITY #: 411004-A1

RISING STARS BASKETBALL

Thomas Tobin, *Instructor*

This is an instructional program for boys and girls interested in a non-competitive sports environment where fundamentals and skills of basketball such as dribbling, shooting and passing are explored in an inclusive, controlled setting. It is also a great opportunity for siblings to play together.

FOR: Boys and girls, Grades K-8
WHERE: Increase Miller Elementary School
WHEN: Saturdays, 8 weeks, January 7th – Feb. 25th
MAKEUP: March 4th
TIME: 2:00PM – 3:30PM
FEE: \$75.00
ACTIVITY #: 111003-A1



YOUTH ACTIVITIES

BINGO BASH

Reed Pullem, *Supervisor*

Grab some friends and head to this great program where you can eat, socialize and win fabulous prizes. To stir it up, we will play bingo in a variety of ways. Food will be served followed by an exhilarating evening of bingo. Grades 2&3 will have pizza and grades 4&5 will make ice cream sundaes.



FOR: Boys and Girls, grades 2-5
WHERE: Cyrus Russell Community House
FEE: \$20.00/Bash
NOTE: You must pre-register for this program. There will be no on site registration. Only individuals eligible to participate are those who have registered for the Bash. Parents or siblings **may not** participate.

SESSION I

WHEN: Friday, March 10th
TIME: Bash I - Grades 2&3 6:00PM – 7:30PM
Bash II – Grades 4&5 8:00PM – 9:30PM
ACTIVITY #: Grades 2&3: **111201-E1**
Grades 4&5: **111201-E2**

SESSION II

WHEN: Friday, April 21st
TIME: Bash III – Grades 2&3 6:00PM - 7:30PM
Bash IV - Grades 4&5 8:00PM – 9:30PM
ACTIVITY #: Grades 2&3: **111202-E1**
Grades 4&5: **111202-E2**

SNOW ACTIVITIES AND WINTER BREAK TRIPS

WEE SKI LEWISBORO

We are re-advertising our popular program once again to make sure you didn't miss it in the fall brochure.

Elementary School Program – Nicole Stone, Supervisor

FOR: Boys and girls, grades 4&5
WHERE: Thunder Ridge Ski Area
WHEN: Tuesdays, Jan. 3, 10, 17, 24, 31
(makeup date – 2/7)
TIME: 4:30PM – 9:30PM
ACTIVITY #: **411103-A1**
FEE: \$400.00

High School Program – Reed Pullem, Supervisor

FOR: Boys and girls, grades 9-12
WHERE: Catamount Ski Area
WHEN: Fridays, Jan. 6, 13, 20, 27 and Feb. 3
(makeup date – 2/10)
TIME: 3:15PM – 11:00PM
ACTIVITY #: **411103-A3**
FEE: \$450.00

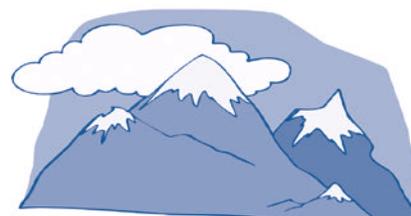


MOUNTAIN CREEK RESORT

Nicole Stone, *Supervisor*

The kids are off from school with nothing to do? Why not join us for a day trip? We will enjoy snow tubing and the alpine mountain coaster.

FOR: Boys and Girls, gr. 3-8
WHERE: Leave and return - Lewisboro Town Park
WHEN: Monday, February 20th
TIME: 9:00AM - 5:00PM
FEE: \$60.00
ACTIVITY #: **115001-A1**
NOTE: Lunch is included in the day and all participants attending must be 42" tall. Must have a helmet.



ADULT ACTIVITIES

YOGA

Tricia Keane, *Instructor*

Yoga has been revered for thousands of years for its many positive effects on the mind and body. A yoga practice benefits every system in the body, resulting in greater strength and flexibility. Yoga is also an excellent antidote to stress and anxiety. You will truly learn to **RELAX!** Class consists of gentle poses designed to stretch your body and release tension, followed by a period of relaxation. This class is appropriate for beginner through intermediate levels. (Please discuss any medical conditions with your doctor before beginning this or any other exercise program. It is also important to inform your instructor).



FOR: Adults, 18 years of age and older
WHERE: Onatru Farm House – Yoga Studio
FEE: \$150.00
NOTE: Participants must supply a yoga mat.

CLASS 1

WHEN: Fridays, 8 weeks,
January 13th – March 10th
(no class 2/17)
TIME: 10:15AM – 11:45AM
ACTIVITY #: 120101-E1

CLASS 2

WHEN: Thursdays, 8 weeks,
January 19th – March 9th
TIME: 10:30AM – 12:00PM
ACTIVITY #: 120101-A1

YOGA/CORE STRENGTHENING

Tricia Keane, *Instructor*

This class provides the benefits of both yoga and pilates. Our yoga poses will lengthen the body and relax the mind. The core work will help to flatten your tummy and tone your hips and thighs. You will learn to use your core strength as you move through your daily life.



FOR: Adults, 18 years of age and older
WHERE: Onatru Farm House – Yoga Studio
WHEN: Fridays, January 13th – March 10th
(No class 2/17)
TIME: 12:00PM – 1:30PM
FEE: \$150.00
ACTIVITY #: 120102-E1

RELAXING EVENING YOGA

Tricia Keane, *Instructor*

Join us for an evening Yoga practice designed to release tension and tightness in the body, and prepare you for rest. This gentle class will feature supported restorative poses, as well as traditional asana and an introduction to meditation. You will leave refreshed and ready for a good night's sleep! All levels are welcome.



FOR: Adults, 18 years of age and older
WHERE: Onatru Farm House – Yoga Studio
WHEN: Thursdays, 8 weeks, Jan. 19th – March 9th
TIME: 7:00PM - 8:00PM
FEE: \$120.00
ACTIVITY #: 120305-D1
NOTE: Please discuss any medical conditions with your doctor before beginning this or any other exercise program, and share any concerns with your instructor before beginning your practice. You must be able to easily transition unassisted from the floor to a standing position in order to participate.

DANCEFIT

Marisa Cioffi, *Instructor*

This exercise class is for teens and adults. Dancefit is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. DanceFit combines Zumba, Pop, Hip Hop, 70's, 80's and 90's. You will have so much fun you won't realize you're burning 400-600 calories in this hour long class. No dance experience needed. Moves are simple and easy to follow. All fitness levels welcome.

FOR: 13 years of age and older
WHERE: John Jay Middle School
WHEN: Tuesdays, 8 weeks, Jan. 17th – March 7th
TIME: 7:00PM - 8:00PM
FEE: \$120.00 – residents/\$150.00 - non-residents
\$15.00 – Drop in fee
ACTIVITY #: 120303-B1
NOTE: Wear comfortable clothing and sneakers, bring a towel and water bottle.



ADULT ACTIVITIES

POWER PILATES

Laurie Scinicariello, Instructor

Power Pilates is a classical systematic approach to Pilates designed to stretch and strengthen muscle without adding bulk. Pilates strengthens and tones your core while also creating lean muscles in your arms and legs. It will build flexibility, increase your energy level and improve your posture all leading to enhanced physical well being. This class is suitable for any level.

FOR: Adults, 18 years of age and older
WHERE: Onatru Farm House Studio
WHEN: Tuesdays, 8 weeks, Jan. 10th – Feb. 28th
FEE: \$150.00
NOTE: Participants must supply their own yoga mat.

CLASS 1

TIME: 8:00AM – 9:00AM
ACTIVITY #: 120307-B1

CLASS 2

TIME: 9:30AM – 10:30AM
ACTIVITY #: 120307-B2



BASKETBALL FOR MEN

This is an opportunity to have fun and gain physical fitness. Monday nights we will have the open gym concept and Wednesday nights we will have the league effect with groups of 4 being formed on site. Sneakers are required.



FOR: Adults, 18 years and older
WHERE: JJMS gym
TIME: 8:00PM – 10:00PM
FEE: \$55.00 – residents/\$80.00 – non residents
\$8.00/night drop in fee

CLASS 1

WHEN: Mondays, 8 weeks, January 9th – March 13th
(no class 1/16 and 2/20)

ACTIVITY #: 120302-A1

CLASS 2

WHEN: Wednesdays, 8 weeks,
January 11th – March 1st

ACTIVITY #: 120302-C1

BODY BACK

Kristen Riolo, Instructor

Do you want your body back? This is a result by “Mama Wants Her Body Back” video series, it offers high intensity, interval workouts along with before and after fitness assessments, coaching and support so that you will see weight loss, increased strength and energy.



FOR: Adults, 18 years and older
WHERE: Cyrus Russell Community House
WHEN: Tuesdays and Saturdays, 8 weeks,
Jan. 3rd – March 18th
TIME: Tuesdays 5:45AM – 6:45AM
Saturdays 6:30AM – 7:30AM
FEE: \$230.00 pack of 10 to be used within 3 months
\$150.00/month for unlimited Body Back
\$25.00/class drop in fee
SIGN-UP: Email Kriolo@fit4mom.com or phone
(914)977-3038

LEWISBORO SENIOR ADULTS

PAM VEITH, SENIOR ADULT DIRECTOR/OUTREACH

FOR MORE INFORMATION ON TRIPS OR THE SENIOR ADULT PROGRAM,
PLEASE CALL 232-6162 OR 232-6167 OR EMAIL seniors@lewisborogov.com

The Lewisboro Senior Adult Program has much to offer those aged 50 and older.

Our program will continue to offer a weekly meeting, senior adult newsletter and a bus trip one day a week on our handicapped accessible bus.



We invite you to read on and encourage you to participate in our program offerings.

OUTREACH PROGRAM

Our responsibility is to reach out to the growing number of homebound senior adults in Lewisboro. Through this program, access to needed information and referral services are available. If you or someone you know is in need of services such as home delivered meals, heating assistance, Medicare/Medicaid information, to name a few, please contact us.



Transportation to and from medical appointments can be arranged Monday – Friday. Hours for this transportation must be within office hours and are subject to availability. To make arrangements for transportation, please call our office.

Medical equipment is available for loan including a hospital bed, wheelchairs, walkers, canes, bedrails, shower chairs and a motorized wheel chair.

The “**Are You Okay?**” telephone reassurance system is available to all our seniors. Daily telephone calls to each participant are made to ensure an individual is safe and well. Confidentiality is always guaranteed.

The “**File of Life**” is available through the Senior Adult Program and the Outreach Program. It is an informational tool to provide assistance during a medical crisis. Everyone should have one. The large info file attaches to the refrigerator and the small info file belongs in your wallet at all times. There is a sticker for your door to alert emergency services to the File of Life.

VOLUNTEERS NEEDED!

If you might be interested in volunteering to assist in the Senior Program please call Pam Veith.



BUS TRANSPORTATION

Led by our very dedicated bus driver/chaperone, Laurie Wiegand, the Town of Lewisboro offers bus transportation twice a week with door to door pick up service: one day will be for

grocery shopping and Wednesdays will be the senior adult meeting. Please call the office at least one day in advance to make a reservation on the bus or to get a schedule of shopping days.



MEETINGS

Weekly meetings are held on Wednesdays at the South Salem Fire House on Route 35 in South Salem. The South Salem Fire Department has graciously extended an invitation to our Seniors on a temporary basis to use their large meeting area for our programs.

Our program offers much variety such as Medicare updates, guest speakers, holiday parties, birthday celebrations, casual gatherings of new and old friends, cards, bridge games, reminiscing and fun. “Over the Hill Players and Singers” perform shows for the group during the year. The “Senior Stompers” jug band also provides entertainment. A book group is held the 3rd Wednesday of every month with Cindy Rubino from the Lewisboro Library. All are welcome.

The Firehouse is open from 10:00AM to 3:00PM every Wednesday. Please join us!

BLOOD PRESSURE

Blood pressure and sugar screening will be done for those interested the first Wednesday of each month beginning at 11:30AM by a visiting nurse at the South Salem Firehouse. Please refer to the Senior Adult Newsletter for the monthly schedule of dates.



NEWSLETTER

The Senior Adult Newsletter is emailed, printed and mailed out each month highlighting the month’s activities and keeps you up to date on upcoming events and trips. To receive your monthly copy of the newsletter, simply phone the Recreation Office to get your name added to the mailing list.



UPCOMING TRIPS AND EVENTS

A listing of 2017 events and upcoming trips will be available in the Spring/Summer Brochure. With the winter months upon us, program cancellation announcements will be made by phoning the Recreation Office or on our website.

PROGRAM REGISTRATION BEGINS ON WEDNESDAY, DECEMBER 7TH

ACTIVITY REGISTRATION FORM

(PLEASE PRINT AND FILL OUT COMPLETELY.)

Adult Name _____

Mailing Address _____ City _____ Zip _____

Telephone (Day) _____ (Evening) _____

Emergency Name _____ Telephone _____

Elementary School Area (Check one): Increase Miller Meadow Pond Katonah

RESIDENT STATUS: Town of Lewisboro Resident

(Check one) Katonah/Lewisboro School District Email _____

PARTICIPANT NAME Last	First	SEX	AGE	D.O.B.	ACTIVITY NUMBER	ACTIVITY NAME	Grade	FEES

Form of Payment: CASH CHECK **NO REFUND POLICY** **TOTAL FEES: \$** _____

Make checks or money orders payable to **Town of Lewisboro**

Allergies/medical conditions _____

By Mail:

Town of Lewisboro
Parks And Recreation Dept.
99 Elmwood Road
South Salem, NY 10590

GENERAL RELEASE: The undersigned hereby releases the Town of Lewisboro, its Town Board, Parks and Recreation Department, employees and volunteers thereof, of any responsibility should an accident or injury occur to the afore named participant as a result of participation in the aforementioned program sponsored by the Lewisboro Parks and Recreation Department.

Parent/Guardian
Signature _____ Date _____

ACTIVITY REGISTRATION FORM

(PLEASE PRINT AND FILL OUT COMPLETELY.)

Adult Name _____

Mailing Address _____ City _____ Zip _____

Telephone (Day) _____ (Evening) _____

Emergency Name _____ Telephone _____

Elementary School Area (Check one): Increase Miller Meadow Pond Katonah

RESIDENT STATUS: Town of Lewisboro Resident

(Check one) Katonah/Lewisboro School District Email _____

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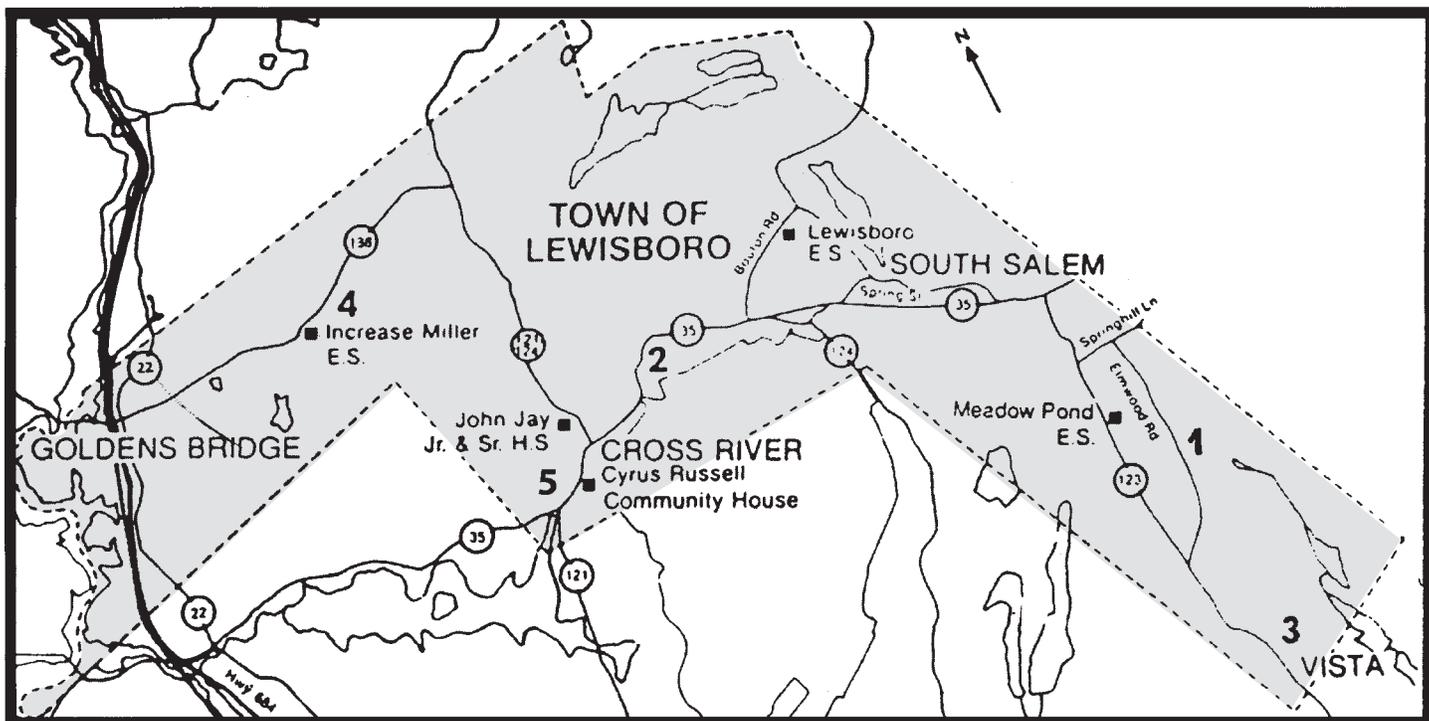
By Mail:

Town of Lewisboro
Parks And Recreation Dept.
99 Elmwood Road
South Salem, NY 10590

GENERAL RELEASE: The undersigned hereby releases the Town of Lewisboro, its Town Board, Parks and Recreation Department, employees and volunteers thereof, of any responsibility should an accident or injury occur to the afore named participant as a result of participation in the aforementioned program sponsored by the Lewisboro Parks and Recreation Department.

Parent/Guardian
Signature _____ Date _____

FACILITIES



1. RECREATION OFFICE/ONATRU FARM PARK

Parks & Recreation Department
99 Elmwood Road, South Salem
(914) 232-6162

Four multi-purpose fields for football, soccer, softball, field hockey, lacrosse, playground equipment, four soft surface tennis courts, hiking trails, restroom facilities and picnic pavillion.

* Restrooms are not available November-March

2. TOWN PARK

Route 35, South Salem
Ballfield, swimming pool complex, four all weather tennis courts, two basketball courts, two sand volleyball courts, playground equipment, picnic pavillion, pond for fishing and hiking trails.

NOTE: Basketball and volleyball courts have lights for night time use.

3. VISTA FIELD

Route 123, South Salem
Ballfield and toddler playground equipment.

4. FOX VALLEY PARK

Route 138 & Indian Hill Road, Goldens Bridge
Four all-weather tennis courts, two multipurpose fields for baseball, football, soccer and softball, fitness trail, hiking trails, restroom facilities, picnic pavillion.

* Restrooms are not available November-March

5. NEIL VREELAND MEMORIAL PLATFORM TENNIS COURTS

John Jay High School, Route 121/124, Cross River
Three platform tennis courts. Lights for night time use.



**TOWN OF LEWISBORO
DEPARTMENT OF PARKS & RECREATION**

99 Elmwood Road
South Salem, NY 10590
(914) 232-6162

Presorted
Standard Mail
U.S. Postage
PAID
White Plains, NY
Permit No. 9001

POSTAL CUSTOMER

HOURS:

Monday – Friday
9:00 a.m. – 5:00 p.m.

PROGRAM REGISTRATION BEGINS
WEDNESDAY, DEC 7TH

**Pump out your septic system!
It's a good idea to maintain your septic
system and now it is the law.**

To protect the quality of the area's drinking water, Westchester County and Lewisboro instituted a septic system inspection requirement in 2011. It requires that each septic system be pumped at least once during every 5 year period.

**Failure to pump within any 5 year period
beginning in May 2011, may result in
significant fines – starting at \$200 and
multiplying rapidly!**

Beat the rush! Have your septic system pumped out this season by an authorized Westchester County septic hauler.

**Keep your copy of the septic system
inspection report. Bureaucracies are not
perfect and the report is the only proof
that you have that you obeyed the law!**

TELEPHONE RESOURCE

POLICE, FIRE, AMBULANCE EMERGENCY	DIAL 911
New York State Police	277-3651
Town of Lewisboro (Non-emergency number)	763-8903
FIRE AND RESCUE	DIAL 911
South Salem.....	763-3700
Goldens Bridge	232-4600
Vista	533-2727
AMBULANCE	DIAL 911
Lewisboro LVAC	763-3574
Vista FD.....	533-2727
HOSPITALS	
Northern Westchester Emergency Room	666-1251
Norwalk	203-852-2000
Danbury.....	203-797-7000
POISON CONTROL	800-336-6997
SUICIDE AND CRISIS PREVENTION	946-0121
CHILD ABUSE	800-342-3720
WESTCHESTER COUNTY PARKS & RECREATION	864-PARK