



TOWN OF NORTH HEMPSTEAD

2016-2017

Parks & Recreation Guide

JUDI BOSWORTH, SUPERVISOR



The Fun Starts Here!

Town of North Hempstead

Department of Parks & Recreation



Supervisor

Judi
Bosworth



**District 1
Councilwoman**

Viviana
Russell



**District 2
Councilman**

Peter J.
Zuckerman



**District 3
Councilman**

Angelo P.
Ferrara



**District 4
Councilwoman**

Anna M.
Kaplan



**District 5
Councilwoman**

Lee R.
Seeman



**District 6
Councilwoman**

Dina M.
DeGiorgio



**Town
Clerk**

Wayne H.
Wink, Jr



**Receiver
of Taxes**

Charles
Berman



Dear North Hempstead Resident,

As Supervisor of the Town of North Hempstead, I am proud to welcome you to our many parks, pools, beaches and recreational facilities throughout the Town. As you sift through this guide, you will find that there is truly something for everyone no matter your age, sport or hobby. Whether you want to take a dip in the pool or the harbor, take a stroll along the boardwalk at the beach or Town Dock, or if you want to play a sport with your friends or colleagues, then we have a safe and inviting space to do it.



The Town of North Hempstead is home to some of the most scenic views including Manhasset Bay, Hempstead Harbor and our long list of ponds and waterways. We also have state-of-the-art aquatic centers at Manorhaven Beach Park and Tully Park which are ideal for both advanced swimmers and beginners. Our passive parks and the 12 acre Clark Botanic Garden living museum and educational facility in Albertson are not to be missed. And don't forget the "Yes We Can" Community Center in New Cassel, which, as a premiere indoor recreational center, offers a host of athletic and educational options for residents of all ages.

Our wonderful parks contribute to the quality of life here in the Town and make us one of the best places to live and retire. I encourage you to join us and take advantage of the endless amount of activities in which you can participate all year long at our Town parks.

We strive to continue to provide more programming and keep our grounds and facilities safe and inviting for all our residents. We are adding new programs all the time so please call 311 or log on to www.northhempsteadny.gov/parks to find out more.

See you at the parks!

Sincerely,

Judi Bosworth

Town of North Hempstead

Department of Parks & Recreation

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Please note that all dates, times and prices are subject to change, please call 311 for more information.

Town of North Hempstead

Department of Parks & Recreation

1. AERODROME

West Shore Road, Port Washington

2. BLUMENFELD FAMILY PARK

Main Street, Port Washington

3. BROADWAY PARK

Broadway at Old Courthouse Road, Garden City Park

4. CHARLES FUSCHILLO PARK

Carle Road at Broadmoor Lane, Carle Place

5. CLARK BOTANIC GARDEN

193 I.U. Willets Road, Albertson

6. CLINTON G. MARTIN PARK

1601 Marcus Avenue, New Hyde Park

7. DONALD STREET PARK

Donald Street, Roslyn

8. EIGHTH & ASBURY LITTLE LEAGUE FIELDS

8th & Asbury Avenue, Carle Place

9. FLORAL PARK MEMORIAL AT CANNON PARK

Hillside Avenue, Floral Park

10. GATEWAY PARK

Prospect Avenue and Brush Hollow Road, Westbury

11. GERRY POND PARK

Main Street and Paper Mill Road, Roslyn

12. GOLD COAST ARTS CENTER

113 Middle Neck Rd Great Neck, NY 11021

13. HARBOR HILLS PARK

Shore Cliff Place, Great Neck

14. HARBOR LINKS GOLF COURSE

1 Fairway Lane, Port Washington

15. HERRICKS BALLFIELD

Herricks Road, New Hyde Park

16. I-PARK

1251 Union Turnpike, New Hyde Park

17. JOHN D. CAEMMERER PARK

Wentworth Ave. and William Street , Albertson

18. LARGE CIRCLE PARK

Devonshire Drive & E. Park Circle, Garden City Park

19. MANHASSET VALLEY PARK

Northern Boulevard, Manhasset

20. MANORHAVEN BEACH PARK

158 Manorhaven Boulevard, Port Washington

21. MARTIN "BUNKY" REID PARK

Broadway & Urban Ave., New Cassel

22. MARY JANE DAVIES GREEN

Plandome Road, Manhasset

23. MERILLON LITTLE LEAGUE FIELDS

Marcus Avenue, New Hyde Park

24. MERRIMAN PARK

Pine Street, Port Washington

25. MICHAEL J. TULLY PARK & AQUATIC ACTIVITY CENTER

1801 Evergreen Avenue, New Hyde Park

26. MILL POND PARK

Shore Road & Harbor Road, Port Washington

27. NORTH HEMPSTEAD BEACH PARK

175 West Shore Road, Port Washington

28. NORTH HEMPSTEAD "YES WE CAN" COMMUNITY CENTER

141 Garden Street, Westbury

29. PEDESTRIAN MALL

Laurel Street, Roslyn

30. PLANDOME POND PARK

Northern Bourdale Road & Brookwold Drive, Manhasset

31. PORT WASHINGTON COMMUNITY CENTER

80 Manorhaven Blvd, Port Washington

32. RICHARD PROVOST PARK

Nassau Boulevard and Marcus Avenue, New Hyde Park

33. RIDDER'S POND PARK

Marcus Ave & Meadowfarm Road, New Hyde Park

34. ROSLYN COMMUNITY CENTER

53 Orchard Street, Roslyn Heights

35. SAGAMORE BALLFIELD/ROSLYN ROAD PARK

Sagamore Avenue, Roslyn

36. SANDMINER'S MONUMENT

West Shore Road, Port Washington

37. SEARINGTOWN POND PARK

Dogwood & Searingtown Road, Searingtown

38. SHEPHERD LANE PARK

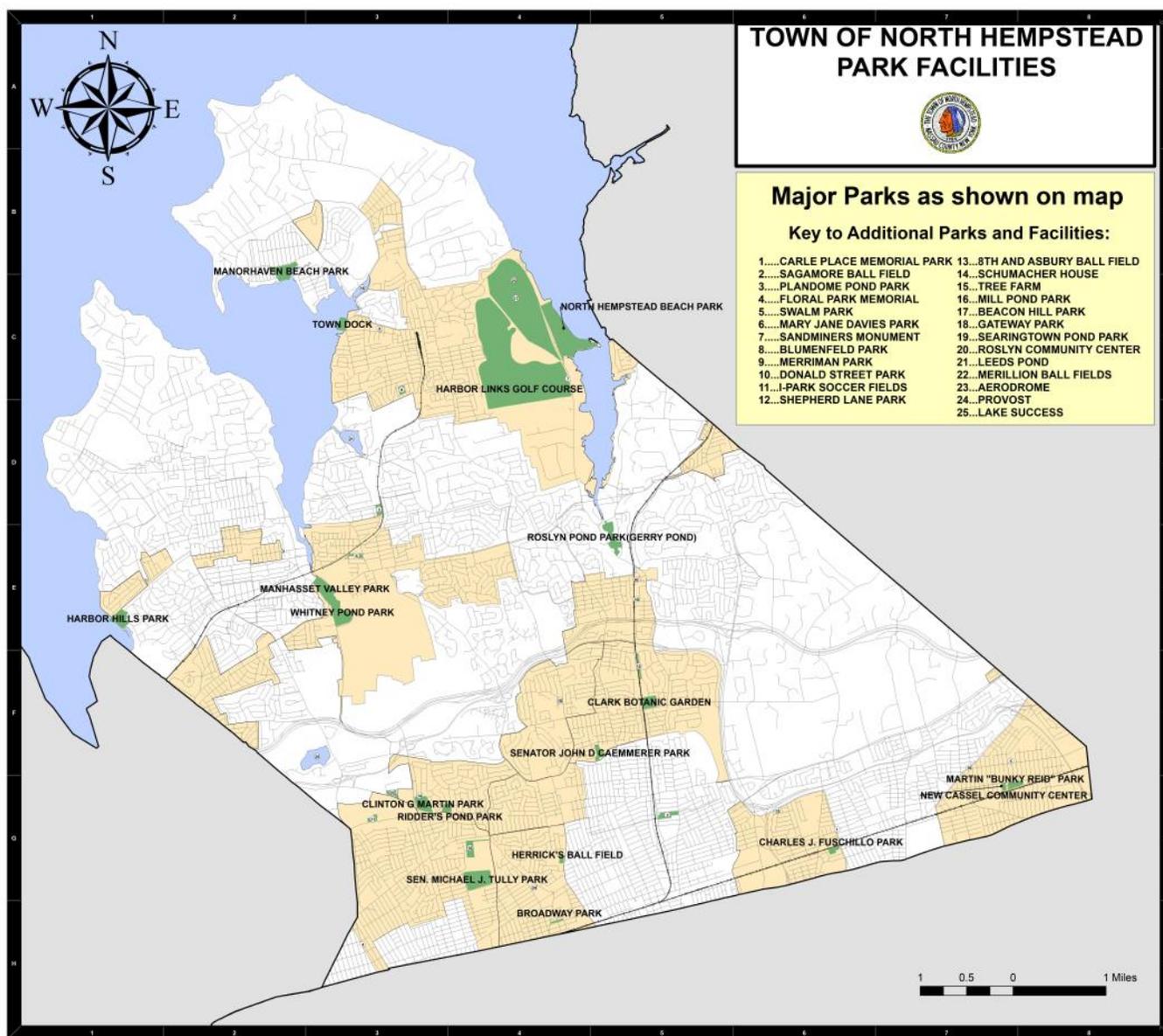
Shepherd Lane, Roslyn Heights

39. TOWN DOCK

Main Street, Port Washington

40. WHITNEY POND PARK

Northern Boulevard & Community Drive, Manhasset



Town of North Hempstead

Department of Parks & Recreation

Parks & Facilities

Manorhaven Beach Park

Pool Membership

| | Regular | Early Bird |
|---------------------------------------|---------|------------|
| Family | \$322 | \$280 |
| Couple | \$265 | \$230 |
| Individual (Ages 18-59) | \$167 | \$145 |
| Senior (Ages 60+) | \$98 | \$85 |
| Senior Couple | \$115 | \$100 |
| Youth (Ages 3-7) | \$115 | \$100 |
| Disabled | \$98 | \$85 |
| Volunteer/Veteran/Disabled Individual | \$98 | \$85 |
| Volunteer/Veteran/Disabled Family | \$294 | \$255 |
| Volunteer/Veteran/Disabled Couple | \$236 | \$205 |
| Nanny | \$150 | \$130 |

Daily Resident Pass

| | |
|----------------------------|------|
| Adult (Ages 18-59) | \$11 |
| Teen (Ages 13-17) | \$8 |
| Child (Ages 3-12) | \$7 |
| Senior (Ages 60+) | \$6 |
| Disabled/Volunteer/Veteran | \$6 |

Non-Resident Guest \$14

Manorhaven Pool Birthday Party:

*Reserves 2 tables for 2 hours \$50 + \$10 each additional table



Early Bird Registration ends June 11

Registration:

May 3—June 17

Tues, Wed., Fri., 10AM-5PM

Thurs 11AM — 6PM

Saturday 10AM-4PM

Registration Office Hours for the 2016 Pool Membership:

June 18—Aug. 14

Daily 10:00AM- 7PM

August 15—September 5

Daily 11:00AM— 6PM

2016 Summer Program Registration begins:

June 2 —6PM— Members

June 9 —6PM— Non-Members

June 14—10:00AM—Non-Residents

(Select Classes Only)



Opening Day: Saturday, June 18 - 11:00AM—9:00PM

Pool Hours

June 18—Aug.14: 11AM - 9PM Daily

Aug. 15—Sept. 5: 11AM - 7PM Daily



Aquatic Activity Center at Michael J. Tully Park

Pool Membership

(includes use of the exercise equipment room)

| | Annual (12 months) | Seasonal (4 months) |
|-------------------------|--------------------|---------------------|
| Family | \$522 | \$220 |
| Couple | \$450 | \$184 |
| Individual (Ages 18-59) | \$326 | \$155 |
| Senior (Ages 60+) | \$166 | \$81 |
| Youth (17 and under) | \$166 | \$81 |
| Disabled | \$166 | \$81 |
| Volunteer | \$166 | \$81 |
| Veteran Individual | \$166 | \$81 |
| Nanny | N/A | \$130 |

Daily Resident Pass

| | |
|----------------------------|------|
| Adult (Ages 18-59) | \$11 |
| Teen (Ages 13-17) | \$8 |
| Child (Ages 3-12) | \$7 |
| Senior (Ages 60+) | \$6 |
| Disabled/Volunteer/Veteran | \$6 |

Non-Resident Guest \$14

Tully Birthday Pool Parties

Main Floor—15 children/3 adults \$220 + \$10 for each additional child (max. 25 children)

Pool Deck Room—15 children/3 adults \$275+\$10 for each additional child (max. 25 children)

Lost Pass Fee: \$5

Pool Hours (Call 311 for scheduled closings)

Monday—Friday: 8:00AM—8:30PM

Saturday & Sunday: 8:00AM—5:30PM

During swim lesson sessions on Saturday pool opens at 12PM

Water Slide Hours

Monday—Friday: 3:30pm-6pm (by request only)

Saturday & Sunday: 12pm-5:30pm

Town of North Hempstead

Department of Parks & Recreation

Parks & Facilities



Clinton G. Martin Park

Must be a resident of the New Hyde Park Special Park District in order to register for the pool and classes.

Pool Membership

Early Bird Registration Ends June 11

| | Regular | Early Bird |
|-------------------------|---------|------------|
| Family | \$248 | \$215 |
| Couple | \$210 | \$182 |
| Individual (Ages 18-59) | \$132 | \$115 |
| Senior (Ages 60+) | \$88 | \$77 |
| Senior Couple | \$112 | \$100 |
| Youth (Ages 3-7) | \$112 | \$100 |
| Disabled | \$94 | \$82 |
| Volunteer | \$94 | \$82 |
| Volunteer Couple | \$177 | \$154 |
| Volunteer Family | \$215 | \$187 |
| Veteran Individual | \$94 | \$82 |
| Veteran Family | \$215 | \$187 |
| Nanny | \$112 | \$100 |

Registration Office Hours for the 2016 Pool Membership:

May 3—June 17

Tues, Wed, Fri 10AM—5:00PM

Thurs. 11 AM— 6PM

Sat 10AM—4PM

June 18—August 14

Daily 10AM—7PM

August 15—September 5

Daily 11AM—6PM

2016 Summer Program Registration begins:

June 4 — 9:00AM-5:00PM

Guest Fee

| | |
|----------------------------|------|
| Adult (Ages 18-59) | \$11 |
| Teen (Ages 13-17) | \$8 |
| Child (Ages 3-12) | \$7 |
| Senior (Ages 60+) | \$6 |
| Disabled/Volunteer/Veteran | \$6 |

Pool Hours

June 18—Aug. 14: 11AM - 9PM Daily

Aug. 15—Sept. 5: 11AM - 7PM Daily

Harbor Links Golf Course

Championship Course: Monday—Friday

| | Resident | Sr. Resident | Junior Resident | Non-Resident |
|-----------------|----------|--------------|-----------------|--------------|
| Monday-Thursday | \$46 | \$30 | \$30 | \$71 |
| Friday* | \$76 | \$76 | \$76 | \$110 |

Championship Course: Saturday, Sunday & Holidays

| | Resident | Non-Resident |
|-------------------|----------|--------------|
| Open—7:59 AM | \$100 | \$130 |
| 8:00 AM—10:59 AM | \$95 | \$110 |
| 11:00 AM—12:59 PM | \$90 | \$100 |
| 1:00PM—2:59 PM | \$75 | \$85 |
| 3:00PM— 4:59 PM | \$60 | \$70 |
| 5:00 PM — 6:29 PM | \$45 | \$55 |
| 6:30 PM—Close | \$30 | \$35 |

**Mandatory cart fee is included in Friday, Saturday, Sunday & Holiday pricing*

Twilight Golf: Championship Course: Monday– Friday

| Dates | Time | Resident | Non-Residents |
|---------------------|--------------|----------|---------------|
| Open—May 26 | 3-5:00PM | \$43 | \$53 |
| | After 5PM | \$30 | \$40 |
| May 27—Sept 5 | After 5PM | \$43 | \$53 |
| | After 6:30PM | \$30 | \$30 |
| Sept 6—Season Close | After 3:00PM | \$30 | \$40 |

Carts are included in the Twilight Rates. Rates are for the 18-hole course only. Times subject to change.



9-Hole Executive Course

| | |
|---|------|
| Resident Weekday (Mon.—Thurs.) | \$18 |
| Resident Weekend (Fri.—Sun.) | \$21 |
| Resident Senior Weekday (60+) (Mon.—Thurs.) | \$16 |
| Non-Resident Weekday (Mon.—Thurs.) | \$21 |
| Non-Resident Weekend (Fri.—Sun.) | \$27 |
| Juniors Weekday 16 & under resident (Mon.—Thurs.) | \$16 |

Twilight Golf: Executive Course

\$10 per player

Times subject to change, please see website or call for times

*Motorized Cart Fee for Twilight \$5

Mini Golf Course

\$8 per person

*Includes ball and putter rental

Advanced reservations are available via www.harborlinks.com or 516-767-4816 (There is a \$5 advanced reservation fee, \$2 for Twilight & Back 9 special)

Golf Cart Fees (must have a valid drivers license)

\$22 per person for 18 holes

\$10 per person for Executive Course (9 holes)

Hand Cart Fees

\$5 per person for Executive Course (9 holes) only.

Have your party or wedding at the Clubhouse or have your child's birthday party at the mini golf course!

Town of North Hempstead

Department of Parks & Recreation

Parks & Facilities

Martin “Bunky” Reid Park

Open to Town of North Hempstead Residents only.
There is no fee to attend this pool.

Martin Reid Park offers residents a community pool and basketball, handball, tennis, and shuffleboard courts. Residents can also obtain a permit for use of the soccer field and Little League baseball field. There is also a picnic area for residents to enjoy.



Pool Hours

June 25—Sept. 5: 10AM - 6PM Daily

Whitney Pond Park

Whitney Pond Park has a scenic view of Manhasset, with the pond serving as the focal point of the park. Amenities include a main pool, a kiddie pool, handball, basketball and tennis courts. Several small bridges and benches are located throughout Whitney Pond Park. There is also a picnic area with several BBQ areas and a natural trail.

Pool Hours

Mon. June 27—Fri. August 19
8AM - 7PM Daily

*Resident is anyone who resides within Nassau County
**Early rate from 8am-10:30am, Twilight from 4pm-7pm

Pool Resident Daily/Guest Pass*

| | Fees | Early/ Twilight | Mem- bership |
|---|------|--------------------|-----------------|
| Resident Adult | \$8 | \$6 | \$50 |
| Resident Teen | \$6 | \$4 | \$45 |
| Resident Child | \$5 | \$3 | \$45 |
| Resident Senior/Disabked | \$4 | \$2 | \$35 |
| Resident Volunteer Fire/Amb | \$4 | \$2 | \$35 |
| Family | | | \$100 |
| Couple | | | \$80 |
| Senior Couple/Vol. Couple/Nanny | | | \$45 |
| Volunteer Family | | | \$85 |
| Non-Resident Day Pass (Must be accompanied by a Resident) | | | |
| Non-Resident Adult | \$12 | \$10 | |
| Non-Resident Teen | \$9 | \$7 | |
| Non-Resident Child | \$7 | \$5 | |
| Non-Resident Senior/ Handi- capped/Volunteer Fire | \$5 | \$3 | |



Town of North Hempstead

Department of Parks & Recreation

North Hempstead “Yes We Can” Community Center

Town Residents

| Full Facility Use | Month/Day |
|------------------------------|---------------|
| Adults | \$16/month |
| 16 & 17 Years Old | \$12.50/month |
| Sr/Vet/Vol/Disabled | \$12.50/month |
| Project Independence Members | \$10/month |
| Daily Fee | \$7 |

| First Floor Only | Month/Day |
|------------------------------|--------------|
| Adults | \$5/month |
| Youth (Ages 5-17) | \$2.50/month |
| Sr/Vet/Vol/Disabled | \$2.50/month |
| Project Independence Members | \$0/month |

Non-Residents

| Full Facility Use | Month/Day |
|---------------------|------------|
| Adults | \$22/month |
| 16 & 17 Years Old | \$20/month |
| Sr/Vet/Vol/Disabled | \$20/month |
| Daily Fee | \$10 |

| First Floor Only | Month/Day |
|---------------------|-----------|
| Adults | \$6/month |
| Youth (Ages 5-17) | \$3/month |
| Sr/Vet/Vol/Disabled | \$3/month |

Building Hours

Daily: 8:00AM—9:00PM



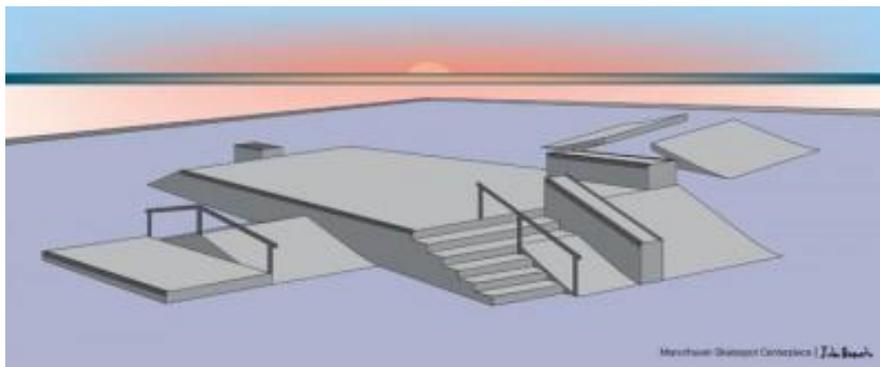


Manorhaven Skate Park *"THE SKATE SPOT"*

158 Manorhaven Blvd.
Port Washington, NY 11050

This 10,000 square-foot skate park located at Manorhaven Beach Park in Port Washington was constructed in 2011. Built with input from local skateboarders, this park is a hit with local residents.

Open daily, weather permitting.



Town of North Hempstead

Department of Parks & Recreation

Facilities by Amenities

BOCCI

Charles Fuschillo Park
Clinton G. Martin Park
Manorhaven Beach Park
North Hempstead Beach Park

BADMINTON COURTS

Broadway Park (Asphalt)
Manorhaven Beach Park (Sand/Lawn)

BASEBALL

Charles Fuschillo Park
Eighth & Asbury Little League Field
Herrick Ballfield
John. D. Caemmerer Park
Manhasset Valley Park
Manorhaven Beach Park
Martin "Bunky" Reid Park
Michael J. Tully Park
North Hempstead Beach Park
Sagamore Ballfield

BASKETBALL

Broadway Park
Charles Fuschillo Park
Clinton G. Martin Park
Donald Street Park
Manorhaven Beach Park
Martin "Bunky" Reid Park
Michael J. Tully Park
North Hempstead "Yes We Can"
Community Center (*Indoors*)
North Hempstead Beach Park
Whitney Pond Park

BEACHES

Manorhaven Beach Park
(*No Lifeguards*)
North Hempstead Beach Park
(*Lifeguards on Duty 10AM-6PM*
Memorial Day to Labor Day)

BOAT RAMPS

Call 311 for hours & restrictions
North Hempstead Beach Park
Manorhaven Beach Park

EXERCISE EQUIPMENT

Michael J. Tully Park/Aquatic Activity Center
North Hempstead "Yes We Can"
Community Center

FISHING

Manorhaven Beach Park (Salt Water)
North Hempstead Beach Park (Salt Water)
Ridder's Pond Park (Fresh Water)
Town Dock (Salt Water)
Whitney Pond Park (Fresh Water)

GOLF/MINATURE GOLF

Harbor Links Golf Course



HANDBALL

Broadway Park
Charles Fuschillo Park
Clinton G. Martin Park
Donald Street Park
Manorhaven Beach Park
Martin "Bunky" Reid Park
Michael J. Tully Park
North Hempstead Beach Park
Whitney Pond Park

HOCKEY (In-line)

Charles Fuschillo Park
Manorhaven Beach Park

HORSESHOE PIT

North Hempstead Beach Park
Charles Fuschillo Park

KAYAKING

Manorhaven Beach Park
North Hempstead Beach Park
Town Dock

LACROSSE

Harbor Links
Manhasset Valley Park
Manorhaven Beach Park
Michael J. Tully Park

MOORING

Town Dock

MULTI-PURPOSE STADIUM

Soccer/Lacrosse/Football/Concert
Michael J. Tully Park

PADDLE TENNIS COURTS

Clinton G. Martin Park
Manorhaven Beach Park

PICNIC AREAS

With BBQ Available
May require reservations; call 311

Broadway Park
Clinton G. Martin Park*
Manorhaven Beach Park
Martin "Bunky" Reid Park
North Hempstead Beach Park
Whitney Pond Park

*No BBQ Available

PLAYGROUNDS

Blumenfeld Park
Broadway Park
Charles Fuschillo Park
Clinton G. Martin Park
Gerry Pond Park
Herricks Ballfield
John D. Caemmerer Park
Manhasset Valley Park
Manorhaven Beach Park
Martin "Bunky" Reid Park
Mary Jane Davies Green
Michael J. Tully Park
North Hempstead Beach Park
Ridder's Pond Park
Whitney Pond Park

POOLS

Clinton G. Martin Park (Park District Residents Only)
Manorhaven Beach Park
Martin "Bunky" Reid Park
Michael J. Tully Park
Whitney Pond Park

RADIO CONTROL FLYING

Aerodrome

Town of North Hempstead

Department of Parks & Recreation

Facilities by Amenities

RENTAL/EVENT SPACE

Caemmerer Park
Charles Fuschillo Park
Clinton G. Martin Park
Manorhaven Beach Park
Michael J. Tully Park
North Hempstead "Yes We Can"
Community Center
Port Washington Community Center
Roslyn Community Center

SAILING

Manorhaven Beach Park
Town Dock
North Hempstead Beach Park

SHUFFLE BOARD

Charles Fuschillo Park
Manorhaven Beach Park
North Hempstead Beach Park

SKATEBOARDING

Manorhaven Beach Park

SOCCER

Harbor Links
I-Park
Manhasset Valley Park
Manorhaven Beach Park
Martin "Bunky" Reid Park
Michael J. Tully Park
North Hempstead Beach Park

STAND UP PADDLE BOARDING

Manorhaven Beach Park
North Hempstead Beach Park

STEAM ROOM/SAUNA

Michael J. Tully Park



TENNIS COURTS

Broadway Park
Charles Fuschillo Park
Clinton G. Martin Park
Manorhaven Beach Park
Martin "Bunky" Reid Park
Michael J. Tully Park
Whitney Pond Park

TRACK

Michael J. Tully Park

VOLLEYBALL COURTS

Broadway Park (Asphalt)
Manorhaven Beach Park (Sand & Lawn)
North Hempstead Beach Park (Sand)

WALKING TRAILS & PATHS

Clark Botanic Garden
Gerry Pond Park
Large Park Circle
Manhasset Valley Park
Martin "Bunky" Reid Park
North Hempstead Beach Park
Ridder's Pond
Searingtown Pond Park
Whitney Pond Park

WATER SPRAY PADS

Blumenfeld Family Park
Donald Street Park
Mary Jane Davies Green

BATHHOUSES

Clinton G. Martin Park
Manorhaven Beach Park
Michael J. Tully Park/Aquatic Activity Center
North Hempstead Beach Park
Whitney Pond Park

DIVING BOARDS (1 METER)

Clinton G. Martin Park

HANDICAPPED ACCESSIBLE

All Town pools have handicapped chair lifts
for pool entrance
All Town facilities follow ADA guidelines

KIDDIE POOLS

Clinton G. Martin Park
Manorhaven Beach Park
Whitney Pond Park

LAP LANES

Clinton G. Martin Park
Manorhaven Beach Park
Michael J. Tully Park/Aquatic Activity Center
Whitney Pond Park

SPRAY FEATURES/PLAY AREA

Manorhaven Beach Park
Michael J. Tully Park/Aquatic Activity Center

WATER SLIDES

Manorhaven Beach Park
Michael J. Tully Park/Aquatic Activity Center

ZERO ENTRY POOLS

Manorhaven Beach Park
Michael J. Tully Park/Aquatic
Activity Center



**BRING THE KIDS TO
MARY JANE DAVIES
GREEN FOR
A QUICK COOL
DOWN AT THE
SPRAY PAD!**

Town of North Hempstead

Department of Parks & Recreation

Children's Swimming

GUPPIES (6 MONTHS—3 YEARS)

Skills taught will include: water entry and exit, arm stroke, kicking and blowing bubbles. This course is designed to help children become comfortable in the water, so they are ready to learn to swim. Students will wear a bubble flotation device.

An adult must accompany the child in the water. Children must wear swim diapers and a bathing suit. No one is allowed on pool deck during lessons.

Manorhaven Beach Park

TUESDAY, June 28—Aug. 2
\$75 Members/\$110 Non-Members
9:00AM—9:30AM

Clinton G. Martin Park

Eligibility: current pool members of the New Hyde Park Special Park District.

TUESDAY, June 28—Aug. 2
\$65 Members Only
9:45AM—10:15AM

Michael J. Tully Park/Aquatic Activity Center

SATURDAY, June 18—July 30 (no class July 2)
\$45 Members/\$95 Non-Members
10:15AM—10:45AM

SATURDAY, Oct. 15—Nov. 19
\$45 Members/\$95 Non-Members
10:15AM—10:45AM

SATURDAY, Feb. 25—April 1, 2017
\$45 Members/ \$95 Non-Members
10:15AM —10:45am

WEATHER MAKEUPS

Manorhaven ONLY

Makeup classes for Monday-Thursday classes will be held on the same Friday.

There will be 1 weather makeup for Saturday classes on 8/13

DOLPHINS: PRE-K (3 YEARS—5 YEARS)

Children must be out of diapers and able to handle parent separation. Students will learn basic skills including: placing their face in water, blowing bubbles, kicking, arm stroke and backstroke. They will be introduced to life jackets and learn water safety skills. All children will wear a bubble flotation device while continuing to learn and improve their skills.

Parents are not allowed to stay with their child during lessons. No one is allowed on pool deck during lessons.

Manorhaven Beach Park

MONDAY/WEDNESDAY, June 27—Aug. 3
\$75 Members/\$110 Non-Members
9:40AM—10:10AM

MONDAY/WEDNESDAY, June 27—Aug. 3
\$75 Members/\$110 Non-Members
10:20AM—10:50AM

SATURDAYS, July 2—Aug. 6
\$75 Members/\$110 Non-Members
10:20AM—10:50AM

Clinton G. Martin Park

Eligibility: current pool members of the New Hyde Park Special Park District.

TUESDAY, June 28—Aug. 2
\$65 Members Only
8:15AM—8:45AM OR 9:00AM—9:30AM

THURSDAY, June 30—Aug. 4
\$65 Members Only
8:15AM—8:45AM OR 9:00AM—9:30AM

Michael J. Tully Park/Aquatic Activity Center

SATURDAY, June 18—July 30 (no class July 2)
\$45 Members/\$95 Non-Members
10:50AM—11:20AM

SATURDAY, June 18—July 30 (no class July 2)
\$45 Members/\$95 Non-Members
9:00AM—9:30AM
SATURDAY, Feb. 25—April 1, 2017

DOLPHINS: PRE-K (3 YEARS—5 YEARS)

Michael J. Tully Park/Aquatic Activity Center

SATURDAY, Oct. 15—Nov. 19
\$45 Members/\$95 Non-Members
9:00AM—9:30AM

SATURDAY, Oct. 15—Nov. 19
\$45 Members/\$95 Non-Members
10:50AM—11:20AM

SATURDAY, Feb. 25— April 17, 2017

SUNFISH (5 YEARS OLD ONLY)

This course is designed to continue the swimming skills learned in the dolphins program. However, it is not required for this program. Bubble floatation devices will be provided based upon swimmers ability and instructors recommendation. The front crawl and backstroke will be taught along with proper breathing and kicking techniques. Water safety skills will be introduced by the use of life jackets.

Proof of age required at time of registration.

Prerequisite: Child must be out of diapers, able to handle parent separation.

Clinton G. Martin Park

Eligibility: current pool members of the New Hyde Park Special Park District.

THURSDAY, June 30—August 4
\$65 Members Only
9:45AM—10:15AM

Michael J. Tully Park/Aquatic Activity Center

SATURDAY, June 18—July 30 (no class 7/2)
\$45 Members/\$95 Non-Members
10:00AM—10:30AM

SATURDAY, Oct. 15—Nov. 19
\$45 Members/\$95 Non-Members
10:00AM—10:30AM

SATURDAY, February 25 — April 1, 2017



Descriptions of Level 2 & Level 3 Swim Lessons

CHILDREN'S SWIMMING LESSONS LEVEL 2 (AGES 6-17)

LEVEL 2—Fundamental Aquatic Skills

Breath Control

- Submerge Head—5 seconds
- Retrieve Underwater Objects (3x)
- Bobbing (5x)

Entries

- Step-in Entry
- Side Exit

Stroke

- Unsupported Front Float or Glide
- Unsupported Back Float or Glide
- Flutter Kick on Front
- Flutter Kick on Back
- Finning on Back & Sculling on Back
- Combined Stroke on Front—5 yards
- Combined Stroke on Back—5 yards
- Turning Over Back to Front
- Turning Over Front to Back
- Tread Water Using Arm Motion
- Swim on Side w/ Support

Stroke

- Unsupported Front Float or Glide
- Unsupported Back Float or Glide
- Flutter Kick on Front
- Flutter Kick on Back
- Finning on Back & Sculling on Back
- Combined Stroke on Front—5 yards
- Combined Stroke on Back—5 yards
- Turning Over Back to Front
- Turning Over Front to Back
- Tread Water Using Arm Motion
- Swim on Side w/ Support

Safety

- Float in Life Jacket
- Swimmer in Distress
- Familiar w/ Pool Rules

CHILDREN'S SWIMMING LESSONS LEVEL 3 (AGES 6-17)

LEVEL 3—Stroke Development

Breath Control

- Rotary Breathing (5x)
- Retrieve Underwater Objects—Eyes Open
- Bobbing w/ Rhythmic Breathing

Entries

- Jump into deep water from side
- Knows basic rules of safe diving
- Dive from side of pool: kneeling or sitting
- Survival float—30 seconds
- Back float—30 seconds

Stroke

- Back Crawl—15 yards
- Front Crawl—15 yards
- Elementary Backstroke Kick—10 yards
- Front Glide—2 Body Lengths—Kick 1
- Front Glide—2 Body Lengths—Kick 2
- Back Glide—2 Body Lengths—Kick 1
- Back Glide—2 Body Lengths—Kick 2
- Butterfly Kick—15 feet
- Vertical to Horizontal Position Change

Safety

- Jump into deep water w/ life jacket
- Familiar with H.E.L.P. & huddle positions
- Demonstrate treading water (30 sec.)
- Reaching Assists
- Rules for Safe Diving

Descriptions of Level 4 & Level 5 Swim Lessons

CHILDREN'S SWIMMING LESSONS LEVEL 4 (AGES 6-17)

LEVEL 4—Stroke Improvement

Breath Control

- Deep water bobbing
- Rotary Breathing
- Feet First Surface Dive
- Underwater Swim—3 Body Lengths

Entries

- Dive from Side—Standing Position
- Dive from Side—Compact or Stride Position

Stroke

- Front Crawl—25 yards
- Back Crawl—25 yards
- Sidestroke—15 yards
- Breaststroke—15 yards
- Elementary Breaststroke—15 yards
- Sculling on the Back—5 yards or 15 seconds
- Open Turn at Wall—Front & Back
- Butterfly—15 yards
- Survival Float—1 Minute
- Back Float—1 Minute

Safety

- Become familiar with CPR
- Demonstrate rescue breathing
- Tread water for 1 minute

CHILDREN'S SWIMMING LESSONS LEVEL 5 (AGES 6-17)

LEVEL 5—Stroke Refinement

Breath Control

- Alternate Breathing
- Swimming Under Water—3 body lengths

Entries

- Stride Jump Entry
- Standing Dive
- Long Shallow Dive

Stroke

- Breaststroke—25 yards
- Sidestroke—25 yards
- Elementary Backstroke—25 yards
- Butterfly—25 yards
- Front Crawl—50 yards
- Back Crawl—50 yards
- Turn on Front
- Turn on Back

Safety

- Rules for Safe Diving on Board
- Feet First Surface Dive (Tuck & Pike)
- Spinal Injury Recognition & Supports
- Tread Water—2 Min w/ 2 Different Kicks



Descriptions of Level 6 Swim Lessons

CHILDREN'S SWIMMING LESSONS LEVEL 6 (AGES 6-17)

LEVEL 6—Fitness Swimmer

Stroke

- Front Crawl—100 yards w/ turn
- Back Crawl—100 yards w/ turn
- Breast Stroke—50 yards
- Sidestroke—50 yards
- Butterfly—50 yards
- Approach Stroke—25 yards
- Elementary Backstroke—50 yards
- Breast Stroke Turn
- Sidestroke Turn
- Speed turn and pull out for breaststroke
- Flip turn for front crawl
- Flip turn for back crawl

Safety

- Pike Surface Dive
- Tuck Surface Dive
- Alternative Kicks fro Treading Water
- Throwing Rescue
- Rolling Spinal Injury Victim Face Up



CHILDREN'S SWIMMING LESSONS—MANORHAVEN BEACH PARK

This course will focus on the corresponding swimming skills listed on the previous pages (pages 17-19).

Fee: \$75 Members/\$110 Non-Members

Make-up classes for Monday through Thursday classes, if necessary, will be held on Fridays. There is only 1 make-up day for Saturday classes (8/13)

SESSION I June 27—July 14

Mon—Thurs., 9:00AM-9:30AM
Level 2
Level 3

Mon—Thurs., 9:40AM-10:10AM
Level 2
Level 3

Mon—Thurs., 10:20AM-10:50AM
Level 4
Level 5
Level 6

SESSION II July 18—Aug. 4

Mon—Thurs., 9:00AM-9:30AM
Level 2
Level 3

Mon—Thurs., 9:40AM-10:10AM
Level 2
Level 3

Mon—Thurs., 10:20AM-10:50AM
Level 4
Level 5
Level 6

Weekend Session (6 Classes) July 2— Aug. 6

Saturday, 9:00AM-9:30AM
Level 2
Level 3

Saturday, 9:40AM-10:10AM
Level 2
Level 3



CHILDREN'S SWIMMING LESSONS—CLINTON G. MARTIN PARK

This course will focus on the corresponding swimming skills listed on the previous pages (pages 17-19).

Eligibility: current pool members of the New Hyde Park Special Park District.

Fee: \$65

SESSION I JUNE 28—JULY 15

Tues. –Fri., 8:00AM-8:30AM
Level 2
Level 3
Level 4
Level 6

Tues.—Fri., 8:40AM-9:10AM
Level 2
Level 3
Level 4
Level 5

Tues.—Fri., 9:20AM-9:50AM
Level 2
Level 3
Level 4
Level 6

Tues.—Fri., 10:00AM-10:30AM
Level 2
Level 3
Level 4
Level 5

SESSION II JULY 19—AUG. 5

Tues. –Fri., 8:00AM-8:30AM
Level 2
Level 3
Level 4
Level 6

Tues.—Fri., 8:40AM-9:10AM
Level 2
Level 3
Level 4
Level 5

Tues.—Fri., 9:20AM-9:50AM
Level 2
Level 3
Level 4
Level 6

Tues.—Fri., 10:00AM-10:30AM
Level 2
Level 3
Level 4
Level 5



CHILDREN'S SWIMMING LESSONS—MICHAEL J. TULLY PARK/AQUATIC ACTIVITY CENTER

This course will focus on the corresponding swimming skills listed on the previous pages (pages 17-19).

Fee: \$75 Members/ \$110 Non-Members

JUNE 18—July 30(SUMMER) *(No class July 2)*

Saturday, 8:00AM-8:50AM
Level 2
Level 3
Level 4
Level 5

Saturday, 9:00AM-9:50AM
Level 2
Level 3
Level 6

Saturday, 10:00AM-10:50AM
Level 4
Level 5

OCT. 15—NOV. 19 (FALL)

Saturday, 8:00AM-8:50AM
Level 2
Level 3
Level 4
Level 5

Saturday, 9:00AM-9:50AM
Level 2
Level 3
Level 6

Saturday, 10:00AM-10:50AM
Level 4
Level 5

FEB. 25—APRIL. 1 (WINTER)

Saturday, 8:00AM-8:50AM
Level 2
Level 3
Level 4
Level 5

Saturday, 9:00AM-9:50AM
Level 2
Level 3
Level 6

Saturday, 10:00AM-10:50AM
Level 4
Level 5



SWIM TEAM

(Age is as of June 1)

This team is comprised of boys and girls ages 16 and under, as of June 1 (at the coach's discretion). After you register your child, he or she will be placed on the team by highly trained and qualified swim coaches, some of whom were members themselves! When the season is over the whole team celebrates with a special awards dinner. So, come join the team and add a little friendly competition to your summer!

Manorhaven Beach Park

Swim Team Tryouts June 20 to June 26

MON—FRI, June 27—Aug. 13

Competition Meets are on Saturdays

\$75 Members*/\$110 Non-Members*

8:00AM—11:30AM

***With Pool Membership \$75/1st Child, \$65/2nd Child, \$55/3rd Child +**

Without Pool Membership \$110/1st Child; \$100/2nd Child; \$90/3rd Child +

Clinton G. Martin Park

Open Only to residents of the New Hyde Park Special Park District

MON—FRI, June 27—Aug. 13

Competition Meets are on Saturdays

\$40 Members Only**/\$80 Non-Members**

8:00AM—11:30AM

****With Pool Membership \$40/1st Child, \$30/2nd Child, \$20/3rd Child +**

Without Pool Membership \$80/1st Child; \$70/2nd Child; \$60/3rd Child +

Michael J. Tully / Aquatic Activity Center

Oct. 17 Parents Meeting

Oct. 19 Tryouts

MON/WED, Oct 24—March 2017

\$75 Members Only**/\$110 Non-Members**

6:00PM—7:30PM

**Learn more about
our
exercise classes!**

Pgs. 26-32



ADULT SWIM LESSONS (Ages 18+)

All levels of skill. Improve your strokes whatever your skill level and for the adult beginners this program will teach the front crawl, kicking, proper breathing, back float, glide and intro to back crawl.

Manorhaven Beach Park

TUESDAY, June 28—Aug. 2
(Lightening/Thunder make-up 8/9 only)
\$75 Members/\$110 Non-Members
7:00PM—7:40PM

Clinton G. Martin Park

(Current pool members of the New Hyde Park Special Park District only)

TUESDAY, June 28—Aug 2
\$65 Members Only
6:30PM—7:00PM

Ages 18 years and older; Must have 10 participants

Michael J. Tully Park/Aquatic Activity Center

TUESDAY, June 14—July 19
\$45 Members/\$80 Non-Members
10:30AM—11:00AM

THURSDAY, June 16—July 21
\$45 Members/\$80 Non-Members
7:00PM—7:30PM

TUESDAY, Oct. 18—Nov. 22
\$45 Members/\$80 Non-Members
10:30AM—11:00AM

THURSDAY, Oct. 13—Nov. 17
\$45 Members/\$80 Non-Members
7:00PM—7:30PM



Did You Know:
Swimming works out all
of your body's major
muscles?

Town of North Hempstead

Department of Parks & Recreation

Aquatics

AQUACISE AQUACISE/ZUMBA

Water aerobic exercise class is designed to increase cardiovascular endurance and maintain a healthy body. You will tone & strengthen muscles using water resistance. Water level is approximately 4 ft. to keep the impact at a minimum.

SUMMER 2016

AQUACISE

Michael J. Tully Park/Aquatic Activity Center
\$45 Members Only

TUES/THURS, May 10—Aug. 18
(No classes: July 28, August 2 and 4)
12:30PM—1:30PM

Manorhaven Beach Park Pool
\$45 Members Only

SUNDAY, July 3—Aug. 14
(No class: July 31) *rain date Aug.21
11:30AM—12:30PM

AQUACISE/ZUMBA

\$45 Members Only

Michael J. Tully Park/Aquatic Activity Center
TUES/THURS, May 10—Aug. 18
(No Classes: July 28, August 2 and August 4)
8:45AM—9:45AM

DEEP WATER AQUACISE

Michael J. Tully Park/Aquatic Activity Center
\$45 Members Only

MONDAY & WEDNESDAY,
May 9—August 17
(No Classes: July 4)
12:15PM—1:15PM

*Time change as of June 20th to 11:30AM—12:30PM

FALL 2016

AQUACISE

Michael J. Tully Park/Aquatic Activity Center
\$45 Members Only

TUES/THURS, Sept. 13—Dec. 15
(No Classes: Nov. 24)
12:30PM—1:30PM

MON/WED, Sept. 12—Dec. 14
12:30PM—1:30PM

AQUACISE/ZUMBA \$45 Members Only

Michael J. Tully Park/Aquatic Activity Center
TUES/THURS, Sept. 13—Dec. 15
(No Classes: Nov. 24)
8:45AM—9:45AM



ZUMBA

Join the party! **Zumba** dancing is for everyone — all shapes, sizes, male and female. Just about any age too! Zumba allows you to have fun while safely losing pounds & inches.

Zumba dancing is a party atmosphere! You don't have to know how to dance just move your body and follow the instructors lead, it's easy! Instead of a typical cardio class that focuses strictly on the physical and boring aspects — Zumba is about the music! In addition, it gives you a total body workout unlike any other around. You will quickly find that your stress level is reduced and your energy is increased. Not to mention the weight loss, muscle toning and other results!



ZUMBA[®]
FITNESS

SUMMER 2016

Michael J. Tully Park/Aquatic Activity Center

\$45 Members/\$104 Non-Members/\$124 Non-Residents

MON. & WED., May 10—Aug. 18

10:00AM—11:00AM

(no class Monday, July 4)

FALL 2016

Michael J. Tully Park/Aquatic Activity Center

\$75 Members/\$150 Non-Members/\$180 Non-Residents

MON. & WED., Sept. 12—Dec. 14

10:00AM—11:00AM



AEROBIC/EXERCISE

This class combines rhythmic aerobic exercise with stretching and strength training with the goal of improving all elements of fitness - flexibility, muscular strength and cardio-vascular fitness. Works to firm and tone your muscles. Increase cardio as well as your endurance.

SUMMER 2016

Michael J. Tully Park/Aquatic Activity Center

\$45 Members/\$224 Non-Members

\$268 Non-Residents

TUESDAY/THURSDAY, May 10—Aug. 18

10:00AM—11:00AM

(No class July 28, August 2 & 4)



FALL 2016

Michael J. Tully Park/Aquatic Activity Center

\$45 Members/\$200 Non-Members

\$240 Non-Residents

TUESDAY/THURSDAY, Sept. 13—Dec. 15

10:00AM—11:00AM

(No class Nov. 24)

Facility Rentals

Learn more about
renting facilities &
party space pg. 46

PERSONAL TRAINING

Our accredited fitness training instructors will work one-on-one with you to design a workout program sculpted to fit your personal body improvement goals. Set a schedule that fits your busy lifestyle.

Currently personal training is included free with gym membership to the "Yes We Can" Community Center during the times listed below.

SUMMER 2016

North Hempstead "Yes We Can" Community Center

Inquire at the front desk

FALL 2016

North Hempstead "Yes We Can" Community Center

Inquire at the front desk



SUMMER 2016—SUMMER 2017

Michael J. Tully Park/Aquatic Activity Center
(Dates and times are scheduled in advance by appointment)

Option 1:
50 Minute Session—\$80
10 Session Package—\$750

Option 2:
30 Minute Session—\$50
10 Session Package—\$450

BOOT CAMP

Anthony Giallanzo of Ultimate Performance + Fitness Inc. along with his team of Instructors bring you, Boot Camp at the Park! Are you ready to take it to the next level? From basic calisthenics to battling ropes, TRX and agility drills this total body workout is sure to bring out the athlete in YOU! Please bring a towel and water!

SUMMER 2016

Gerry Pond Park & Mary Jane Davies Park:

SATURDAYS

JUNE THROUGH SEPTEMBER

CONTACT FOR DETAILS::
ULTIMATE PERFORMANCE FITNESS
www.ultimateperformancefitness.com
516-880-4220

Town of North Hempstead

Department of Parks & Recreation

Dance & Exercise

KARATE/SELF-DEFENSE

Develop physical strength, confidence, flexibility, self discipline and attention span while learning self protection and defense. Classes are designed to be fun, progressive and challenging with an aim towards real world self-defense skills!

SUMMER 2016

Michael J. Tully Park/Aquatic Activity Center

Session I (Ages 5-7)
SATURDAY, May 7—July 16
(No classes June 25, July 2, 9)
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10AM—10:30AM

Michael J. Tully Park/Aquatic Activity Center

Session II (Ages 8-17)
SATURDAY, Oct. 8—Dec. 3
(No classes June 25, July 2, 9)
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:30AM—11:30AM

North Hempstead “Yes We Can” Community Center

Call in the fall for the class schedule

FALL 2016

Michael J. Tully Park/Aquatic Activity Center

Session I (Ages 5-7)
SATURDAY, Oct. 8—Dec. 3
(No class Nov. 26)
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:00AM—10:30AM



KICKBOXING

(Adults)

Kickboxing is a conditioning class that builds muscle and strengthens your heart. Come and participate in a class that teaches you self-defense, relieves stress, improves physical health and helps you look and feel great!

FALL 2016

Call 311 for more information, or find out when kickboxing classes have been scheduled for 2016!

Michael J. Tully Park/Aquatic Activity Center

SATURDAY, Oct. 8—Dec. 3

(No classes Nov. 26)

\$72 Mem./\$80 Non-Mem./\$96 Non-Res.

10AM—10:30AM



Did You Know:

Kickboxing can reduced body fat, strengthen heart increase you flexibility and health

Town of North Hempstead

Department of Parks & Recreation

Dance & Exercise

TAI-CHI

Learn the ancient exercise Tai-Chi, which is considered by the Chinese to be the most healthy exercise for the body. Everyone can enjoy this non-strenuous, flowing, slow motion regime using the movements of animals as models for the body movements.

Many people in China use Tai-Chi to combat the degenerative effects of old age or ill health. Improving circulation, concentration, balance, mobility, physical composure and a sense of well being are among the many benefits that you may achieve with the practice of Tai-Chi Chuan.



SPRING 2016

Clark Botanic Garden

\$80 Full Session

Beginners & Intermediate

WEDNESDAY, May 11—June 29

6:00PM—7:00PM

Advance

WEDNESDAY, May 11—June 29

7:00PM—8:00PM



YOGA

(Adults)

Yoga is the practice of entering the sanctuary of the body to quiet the restlessness of the mind. This experience will help align the body's natural rhythms while stretching you and making you stronger. Uncovering the physical, emotional and mental tensions held in the body will allow insight for relaxation.

FALL 2016

Michael J. Tully Park/Aquatic Activity Center

TUESDAY/THURSDAY, Sept. 13—Dec. 15
(No Class: Nov. 24)
\$45 Mem./\$200 Non-Mem./\$240 Non-Res.
11:10AM—12:10PM

Yoga/Pilates

Michael J. Tully Park/Aquatic Activity Center
\$45 Mem./\$208 Non-Mem./\$249 Non-Res

MONDAY/WEDNESDAY, Sept. 12—Dec. 14
11:10AM—12:10PM

SUMMER 2016

Michael J. Tully Park/Aquatic Activity Center

\$45 Mem./\$224 Non-Mem./\$268 Non-Res

TUES/THURS, May 10—Aug. 18

11:10AM—12:10PM

(No class July 28, August 2, 4)

TUES/THURS, May 10 — Aug 18

6:15PM—7:15PM

(No class July 28, August 2, 4)

Movement/Pilates/Yoga

Michael J. Tully Park/Aquatic Activity Center

\$45 Mem./\$224 Non-Mem./\$268 Non-Res

MON/WED, May 9—Aug. 17

11:10AM—12:10PM

*Time changes to 10:15am—11:15am as of June 20

(No class July 4, 27, August 1, 3)

Manorhaven Beach Park

\$45 Members only

SUN. July 3—Aug 14

10AM—11AM

(No class July 31)

North Hempstead "Yes We Can" Community Center

Check out Paddle
Board Yoga on
page 42!



Town of North Hempstead

Department of Parks & Recreation

Tennis

Tennis by SPORTTIME Tournament Training

Classes and mini camps are progressive, you can join as many sessions as you wish or skip a session if needed. With our low teacher to student ratios, students move forward at their own pace, whether its progressing rapidly or getting the attention needed on a particular skill.

All programs listed for ages 5-8 or 8-9 years old follow the **USTA endorsed** 10 & Under curriculum. This **USTA program** follows a progressive teaching format that is designed around specialized teaching equipment and instruction.

All instructors provided by the SPORTTIME are either **USPTA certified** or **have extensive USTA sanctioned tournament experience**.

Adult Group Lessons

Instructors will teach basic technical and tactical skills to help improve a player. The pace at which the drills are run is based on the progress and ability of the students in each class.

Adult Group Lesson (1 hr) 3 Weeks, 6 Lessons

Manorhaven Beach Park

\$84 Resident/\$101 Non-Resident

Session I

TUES/THURS, June 28—July 14

6:00PM-7:00PM *-or-* 7:00PM—8:00PM
-or- 8:00PM-9:00PM

Session II

TUES/THURS, July 19—August 4

6:00PM-7:00PM *-or-* 7:00PM—8:00PM
-or- 8:00PM-9:00PM

Session III

TUES/THURS, August 9—August 25

6:00PM-7:00PM *-or-* 7:00PM—8:00PM
-or- 8:00PM-9:00PM



Ages 10 to 15

2 Hour Class

3 Weeks, 6 Lessons

Manorhaven Beach Park

\$168 Resident/\$202 Non-Resident

MON/WED, June 27—July 13
9:00AM—11:00AM

MON/WED, July 18—Aug. 3
9:00AM—11:00AM

MON/WED, Aug. 8—Aug. 24
9:00AM—11:00AM

TUES/THURS, June 28—July 14
9:00AM—11:00AM

TUES/THURS, July 19—Aug. 4
9:00AM—11:00AM

TUES/THURS, Aug. 9—Aug. 25
9:00AM—11:00AM

Ages 10 to 15

2 Hour Class

3 Weeks, 6 Lessons

Clinton G. Martin Park

\$168 Resident of New Hyde Park special park district only

TUES/THURS, June 28—July 14
9:00AM—11:00AM

TUES/THURS, July 19—Aug. 4
9:00AM—11:00AM

TUES/THURS, Aug. 9—Aug. 25
9:00AM—11:00AM



Town of North Hempstead

Department of Parks & Recreation

Tennis

Junior Group Lesson

The instructor provides technical and tactical feedback to help improve each player. The pace at which the drills are run is based on the progress and ability of the students in each class.

Ages 5 to 9

2 Hour Class

3 Weeks, 6 Lessons

Manorhaven Beach Park

\$168 Resident/\$202 Non-Resident

MON/WED, June 27—July 13
11:00AM—1:00PM

TUES/THURS, June 28—July 14
11:00AM—1:00PM

MON/WED, July 18—Aug. 3
11:00AM—1:00PM

TUES/THURS, July 19—Aug. 4
11:00AM—1:00PM

MON/WED, Aug. 8—Aug. 24
11:00AM—1:00PM

TUES/THURS, Aug. 9—Aug. 25
11:00AM—1:00PM

Ages 5 to 9

2 Hour Class

3 Weeks, 6 Lessons

Clinton G. Martin Park

\$168 Resident of New Hyde Park Special Park District only

TUES/THURS, June 28—July 14
11:00AM—1:00PM

TUES/THURS, July 19—Aug. 4
11:00AM—1:00PM

TUES/THURS, Aug. 9—Aug. 25
11:00AM—1:00PM



Private Lessons

These lessons are designed for the individual who wants to maximize the technical instruction they can receive during one hour. Maximum learning and improvement is what any student should expect from this type of lesson.

Any one-time Private or Semi-Private must be scheduled at least 72 hours in advance.

Manorhaven Beach Park

- 1 Hour (1 Person) \$75
- 1 Hour (2 Person) \$80 (\$40 per person)
- 1 Hour (4 Person) \$100 (\$25 per person)

Michael J. Tully Park

- 1 Hour (1 Person) \$75
- 1 Hour (2 Person) \$80 (\$40 per person)
- 1 Hour (4 Person) \$100 (\$25 per person)

Clinton G. Martin Park

Eligibility: Residents of the New Hyde Park Special Park District Only.

- 1 Hour (1 Person) \$75
- 1 Hour (2 Person) \$80 (\$40 per person)
- 1 Hour (4 Person) \$100 (\$25 per person)

***Did You Know:**
Tennis can increase
your endurance, agility
and flexibility!*





**TOWN OF NORTH HEMPSTEAD
SUPERVISOR JUDI BOSWORTH AND
THE TOWN BOARD INVITE YOU TO**



NORTH HEMPSTEAD'S SUMMER OF FUN!

MEMORIAL DAY FIREWORKS

SATURDAY, MAY 28TH PROGRAM STARTS AT 6 PM
NORTH HEMPSTEAD BEACH PARK, PORT WASHINGTON

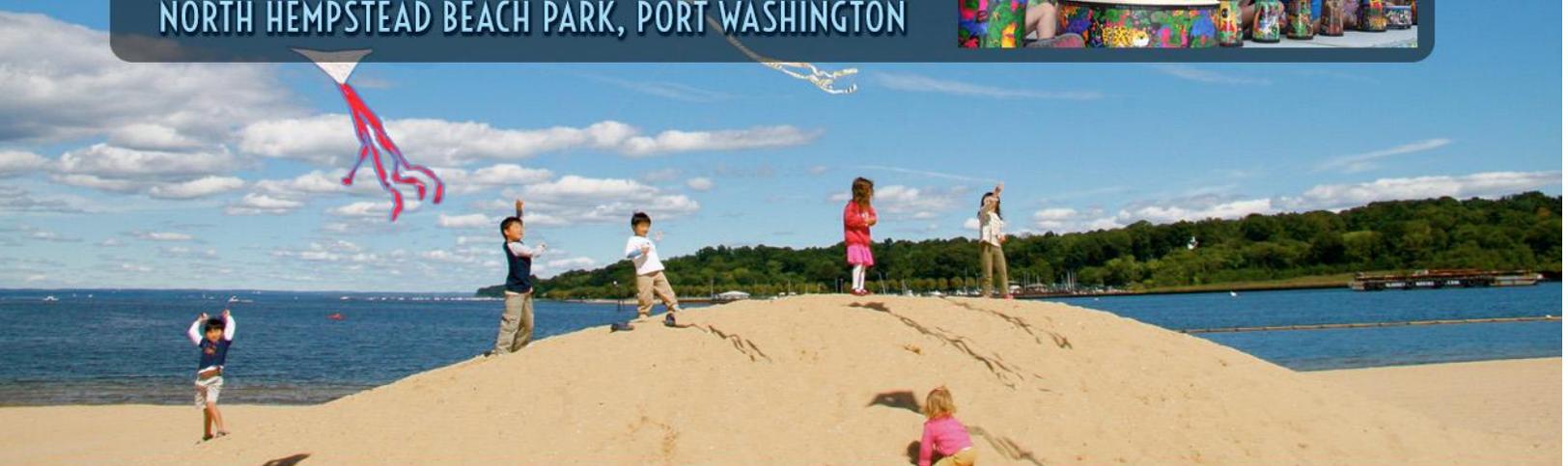


SUMMER CONCERT SERIES

COMING TO A PARK OR BEACH NEAR YOU!
WWW.NORTHHEMPSTEADNY.GOV/SUMMER

KIDSTOCK MUSIC FESTIVAL

SUNDAY, AUGUST 21ST 12 PM - 5 PM
NORTH HEMPSTEAD BEACH PARK, PORT WASHINGTON



FOR A FULL SCHEDULE OF SUMMER EVENTS & FESTIVALS, CALL OR VISIT:

(516) 869-6311

WWW.NORTHHEMPSTEADNY.GOV



CHILDREN'S ARTS & CRAFTS

Children will have the opportunity to participate in creating masterpieces and show off their creativity through their arts and craft projects.

Projects are different in each session.

SUMMER 2016

Clinton G. Martin Park

Eligibility: current pool members of the New Hyde Park Special Park District Only.

TUESDAY, June 28—THURSDAY, Aug. 4

WEDNESDAY, June 29—FRIDAY, Aug. 5

\$40 Members; 15 Child Maximum Per Class

| Date | Age | Time |
|------------------|------|-------------------|
| Tuesday/Thursday | 4-8 | 10:00AM - 10:45AM |
| Tuesday/Thursday | 7-14 | 11:00AM - 11:45AM |
| Tuesday/Thursday | 4-8 | 1:00PM - 1:45PM |
| Tuesday/Thursday | 7-14 | 2:00PM - 2:45PM |
| | | |
| Wednesday/Friday | 4-8 | 10:00AM - 10:45AM |
| Wednesday/Friday | 7-14 | 11:00AM - 11:45AM |
| Wednesday/Friday | 4-8 | 1:00PM - 1:45PM |
| Wednesday/Friday | 7-14 | 2:00PM - 2:45PM |

YOUNG PEOPLE & THE ARTS

FREE Children's shows are Tuesdays at 10:30am July 12 thru Aug. 9 at a different park each week. call 311 for schedule.



Junior Master Gardener

The Junior Master Gardener Program is open to children grades 3 through 5, ages 7 through 10. Courses are limited to 18 participants. This will truly be a great garden experience for all!

Clark Botanic Garden

\$125

To register, visit Michael J. Tully Aquatic Center or call 516-739-3092

Call 311 for dates and additional information

Family Gardening

The Town of North Hempstead Family Community Garden program offers residents the opportunity to use space, water and compost to garden in an individual bed. Learn ecofriendly garden techniques with the assistance of a trained horticulturist.

Clark Botanic Garden

\$100 per bed (on a first come, first serve basis)

Season is from May 1—October 2

To register, visit Michael J. Tully Aquatic Center or call 516-739-3092



Fishing

Beginners, Intermediates & Advanced

Learn all you need to know about fishing. You will be handling rods, reels, rigs and lures, imitation bait, and will be tying your own knots, everything to get you ready to go fishing on your own. Then you will try your hand at catching a real fish in our beautiful North Shore Waters! Handouts and informational materials will be provided.

Open to ages 5 and up. Children under age of 10 must be accompanied by an adult.

Thursday, July 14 at 6PM

Fee: \$20 per person Resident/\$24 Non-Residents

Register at Manorhaven Beach Park.

The 1 hour course includes:

What you need to go fishing

- Equipment: Rods, reels and droplines.
- Lines and leaders
- Lures, hooks and bait
- Other equipment: Plier, de-hookers, knives, waders, etc.

Information on fishing on Western Long Island Sound

- Different species, season dates and size limits
- Where to go?
- Best times to go
- What to bring
- Rigging up
- Knots and Setting your rig
- Handling your equipment
- What to do when you catch a fish

Situated on two of the finest waterways on Long Island, the Town is constantly working to improve coastal life for its residents.



Town of North Hempstead

Department of Parks & Recreation

Rowing

Port Rowing

(North Hempstead Beach Park)

Enjoy a one of a kind summer on the water with Port Rowing! Registration is OPEN!

Middle School Camps—Rising 7th—8th Graders

It is a fun non-competitive, educational-based system in the sport of rowing. All the kids are taught the basic fundamentals of rowing, while encouraging them to fall in love with a great sport

Monday– Friday: 4:30 —7PM

Sessions:

Session I: June 6– 10

Session II: July 13-17

Session III: August 22– 26

High School Camps — Rising 9th — 12th grade Learn to Row

Learn to row camps are introduce technique, skill and teamwork. A great introduction to rowing or bonus time on the water for experienced rowers.

Sessions:

Session I: June 6- June 10, 4-6:30PM

Session II: August 22—26, 8:30—11AM

Training Camps for Advanced Rowers

Experienced rowers will train in small boats and prepare for regatta in July

Monday— Friday 8 — 11 AM

Sessions:

Session I: June 27 — July 8

Session II: July 11 — July 22

Session III: July 25— August 5

Choose 1 or all. Discounted fee with prepayment of all 3 sessions



The goal of Port Rowing is not only to build proper rowing technique but also to promote sportsmanship, teamwork, and general fitness. We welcome rowers of all experience levels— participants are grouped according to age and skill level to provide appropriate instruction to all. You will learn how to row in doubles, fours, and eights to maximize water time and gain valuable experience.

To register for these programs, log onto:
www.portrowing.com.

For further information, please contact:
info@portrowing.com

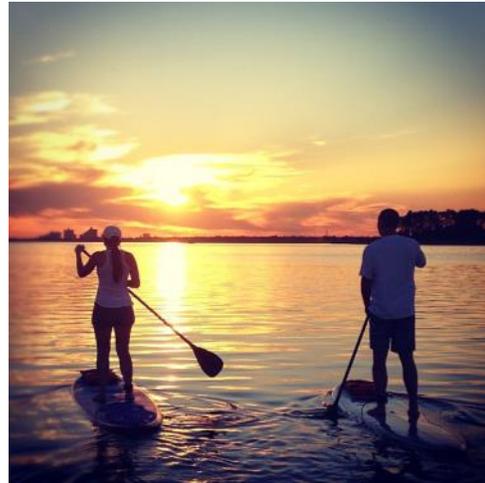
STAND UP PADDLE BOARDING

Lessons, Rentals & Tours along with paddle fitness and yoga

Manorhaven Beach Park

Our Stand Up Paddle Boarding is dedicated to offering a fun, alternative way to get in shape and take in the sites of our beautiful waterways. Each session we provide you with a board to take out in the bay and a coach on hand, available to answer any questions on paddle specific stretching, maximizing your paddle technique, balance/core exercises, distance paddling and injury prevention.

For information: please contact Kostal Paddle
Phone: 855-KOASTAL1(567-8251)
Email: KOSTALPADDLE@gmail.com



Stand Up Paddle Boarding



KAYAK

Lessons & Rentals

Manorhaven Beach Park

For information: please contact Kostal Paddle
Phone: 855-KOASTAL1(567-8251)
Email: KOSTALPADDLE@gmail.com

Kayaking

Private Lessons are also available as well as
Board Rentals at Manorhaven Beach Park or North Hempstead
Beach Park

For information call: 855-KOASTAL1(567-8251)

“YES WE CAN” COMMUNITY CENTER 2016 SUMMER PROGRAM

June 27– August 12
(Closed July 4)

Monday through Friday
9 AM—4PM

**Open to all 7-13 years*
**Cost \$200*
**Includes: Meals, trips and*
yearly “Yes We Can” Communi-
ty Center membership

Registration open. Slots limited. Full payment due on registration.



*after hours program available until 6:30 PM
for a nominal fee

OASIS DAY CAMP

With two locations, Oasis offers campers a traditional summer day camp developed and led by teachers, coaches, and dedicated youth workers.

At Oasis On the Sound, campers experience the Manorhaven Beach Park pool and recreational facility featuring water slides, a skate park, hockey rink, tennis and more.

At Oasis in Tully Park campers also experience amazing facilities that feature a stadium athletic complex featuring an Astroturf field and track as well as a recently built indoor water park!

For our 4 & 5 year old campers, Oasis offers the Early Start Imagination Camp that is specially designed for our pre-K campers. Campers, ages 6-11, participate in a variety of engaging activities inclusive of athletics, fine arts and instructional swimming.

Enrollment: We're Flexible!

Oasis offers flexible enrollment options! Families have the advantage to enroll their children around their summer plans. A minimum of 2 weeks, maximum of 9 weeks, or any combination thereof is all that we require to fully experience our program.

Oasis On the Sound

Manorhaven Beach Park

Class Session: June 27 - August 19

Drop Off: 8:30AM—9:00AM

Pick-up: 5:00PM—5:30PM

Online registration is open until June 22. To enroll after the online registration period is over, please download our paper application and apply in person on-site.

Oasis In Tully Park

Michael J. Tully Park

Class Session: June 27 - August 19

Drop Off: 8:30AM—9:00AM

Pick-up: 5:00PM—5:30PM

Online registration is open until June 22. To enroll after the online registration period is over, please download our paper application and apply in person on-site.



Online registration is fast and simple so don't wait!
For additional information and registration: www.oasischildren.com

Gold Coast Arts Center

Since opening its doors almost 20 years ago as a School for the Arts, the Gold Coast Arts Center (GCAC) has grown into a premiere venue and school for art, film, literature, music, dance and drama, recognized both regionally and nationally.

An affiliate of the John F. Kennedy Center for the Performing Arts: Partners in Education Program and the National Gallery of Art, GCAC's offerings include its School for the Arts, Concert and Performance series, Artists Residency Partnership Projects, Outreach Program benefiting thousands of students in the region, and free public art gallery which showcases exhibits of contemporary works by emerging as well as internationally recognized artists,

The GCAC in partnership with the Town of North Hempstead, among other things, helps secure the annual Gold Coast International Film Festival in the Town. The Film Festival, which debuted in June 2011, provides the best in new, exciting, high-quality films along with access to world-renowned filmmakers to North Hempstead residents and visitors from across the region and beyond. The fifth annual Gold Coast International Film Festival kicks off in October 2015. The Festival's Furman Film Series screens a sophisticated cross-section of thought-provoking independent art, classic and foreign films all year round, with each screening followed by Q&As with film industry stars.



Facility Rental & Party Space

Pool Birthday Parties

Birthday parties may be booked year round at the Aquatic Activities Center at Michael J. Tully Park. A maximum of 25 children can attend the party and must be supervised. Parties may also be booked seasonally at Manorhaven Beach Park Pool. For more information, please call 311 or 516-869-6311.

Miniature Golf Birthday Parties

Parties can be held at the miniature golf course at Harbor Links Golf Course. For more information, please call 311 or 516-869-6311.

Rooms Available For Rental (for parties, meetings, events and weddings)

- Charles Fuschillo Park
- Clark Botanic Garden
- Clinton G. Martin Park
- Harbor Links Golf Course—Clubhouse
- John D. Caemmerer Park
- Michael J. Tully Park—Aquatic Activity Center
- Port Washington Community Center
- Roslyn Community Center
- “Yes We Can” Community Center

Picnic Areas & Rental

Picnic areas may be available for rental. Reservations may be required. For more information, please call 311 or 516-869-6311.

- Clinton G. Martin Park*
- Manorhaven Beach Park
- Martin “Bunky” Reid Park
- North Hempstead Beach Park
- Whitney Pond Park

*No BBQ Available

Call 311 or 516-869-3611 for reservations, fees and other information.



Town of North Hempstead

Department of Parks & Recreation

Parking & Boating

Manorhaven Beach Park & North Hempstead Beach Park

NO CASH ACCEPTED FOR ANNUAL PERMITS

Daily Parking and Annual Permit Fees

| | |
|-------------------------------|-----------------------------|
| Annual Resident permit | \$50 |
| Annual Senior/Disabled | \$25 |
| Vet/Vol. Fire/Ambulance | \$25 |
| Single Daily Resident Car | \$15/ \$12 with credit card |
| Single Daily Non-Resident Car | \$20/ \$18 with credit card |
| Single Daily Bus | \$100 |

Daily Boat Ramp and Annual Permit Fee

| | |
|--------------------------------|------|
| Annual Resident Boat | \$65 |
| Annual Senior/Disabled Boat | \$40 |
| Vet/Vol. Fire/Ambulance Boat | \$40 |
| Single Daily Resident Boat | \$17 |
| Single Daily Non-Resident Boat | \$30 |

Kayak Storage

| | |
|--------|-------|
| Summer | \$70 |
| Winter | \$100 |

Town Dock Mooring Fees (Town Residents ONLY)

| | |
|-----------------------------|-------|
| 26' foot and under | \$435 |
| Includes water taxi service | |

Town Dock Dockage (insurance required) \$4 per foot



Special Events

Tribute to Billy Joel & Bruce Springsteen

Saturday, July 23
 Michael J. Tully Park (*Rain Location: Chaminade High School*)
 1801 Evergreen Ave, New Hyde Park
 7:30PM
 Free



KidStock

Sunday, August 21
 North Hempstead Beach Park
 2:00PM
 Parking \$10



BeachFeast

Sunday, September 18
 North Hempstead Beach Park
 West Shore Road, Port Washington
 12:00PM to 5:00PM
 Parking \$10



Spooky Walk

Friday & Saturday, October 28 & 29
 Clark Botanic Garden, Albertson
 6:30PM—9:30PM
 Admission: \$5

Not-So-Spooky Walk

Sunday, October 30
 Clark Botanic Garden, Albertson
 Noon—4:00PM
 Admission: \$3



Town of North Hempstead

Department of Parks & Recreation

Concerts & Events

2016 Free Concert Series

Sundays 1:00PM at North Hempstead Beach Park July 10 through August 7

***Parking Fees Apply**

May 28— Fireworks Extravaganza

July 10— **Decades of Soul— Soul and Motown tribute band**

July 17— **Mack and Soul**

July 24— **The Projekt**

July 31— **Babs Winn & The Kickin' Boogie Band—Country Favorites**

August 7— **1910 Fruitgum Company**

Mondays 7:30PM at Mary Jane Davies Green July 11 through August 1

Rain location: Manhasset Library

July 11— **Randy & The Rainbows – Oldies and doo wop**

July 18— **Quickdraw — New & old country and southern Rock**

July 25— **Astrograss — Family night**

August 1— **Little Sister and the Rolling Machine— Popular Rock of 80s, 90s and today**

Tuesdays 7:00PM at Clark Botanic Garden July 12 through August 9

July 12— **“You’re A Good Man Charlie Brown” by Plaza Theatrical Productions**

July 19— **North Shore Pops Concert Band**

July 26— **David Sear followed by Gathering Time—Folk Night**

August 2— **Dance Visions, NY**

August 9 — **Five Towns College Concert Band followed by the movie “Tootsie”**

Fridays 7:30PM at Clinton G. Martin Park

July 8— **The Capris**

August 5— **The Rod Rock Experience – Rod Steward Tribute band**

Fridays 7:30PM at Manorhaven Beach Park

July 15— **Wonderous Stories**

July 29— **Arcadia**

Tully Park Stadium, free, all are welcome

July 23— **Captain Jack followed by Tramps Like Us— Billy Joel and Bruce Springsteen tribute bands**



2016 Free Concert Series (continued)

Young People and the Arts Series

Tuesdays 10:30AM from July 12 through August 2

July 12, Clark Botanic Garden — **Bach to Rock**

July 19, Manorhaven Beach Park — **Hip Pickles**

July 26, Clinton G. Martin Park — **Lou Del Bianco** presents “**Make a Good Choice**” USA

August 2, Fuschillo Park — **Mil’s Trills**

Cinema on the Bay at Sunset Park— In Partnership with Residents for More Beautiful Port Washington

June 28—8:15PM— **Rocky III**

July 9—8:30PM— **Back to the Future**

July 30—8:30PM— **Pitch Perfect 2**

August 6—8:00PM— **Minions**

North Hempstead’s Summer Movie Series

July 17—7:30PM—**Pete’s Dragon**—Clinton G. Martin (indoors)

August 9—8:15PM—**Tootsie**— Clark Botanic Garden

August 13— **Star Wars: The Force Awakens**—North Hempstead Beach Park



Frequently Asked Questions (FAQs)

Classes

Early registration is recommended and encouraged. Many classes will fill up quickly, please sign up early to ensure your spot. Classes that do not meet minimum amount of participants will be cancelled.

Registration

Registration is in person at the park where the activity is taking place unless otherwise noted. All required documents are necessary in order to register. For registration dates for fall, winter and spring please contact 311 or 516-869-6311 from outside the Town.

Required Documents to Register & Definitions

New members: required to show a valid and current property tax bill or lease, and a valid and current driver's license and utility bill.

Renewing members: required to show a valid and current utility bill and a valid & current driver's license and membership cards. Renewing members who rent must also show a valid and current copy of their license.

Teens signing up for a youth membership must show a school ID, bus pass, library card or report card.

A **resident** is defined as one who resides within the Town limits at an address that pay North Hempstead taxes.

A **family** consists all residing at the same household, the head of the household and

1. the spouse/domestic partner of the head of the household; and
2. the unmarried children of the head of the household or the head of the households' spouse or domestic partner, or any unmarried children for which the head of the household or the head of the household's spouse/domestic partner is the legal guardian; and
3. the parents of the head of household or the head of the households' spouse or domestic partner

Senior citizens are defined as permanent North Hempstead residents aged 60 and over

Non-Residents Registration Policy *(for select programs)*

If space is available in a program two (2) weeks prior to start of the program, non-residents will be allowed to register by paying a 20% surcharge.

Non-Resident Policies for Pool Facilities

Current members are limited to 5 guests per household, per day. Guest will not be allowed to enter the pool facility unless they are accompanied by a member/resident.

Frequently Asked Questions (FAQs)

Refund Policy

No refunds.

Cancellations

Information concerning weather related cancellations please call 311 or 516-869-6311.

Building Closings at the Tully Park Aquatic Activity Center

| | |
|-----------------------|--------------------|
| April 30– May 6 | Maintenance/Repair |
| July 4 | Independence Day |
| August 20-September 7 | Maintenance/Repair |
| November 24 | Thanksgiving Day |
| December 25 | Christmas Day |
| January 1—7, 2017 | Maintenance/Repair |

Early Building Closings at Tully Park Aquatic Activity Center (Building and all facilities close at 2:30 pm)

| | |
|-------------|----------------|
| May 30 | Memorial Day |
| June 19 | Father's Day |
| December 24 | Christmas Eve |
| December 31 | New Year's Eve |

Building Closings for the "Yes We Can" Community Center

| | |
|-----------------|------------------|
| July 4 | Independence Day |
| November 24 | Thanksgiving Day |
| December 25 | Christmas Day |
| January 1, 2017 | New Year's Day |

Early Building Closings for the "Yes We Can" Community Center (Building and all facilities close at 2:30 pm)

| | |
|-------------|----------------|
| December 24 | Christmas Eve |
| December 31 | New Years' Eve |