



TOWN OF NORTH HEMPSTEAD

2013-2014

Parks & Recreation Guide

JUDI BOSWORTH, SUPERVISOR



The Fun Starts Here!

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

Parks & Facilities

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

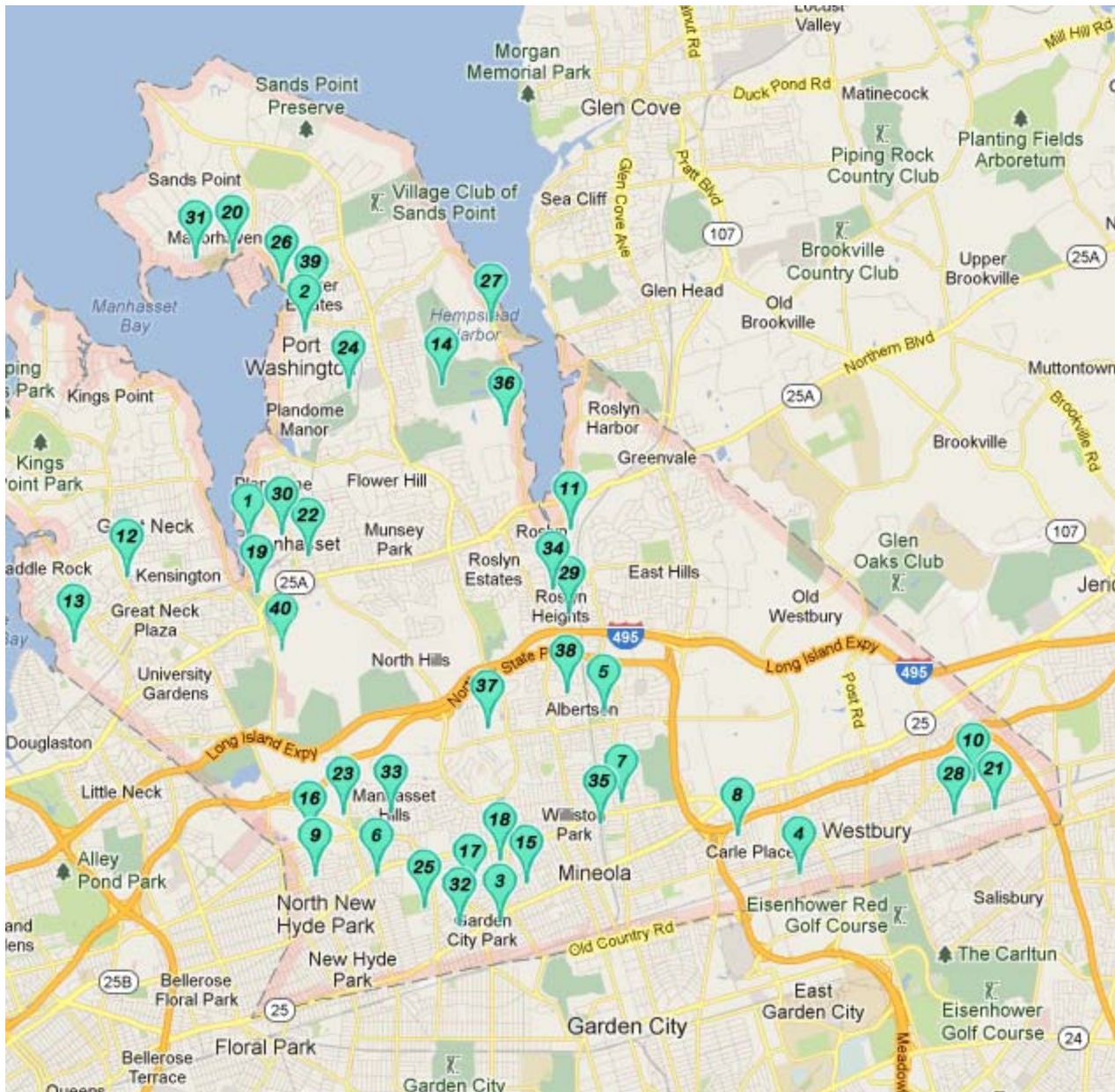
Shepard Lane, Roslyn Heights

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

Family	\$322
Couple	\$265
Individual (Ages 18-59)	\$167
Senior (Ages 60+)	\$98
Senior Couple	\$115
Youth (Ages 3-17)	\$115
Disabled	\$98
Volunteer	\$98
Volunteer Family	\$294
Veteran Individual	\$98
Nanny	\$150

Lost Pass Fee: \$5



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

Registration Office Hours for the 2013 Pool Membership:

May 7, 2013—June 14, 2013
 Tuesday—Friday 10:00AM-6:30PM
 Saturday 10:00AM—4:00PM

June 15—Aug. 18
 Daily 11:00AM- 6:30PM

August 19 –September 2
 Daily 11:00AM– 6PM

2013 Summer Program Registration begins:

June 1 — 10:00AM—Residents

June 17—9:00AM—Non-Residents
 (Select Classes Only)



Opening Day: Saturday, June 15 - 11:00AM—9:00PM

Pool Hours

June 15—Aug.18: 11AM - 9PM Daily
 Aug. 19—Sept. 2: 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 (Ages 3-17)	\$166	\$81
Disabled	\$166	\$81
Volunteer	\$166	\$81
Volunteer Family	\$497	\$195
Veteran Individual	\$166	\$81
Nanny	N/A	\$130

Lost Pass Fee: \$5

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)

Pool Hours (Call 311 for scheduled closings)

Monday—Friday: 8:00AM—8:30PM
Saturday & Sunday: 9:00AM—5:30PM

Town of North Hempstead

Department of Parks & Recreation

Parks & Facilities



Registration Office Hours for the 2013 Pool Membership:

May 27—June 14

Mon—Fri 9:00AM—4:00PM

Sat, Sun 11:00AM—6:00PM

June 15—August 18

Daily 11:00AM—7:00PM

August 19—September 2

Daily 11:00AM—6:00PM

2013 Summer Program

Registration begins:

June 1 — 9:00AM

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

Family	\$248
Couple	\$210
Individual (Ages 18-59)	\$132
Senior (Ages 60+)	\$88
Senior Couple	\$112
Youth (Ages 3-17)	\$112
Disabled	\$94
Volunteer	\$94
Volunteer Couple	\$177
Volunteer Family	\$215
Veteran Individual	\$94
Veteran Family	\$215
Nanny	\$112

Lost Pass Fee: \$5

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

Sat. June 8 & Sun. June 9 - 11AM - 7PM

June 15—Aug.18: 11AM - 9PM Daily

Aug. 19—Sept. 2: 11AM - 7PM Daily

Harbor Links Golf Course

Championship Course

	Resident	Sr. Resident	Junior Resident	Non-Resident
Monday-Thursday	\$46	\$30	\$30	\$71
Friday*	\$76	\$76	\$76	\$108
Saturday, Sunday & Holidays* Open—12:00PM	\$85	\$85	\$85	\$115
Saturday, Sunday & Holidays* 12:00PM—Twilight	\$76	\$76	\$76	\$110

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

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)

Twilight Golf: Championship Course

Carts are included in the Twilight Rates. Rates are for residents and non-residents. Rates are for the 18-hole course only.

Dates	Time	Resident	Non-Residents
Open—May 23	3-5:00PM	\$43	\$53
	After 5PM	\$30	\$40
May 24—Labor Day	After 5PM	\$43	\$53
	After 6:30PM	\$30	\$30
Day after Labor Day—Season Close	After 3:00PM	\$30	\$40

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.



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

Rates are for the Executive Course only.

*Motorized Cart Fee for Twilight \$5

Dates	Time	Price
Open—April 25	After 5:30PM	\$10
April 26—May 23	After 6:00PM	\$10
May 24—Labor Day	After 6:30PM	\$10
Sept. 3—Oct. 14	After 5:30PM	\$10
Oct. 15—Nov. 2	After 4:00PM	\$10
Nov. 3—Close	After 3:00PM	\$10

Practice Range Pricing

	Price
Small Bucket	\$6
Medium Bucket	\$10
Large Bucket	\$13
Jumbo Bucket	\$16

Mini Golf Course

\$8 per person

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 22—Sept. 2: 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.

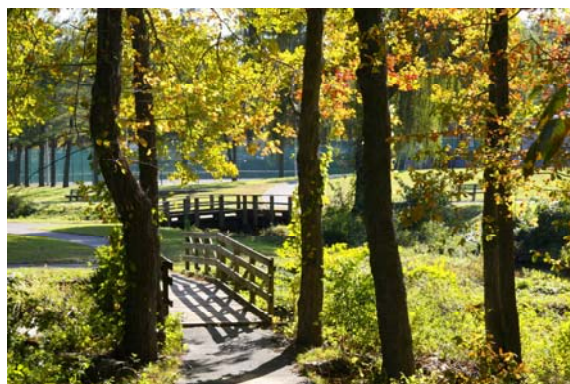
Pool Hours

Mon. July 1—Sun. August 18
11AM - 7PM Daily

Pool Resident Daily/Guest Pass*

	Fees
Resident Adult	\$8
Resident Teen	\$6
Resident Child	\$5
Resident Senior/Handicapped	\$4
Resident Volunteer Fire/Amb	\$4
Non-Resident Daily/Guest Pass Must be accompanied by a Resident	
Non-Resident Adult	\$12
Non-Resident Teen	\$9
Non-Resident Child	\$7
Non-Resident Senior/ Handicapped	\$5
Non-Resident Volunteer Fire/Amb	\$5

*Resident is anyone who resides within Nassau County



Town of North Hempstead

Department of Parks & Recreation

Parks & Facilities

North Hempstead "Yes We Can" Community Center

Community Center Annual Membership

	Resident	Non-Resident*
Youth/Teen (ages 5-17)	\$30	—
Adult (ages 18-59)	\$60	—
Senior (ages 60+)**	\$30	—
Veteran/Volunteer/Disabled	\$30	—
Daily Fee	\$5	\$7

*Non-Resident must be accompanied by a resident of the Town of North Hempstead

**Seniors who are members of Project Independence receive free community center membership

Physical Fitness Center Annual Membership

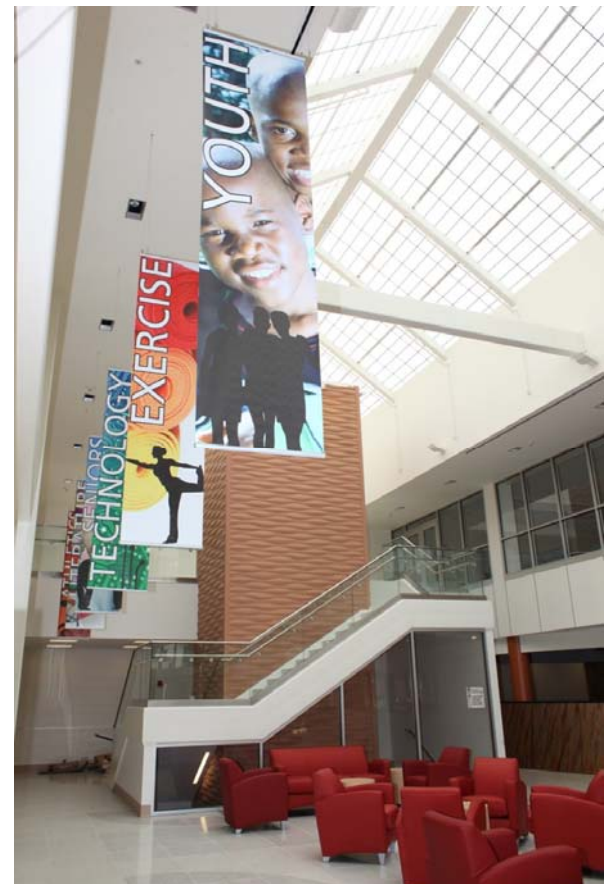
(Includes Community Center membership for residents only)

	Resident	Non-Resident
Youth/Teen (ages 5-17)	\$150	\$240
Adult (ages 18-59)	\$252	\$300
Senior (ages 60+)**	\$150	\$240
Veteran/Volunteer/Disabled	\$150	\$240

Memberships are also available on a monthly basis.

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

BOCCE

Clinton G. Martin Park
Manorhaven Beach Park

BADMINTON COURTS

Broadway Park (Asphalt)
Manorhaven Beach Park (Sand/Lawn)
Martin "Bunky" Reid Park (Lawn)

BASEBALL

Charles Fuschillo Park
Eighth & Asbury Little League Fields
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
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
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

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

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
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

Look!

*At Our New & Improved
Tennis Programs!*

Pgs 37 to 41

Town of North Hempstead

Department of Parks & Recreation

Facilities by Amenities

RENTAL/EVENT SPACE

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

SAILING

Manorhaven Beach Park
Town Dock

SHUFFLE BOARD

Broadway Park
Charles Fuschillo Park
Manorhaven Beach Park
Martin "Bunky" Reid Park
North Hempstead Beach Park

SKATEBOARDING

Manorhaven Beach Park

SOCCER

Broadway Park
Charles Fuschillo Park
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
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)
Martin "Bunky" Reid Park (Lawn)
North Hempstead Beach Park (Sand)

WALKING TRAILS & PATHS

Clark Botanic Garden
Gerry Pond Park
Large Park Circle
Manhasset Valley 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



***Did you know:**
We now offer
kayaking, sailing, rowing,
stand up paddle
boarding & fishing
lessons!
Pgs . 44-48*

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 25—July 30
\$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 25—July 30
\$65 Members Only
9:45AM—10:15AM

Michael J. Tully Park/Aquatic Activity Center

SATURDAY, June 15—July 20
\$45 Members/\$95 Non-Members
10:15AM—10:45AM

SATURDAY, Oct. 12—Nov. 16
\$45 Members/\$95 Non-Members
10:15AM—10:45AM

SATURDAY, Feb. 22, 2014—March 29, 2014
\$45 Members/\$95 Non-Members
10:15AM—10:45AM

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 24—July 31
\$75 Members/\$110 Non-Members
9:40AM—10:10AM

MONDAY/WEDNESDAY, June 24—July 31
\$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 25—July 30
\$65 Members Only
8:15AM—8:45AM OR 9:00AM—9:30AM

THURSDAY, June 27—Aug. 1
\$65 Members Only
8:15AM—8:45AM OR 9:00AM—9:30AM

Michael J. Tully Park/Aquatic Activity Center

SATURDAY, June 15—July 20
\$45 Members/\$95 Non-Members
10:50AM—11:20AM

SATURDAY, Oct. 12—Nov. 16
\$45 Members/\$95 Non-Members
10:50AM—11:20AM

SATURDAY, Feb. 22, 2014—March 29, 2014
\$45 Members/\$95 Non-Members
10:50AM—11:20AM

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 27—Aug. 1

\$65 Members Only

9:45AM—10:15AM

Michael J. Tully Park/Aquatic Activity Center

SATURDAY, June 15—July 20

\$45 Members/\$95 Non-Members

10:00AM—10:30AM

SATURDAY, Oct. 12—Nov. 16

\$45 Members/\$95 Non-Members

10:00AM—10:30AM

SATURDAY, Feb. 22, 2014—March 29, 2014

\$45 Members/\$95 Non-Members

10:00AM—10:30AM

**Check out our kids
Zumba (Zumbatomic!),
karate, arts & crafts
and fishing,
classes!**



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 (8/10)

SESSION I JUNE 24—JULY 11

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 15—AUG. 1

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) JUNE 29—AUG. 3

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

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

Saturday, 10:20AM-10:50AM
Level 4
Level 5



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 25—JULY 12

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 16—AUG. 2

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 15—JULY 20 (SUMMER)

Saturday, 8:00AM-8:50AM

- Level 2
- Level 3
- Level 4
- Level 5

Saturday, 9:00AM-9:50AM

- Level 2
- Level 3
- Level 4
- Level 6

Saturday, 10:00AM-10:50AM

- Level 4
- Level 5

OCT. 12—NOV. 16 (FALL)

Saturday, 8:00AM-8:50AM

- Level 2
- Level 3
- Level 4
- Level 5

Saturday, 9:00AM-9:50AM

- Level 2
- Level 3
- Level 4
- Level 6

Saturday, 10:00AM-10:50AM

- Level 4
- Level 5

FEB. 22—MARCH 29 (2014)

Saturday, 8:00AM-8:50AM

- Level 2
- Level 3
- Level 4
- Level 5

Saturday, 9:00AM-9:50AM

- Level 2
- Level 3
- Level 4
- Level 6

Saturday, 10:00AM-10:50AM

- Level 4
- Level 5



SWIM TEAM

This team is comprised of boys and girls under the age of 16, 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

MON—FRI, June 24—Aug. 9
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 24—Aug. 9
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 +

**HAVE A FAMILY
ADVENTURE WITH
OUR SAILING &
KAYAKING!** Pgs. 47 & 48



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 25—Aug. 6
(Lightening/Thunder make-up 8/13 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 25—July 30
\$65 Members Only
10:30AM—11:30AM

THURSDAY, June 27—Aug. 1
\$65 Members Only
10:30AM—11:30AM

Michael J. Tully Park/Aquatic Activity Center

TUESDAY, June 18—July 23
\$45 Members/\$80 Non-Members
10:30AM—11:00AM

THURSDAY, June 20—Aug. 1 (no class July 4)
\$45 Members/\$80 Non-Members
7:00PM—7:30PM

TUESDAY, Oct. 8—Nov. 12
\$45 Members/\$80 Non-Members
10:30AM—11:00AM

THURSDAY, Oct. 10—Nov. 14
\$45 Members/\$80 Non-Members
7:00PM—7:30PM

TUESDAY, Feb. 25, 2014—April 1, 2014
\$45 Members/\$80 Non-Members
10:30AM—11:00AM

THURSDAY, Feb. 27, 2014—April 3, 2014
\$45 Members/\$80 Non-Members
7:00PM—7:30PM

Private Lessons

Private swim lessons at Clinton G. Martin will help you improve both your skill and technique. Classes will vary based on an individual's skill level.

Clinton G. Martin Park

1 Person/Half-Hour \$35
2 People/Half-Hour \$60

Current pool members of the New Hyde Park Special Park District Only

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 2013

AQUACISE

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

MON/WED, May 6—Aug. 14
12:30PM—1:30PM

TUES/THURS, May 7—Aug. 15
12:30PM—1:30PM

THURSDAY, May 9—May 30
WEDNESDAY, June 19—Aug. 14
7:15PM—8:15PM

Manorhaven Beach Park
\$75 Members/\$110 Non-Members
(No weather make-up dates)

TUES/SUN, July 2—Aug. 3
TUES: 7:00PM—8:00PM
SUN: 11:15AM—12:15PM

AQUACISE/ZUMBA \$45 Members Only

Michael J. Tully Park/Aquatic Activity Center
TUES/THURS, May 7—Aug. 15
8:45AM—9:45AM

FALL 2013

AQUACISE \$45 Members Only

Michael J. Tully Park/Aquatic Activity Center
MON/WED, Sept. 11—Dec. 11
11:15AM—12:15PM

TUES/THURS, Sept. 17—Dec. 12
12:30PM—1:30PM

AQUACISE/ZUMBA \$45 Members Only

Michael J. Tully Park/Aquatic Activity Center
TUES/THURS, Sept. 17—Dec. 12
8:45AM—9:45AM

WINTER 2014

AQUACISE \$45 Members Only

Michael J. Tully Park/Aquatic Activity Center
MON/WED, Jan. 13—April 16
11:15AM—12:15PM

TUES/THURS, Jan. 14—April 17
12:30PM—1:30PM

THURSDAY, Jan. 16—April 17
7:30PM—8:30PM

AQUACISE/ZUMBA \$45 Members Only

Michael J. Tully Park/Aquatic Activity Center
TUES/THURS, Jan. 14—April 17
8:45AM—9:45AM



ZUMBATOMIC

FOR KIDS!

Zumbatomic classes are high-energy fitness-parties that offer real results. Packed with specially choreographed, kid friendly routines and the latest music, like hip-hop, reggaeton, cumbia, Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination. Zumbatomic classes make getting fit fun!

SUMMER 2013

Manorhaven Beach Park

TUESDAY, July 9—Aug. 13

Ages 6yrs—12 yrs

\$70 Residents/ \$84 Non-Residents

4:30PM—5:30PM

FALL 2013

Manorhaven Beach Park

TUESDAY, Oct. 1—Nov.5

Ages 6 yrs—12 yrs

\$70 Residents/ \$84 Non-Residents

3:45PM—4:45PM



**LATIN DANCE, KICKBOXING &
SAILING
ARE GREAT ACTIVITIES FOR MOM
& DAD
TO DO TOGETHER!**
Pgs. 28, 32, 47

Town of North Hempstead

Department of Parks & Recreation

Dance & Exercise

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!

SUMMER 2013

Michael J. Tully Park/Aquatic Activity Center

\$75 Members/\$150 Non-Members/\$180 Non-Residents
THURSDAY, May 9—Aug. 15
7:00PM—8:00PM

Manorhaven Beach Park

\$70 Residents/ \$84 Non-Residents
MONDAY, July 8—Aug. 12
5:30PM—6:30PM

FRIDAY, July 12—Aug. 16
5:30PM—6:30PM

North Hempstead "Yes We Can" Community Center

\$50 Members

TUES./THURS., May 1—Aug. 8
7:00PM—8:00PM

TUES./THURS., May 1—Aug. 8
10:15AM—11:15AM

FALL 2013

Michael J. Tully Park/Aquatic Activity Center

\$75 Members/\$150 Non-Members/\$180 Non-Residents
THURSDAY, Sept. 12—Dec. 12
7:00PM—8:00PM

Manorhaven Beach Park

\$70 Residents/ \$84 Non-Residents

FRIDAYS, Oct. 4—Nov. 8
5:30PM—6:30PM

North Hempstead "Yes We Can" Community Center

\$50 Members

TUES./THURS., May 1—Aug. 8
7:00PM—8:00PM

TUES./THURS., May 1—Aug. 8
10:15AM—11:15AM

WINTER 2014

Michael J. Tully Park/Aquatic Activity Center

\$75 Members/\$150 Non-Members/\$180 Non-Residents
THURSDAY, Jan. 16—April 17
7:00PM—8:00PM

North Hempstead "Yes We Can" Community Center

\$50 Members

THURSDAY, Jan. 9—Feb. 27
7:00PM—8:00PM

THURSDAY, Jan. 9—Feb. 27
12:00PM—1:00PM



ZUMBA
FITNESS

LATIN DANCE RHYTHMS

SALSA, CHA CHA, MERENGUE, BACHATA
NO PARTNER NECESSARY

Learn the basics for Latin Style Dances including Salsa, Cha Cha Merengue and Bachata. This is a non-stop, intense class designed to learn steps, musicality, turn patterns, styling and Latin motion. Class is ongoing so it allows you to start anytime!

SUMMER 2013

Michael J. Tully Park/Aquatic Activity Center
\$72 Members/ \$80 Non-Members
\$96 Non-Residents

WEDNESDAY, May 8—June 26
6:15PM—7:15PM

WEDNESDAY, July 3—Aug. 21
6:15PM—7:15PM

North Hempstead "Yes We Can" Community Center
\$50 Members

TUESDAY, May 1—April 8
7:00PM—8:00PM

FALL 2013

Michael J. Tully Park/Aquatic Activity Center
\$72 Members/ \$80 Non-Members
\$96 Non-Residents

WEDNESDAY, Sept. 18—Oct. 30
6:15PM—7:15PM

WEDNESDAY, Nov. 6—Dec. 18
6:15PM—7:15PM

North Hempstead "Yes We Can" Community Center
\$50 Members

TUESDAY, Sept. 9—Dec. 19
7:00PM—8:00PM

WINTER 2014

Michael J. Tully Park/Aquatic Activity Center
\$72 Members/ \$80 Non-Members
\$96 Non-Residents

WEDNESDAY, Jan. 15—March 5
6:15PM—7:15PM

WEDNESDAY, March 12—April 23
6:15PM—7:15PM

North Hempstead "Yes We Can" Community Center
\$50 Members

TUESDAY, Jan. 7—Feb. 25
7:00PM—8:00PM



Did You Know:

Latin dancing is considered one of the liveliest & most enthusiastic type of *dancing* in the world!

Town of North Hempstead

Department of Parks & Recreation

Dance & Exercise

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 2013

Michael J. Tully Park/Aquatic Activity Center
\$45 Members/\$208 Non-Members
\$250 Non-Residents

TUESDAY/THURSDAY, May 7—Aug. 15
10:00AM—11:00AM

North Hempstead "Yes We Can" Community Center
\$50 Class Fee

MONDAY/WEDNESDAY, May 1—Aug. 8
10:00AM—11:00AM

MONDAY/WEDNESDAY, May 1—Aug. 8
6:00PM—7:00PM

WINTER 2014

Michael J. Tully Park/Aquatic Activity Center
\$45 Members/\$208 Non-Members/\$250 Non-Residents

TUESDAY/THURSDAY, Jan. 14—April 17
10:00AM—11:00AM

North Hempstead "Yes We Can" Community Center
\$50 Class Fee

SATURDAY, Jan. 11—March 1
10:00AM—11:00AM

FALL 2013

Michael J. Tully Park/Aquatic Activity Center
\$45 Members/\$208 Non-Members
\$250 Non-Residents

TUESDAY/THURSDAY, Sept. 17—Dec. 12
10:00AM—11:00AM

North Hempstead "Yes We Can" Community Center
\$50 Class Fee

MONDAY/WEDNESDAY, Sept. 9—Dec. 19
10:00AM—11:00AM

MONDAY/WEDNESDAY, Sept. 9—Dec. 19
6:00PM—7:00PM

New!
Tai Chi on the
Beach! pg. 33

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 2013

North Hempstead "Yes We Can" Community Center

MON/WED/FRI, May 1—Aug. 8
11:30AM—12:30PM

TUESDAY/THURSDAY, May 1—Aug. 8
7:00PM—8:00PM

FALL 2013

North Hempstead "Yes We Can" Community Center

MON/WED/FRI, Sept. 9—Dec. 19
11:30AM—12:30PM

TUESDAY/THURSDAY, Sept. 9—Dec. 19
7:00PM—8:00PM

WINTER 2014

North Hempstead "Yes We Can" Community Center

MON/WED/FRI, Jan. 1—Feb. 28
11:30AM—12:30PM

TUESDAY/THURSDAY, Jan. 1—Feb. 28
7:00PM—8:00PM

KIDS FITNESS

(Ages 8-15)

Our Kids Fitness classes will help your child develop balance, flexibility, stamina and endurance.

SUMMER 2013

North Hempstead "Yes We Can" Community Center

\$50 Class Fee

SATURDAY, May 1—Aug. 8
9:00AM—10:00AM

FALL 2013

North Hempstead "Yes We Can" Community Center

\$50 Class Fee

SATURDAY, Sept. 9—Dec. 19
9:00AM—10:00AM

FALL 2013

North Hempstead "Yes We Can" Community Center

\$50 Class Fee

SATURDAY, Jan. 11—March 1
9:00AM—10:00AM



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 2013

Michael J. Tully Park/Aquatic Activity Center

Session I (Ages 5-7)

SATURDAY, May 11—June 22
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:00AM—10:30AM

Session I (Ages 8-17)

SATURDAY, May 11—June 22
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:30AM—11:30AM

Session II (Ages 5-7)

SATURDAY, June 29—Aug. 10
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:00AM—10:30AM

Session II (Ages 8-17)

SATURDAY, June 29—Aug. 10
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:30AM—11:30AM

North Hempstead "Yes We Can" Community Center

Session I (Ages 4-12)

SATURDAY, May 1—Aug. 8
\$50 + Uniform
10:30AM—12:00PM

FALL 2013

Michael J. Tully Park/Aquatic Activity Center

Session I (Ages 5-7)

SATURDAY, Sept. 21—Nov. 2
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:00AM—10:30AM

Session I (Ages 8-17)

SATURDAY, Sept. 21—Nov. 2
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:30AM—11:30AM

Session II (Ages 5-7)

SATURDAY, Nov. 9—Dec. 21
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:00AM—10:30AM

Session II (Ages 8-17)

SATURDAY, Nov. 9—Dec. 21
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:30AM—11:30AM

WINTER 2014

Michael J. Tully Park/Aquatic Activity Center

Session I (Ages 5-7)

SATURDAY, Jan. 11—March 1
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:00AM—10:30AM

Session I (Ages 8-17)

SATURDAY, Jan. 11—March 1
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:30AM—11:30AM

Session II (Ages 5-7)

SATURDAY, March 8—April 26
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:00AM—10:30AM

Session II (Ages 8-17)

SATURDAY, March 8—April 26
\$90 Mem./\$100 Non-Mem./\$120 Non-Res.
10:30AM—11:30AM

North Hempstead "Yes We Can" Community Center

Session I (Ages 4-12)

SATURDAY, Jan. 11—March 1
\$50 + Uniform
10:30AM—12:00PM



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!

SUMMER 2013

Michael J. Tully Park/Aquatic Activity Center

\$72 Members/\$80 Non-Members

\$96 Non-Resident

Session I

WEDNESDAY, May 8—June 26

7:30PM—8:30PM

Session II

WEDNESDAY, July 3—Aug. 21

7:30PM—8:30PM

FALL 2013

Michael J. Tully Park/Aquatic Activity Center

\$72 Members/\$80 Non-Members

\$96 Non-Resident

Session I

WEDNESDAY, Sept. 18—Oct. 30

7:30PM—8:30PM

Session II

WEDNESDAY, Nov. 5—Dec. 18

7:30PM—8:30PM

WINTER 2014

Michael J. Tully Park/Aquatic Activity Center

\$72 Members/\$80 Non-Members

\$96 Non-Resident

Session I

WEDNESDAY, Jan. 15—March 5

7:30PM—8:30PM

Session II

WEDNESDAY, March 12—April 23

7:30PM—8:30PM



**You'll get a real
kick out of this
class!**

Town of North Hempstead

Department of Parks & Recreation

Dance & Exercise

**New:
Tai-Chi on the
Beach!**

TAI-CHI

Learn the ancient exercise Tai-Chi, which is considered by the Chinese to be the most healthful exercise possible. 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.

Classes will take place on the beach and move indoors during inclement weather.



SPRING 2013

Clark Botanic Garden

Able to join mid-session

Beginners & Intermediate

WEDNESDAY, April 3—June 26

\$80 Members/\$84 Non-Members

6:00PM—7:00PM

Advance

WEDNESDAY, April 3—June 26

\$80 Members/\$84 Non-Members

7:00PM—8:00PM

SUMMER 2013

Manorhaven Beach Park

Tai-Chi on the Beach;

Indoors during inclement weather.

TUESDAY, July 9—Aug. 13

\$70 Resident/\$84 Non-Resident

7:30AM—8:30AM

SATURDAY, July 13—Aug. 17

\$70 Resident/\$84 Non-Resident

7:30AM—8:30AM

FALL 2013

Manorhaven Beach Park

WEDNESDAY, Oct. 2—Nov. 6

\$70 Resident/\$84 Non-Resident

6:00PM—7:00PM

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.

SUMMER 2013

Michael J. Tully Park/Aquatic Activity Center

TUESDAY/THURSDAY, May 7—Aug. 15
\$45 Mem./\$208 Non-Mem./\$250 Non-Res.
11:10AM—12:10PM

THURSDAY, May 9—Aug. 15
\$45 Mem./\$96 Non-Mem./\$115 Non-Res.
6:00PM—7:00PM

FALL 2013

Michael J. Tully Park/Aquatic Activity Center

THURSDAY, Sept. 12—Dec. 12
\$45 Mem./\$96 Non-Mem./\$115 Non-Res.
6:00PM—7:00PM

TUESDAY/THURSDAY, Sept. 17—Dec. 12
\$45 Mem./\$208 Non-Mem./\$250 Non-Res.
11:10AM—12:10PM

North Hempstead "Yes We Can" Community Center

Members: \$50

MONDAY, Sept. 9—Dec. 16
7:15PM—8:15PM

THURSDAY, Sept. 12—Dec. 19
9:00AM—10:00AM

WINTER 2014

Michael J. Tully Park/Aquatic Activity Center

TUESDAY/THURSDAY, Jan. 14—April 17
\$45 Mem./\$208 Non-Mem./\$250 Non-Res.
11:10AM—12:10PM

THURSDAY, Jan. 16—April 17
\$45 Mem./\$96 Non-Mem./\$115 Non-Res.
6:00PM—7:00PM



It's easier than ever to cut your home energy bills.

Start by getting a comprehensive Home Energy Audit –
It's free or at a reduced cost for most Long Islanders.

- A licensed, insured, accredited contractor will perform a comprehensive analysis of your home.
- You will get a report of the existing conditions in your house and recommended upgrades with associated costs and estimated energy savings.
- Have the energy-saving measures installed, knowing that they will pay for themselves.
- With available low-cost financing, you could have no out-of-pocket expenses.

Call 311 today for more information



Supported by:



Improve the value of your home and save money, while you help bolster Long Island's economy and create green jobs

The savings on your energy bills will pay for the improvements to your home and continue to save money, help the environment and keep your house warm in the winter and cool in the summer for years to come.

As energy prices rise, this investment makes even more sense. Call now and start saving approximately 20% on your home oil, gas and electric bills. In one town on Long Island, an average energy bill savings for Green Homes participating homeowners has been \$1,084 per year!

Call 311 today for more information



Supported by:



Tennis by Robbie Wagner 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 5-9 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 Robbie Wagner Tournament Training are either **USPTA certified** or have **extensive USTA sanctioned tournament experience**.

Beginner 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.

Beginner Adult Group Lesson (1 hr) 2 Weeks, 4 Lessons

Manorhaven Beach Park

\$56 Resident/\$67 Non-Resident

TUES/THURS, June 25—July 4
11:30AM—12:30PM

TUES/THURS, July 9—July 18
11:30AM—12:30PM

TUES/THURS, July 23—Aug. 1
11:30AM—12:30PM

TUES/THURS, Aug. 6—Aug. 15
11:30AM—12:30PM

Beginner Adult Group Lesson (1 hr) 2 Weeks, 4 Lessons — Evenings

Manorhaven Beach Park

\$56 Resident/\$67 Non-Resident

TUES/THURS, July 9—July 18
7:00PM—8:00PM

TUES/THURS, July 23—Aug. 1
7:00PM—8:00PM

TUES/THURS, Aug. 6—Aug. 15
7:00PM—8:00PM

Beginner Adult Group Lesson (1 hr) 2 Weeks, 4 Lessons

Michael J. Tully Park

\$56 Resident/\$67 Non-Resident

TUES/THURS, June 25—July 4
11:30AM—12:30PM

TUES/THURS, July 9—July 18
11:30AM—12:30PM

TUES/THURS, July 23—Aug. 1
11:30AM—12:30PM

TUES/THURS, Aug. 6—Aug. 15
11:30AM—12:30PM

Beginner Adult Group Lesson (1.5 hr) 2 Weeks, 6 Lessons

Clinton G. Martin Park

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

\$126

MON/WED/FRI, June 24—July 5
9:30AM—11:00AM

MON/WED/FRI, July 8—July 19
9:30AM—11:00AM

MON/WED/FRI, July 22—Aug. 2
9:30AM—11:00AM

MON/WED/FRI, Aug. 5—Aug. 16
9:30AM—11:00AM

Intermediate Adult Group Lessons

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.

Intermediate Adult Group Lesson (1.5 hr) 2 Weeks, 4 Lessons

Manorhaven Beach Park

\$84 Resident/\$101 Non-Resident

TUES./THURS., June 25—July 4
10:00AM—11:30AM

TUES./THURS., July 9—July 18
10:00AM—11:30AM

TUES./THURS., July 23—Aug. 1
10:00AM—11:30AM

TUES./THURS., Aug. 6—Aug. 15
10:00AM—11:30AM

Michael J. Tully Park

\$84 Resident/\$101 Non-Resident

TUES./THURS., June 25—July 4
10:00AM—11:30AM

TUES./THURS., July 9—July 18
10:00AM—11:30AM

TUES./THURS., July 23—Aug. 1
10:00AM—11:30AM

TUES./THURS., Aug. 6—Aug. 15
10:00AM—11:30AM

Intermediate Adult Group Lesson (1.5 hr) 2 Weeks, 6 Lessons

Clinton G. Martin Park

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

\$126

MON/WED/FRI, June 24—July 5
11:00AM—12:30PM

MON/WED/FRI, July 8—July 19
11:00AM—12:30PM

MON/WED/FRI, July 22—Aug. 2
11:00AM—12:30PM

MON/WED/FRI, Aug. 5—Aug. 16
11:00AM—12:30PM

Intermediate Adult Group Lesson (1 hr) 2 Weeks, 4 Lessons—Evenings

Manorhaven Beach Park

\$56 Resident/\$67 Non-Resident

TUES./THURS., July 9—July 18
8:00PM—9:00PM

TUES./THURS., July 23—Aug. 1
8:00PM—9:00PM

TUES./THURS., Aug. 6—Aug. 15
8:00PM—9:00PM

Town of North Hempstead

Department of Parks & Recreation

Tennis

Junior Mini Camp

A three hour session that includes approximately two hours of tennis instruction/play with one other sport or activity. Any other sport or activity within the park grounds may be used as a secondary activity based on request or availability.

Ages 5-9

Manorhaven Beach Park AND Michael J. Tully Park

\$125 Resident/\$150 Non-Resident

MON/WED/FRI, June 24—June 28
9:30AM—12:30PM

MON/WED/FRI, July 1—July 5
9:30AM—12:30PM

MON/WED/FRI, July 8—July 12
9:30AM—12:30PM

MON/WED/FRI, July 15—July 19
9:30AM—12:30PM

MON/WED/FRI, July 22—July 26
9:30AM—12:30PM

MON/WED/FRI, July 29—Aug. 2
9:30AM—12:30PM

MON/WED/FRI, Aug. 5—Aug 9
9:30AM—12:30PM

MON/WED/FRI, Aug. 12—Aug 16
9:30AM—12:30PM

Ages 10-17

Manorhaven Beach Park AND Michael J. Tully Park

\$210 Resident/\$252 Non-Resident

MON-FRI, June 24—June 28
12:30PM—3:30PM

MON-FRI, July 1—July 5
12:30PM—3:30PM

MON-FRI, July 8—July 12
12:30PM—3:30PM

MON-FRI, July 15—July 19
12:30PM—3:30PM

MON-FRI, July 22—July 26
12:30PM—3:30PM

MON-FRI, July 29—Aug. 2
12:30PM—3:30PM

MON-FRI, Aug. 5—Aug 9
12:30PM—3:30PM

MON-FRI, Aug. 12—Aug 16
12:30PM—3:30PM



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 5-8

Clinton G. Martin Park

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

\$56

MON/WED, June 24—July 3
1:00PM—2:00PM

TUES/THURS, June 24—July 3
1:00PM—2:00PM

MON/WED, July 8—July 17
1:00PM—2:00PM

TUES/THURS, July 8—July 17
1:00PM—2:00PM

MON/WED, July 22—July 31
1:00PM—2:00PM

TUES/THURS, July 22—July 31
1:00PM—2:00PM

MON/WED, Aug. 5—Aug. 14
1:00PM—2:00PM

TUES/THURS, Aug. 5—Aug. 15
1:00PM—2:00PM

Junior Group Lesson

The instructor provides technical and tactical feedback 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.

Ages 9-12

Clinton G. Martin Park

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

\$56

MON/WED, June 24—July 3
2:00PM—3:00PM

TUES/THURS, June 24—July 3
2:00PM—3:00PM

MON/WED, July 8—July 17
2:00PM—3:00PM

TUES/THURS, July 8—July 17
2:00PM—3:00PM

MON/WED, July 22—July 31
2:00PM—3:00PM

TUES/THURS, July 22—July 31
2:00PM—3:00PM

MON/WED, Aug. 5—Aug. 14
2:00PM—3:00PM

Ages 12+

Clinton G. Martin Park

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

\$56

MON/WED, June 24—July 3
3:00PM—4:00PM

TUES/THURS, June 24—July 3
3:00PM—4:00PM

Town of North Hempstead

Department of Parks & Recreation

Tennis

Ages 12+

Clinton G. Martin Park

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

\$56

TUES/THURS, July 8—July 17

3:00PM—4:00PM

MON/WED, July 22—July 31

3:00PM—4:00PM

TUES/THURS, July 22—July 31

3:00PM—4:00PM

MON/WED, Aug. 5—Aug. 14

3:00PM—4:00PM

TUES/THURS, Aug. 5—Aug. 14

3:00PM—4:00PM

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!

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 2013

Clinton G. Martin Park

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

Session 1:

TUESDAY July 2—TUESDAY July 16
WEDNESDAY July 3—WEDNESDAY July 17
\$40 Members; 15 Child Maximum Per Class

Session 2:

TUESDAY July 23—TUESDAY Aug. 6
WEDNESDAY July 24—WEDNESDAY Aug. 7
\$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

FALL 2013

Michael J. Tully Park/Aquatic Activity Center
\$60 Mem./\$60 Non-Mem./\$72 Non-Res.

Ages 5-7

SUNDAY, Oct. 6—Nov. 10
10:00AM—11:00AM

Ages 8-10

SUNDAY, Oct. 6—Nov. 10
11:15AM—12:15PM

WINTER 2014

Michael J. Tully Park/Aquatic Activity Center
\$60 Mem./\$60 Non-Mem./\$72 Non-Res.

Ages 5-7

SUNDAY, Feb. 23—April 6
10:00AM—11:00AM

Ages 8-10

SUNDAY, Feb. 23—April 6
11:15AM—12:15PM



Town of North Hempstead

Department of Parks & Recreation

Children's Gardening

Children's Gardening

Children are encouraged to maintain a vegetable/herb bed that they are assigned in the beginning of the class. General gardening techniques are learned, such as composting, weeding, pruning etc. Throughout the summer, children are also taught other horticultural topics such as trees, birds, and insects all while interacting with the garden and each other.

Call 311 for registration and additional information

Clark Botanic Garden
\$130

THURSDAYS/SATURDAYS, May 18—Sept. 14
9:00AM—10:30AM

THURSDAYS/SATURDAYS, May 18—Sept. 14
11:00AM—12:30PM

THURSDAYS/SATURDAYS, May 18—Sept. 14
1:00PM—2:30PM

YOUNG PEOPLE & THE ARTS

FREE Children's shows are Tuesdays at 10:30am July 16 thru Aug. 6 at a different park each week. call 311 for schedule.



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.

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

Register at Manorhaven Beach Park for both locations.

The two 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

SUMMER 2013

Manorhaven Beach Park

July 13 -2PM

July 20 -9AM

July 28 -2PM

August 4 -9AM

August 10 -1PM

August 11 -1PM

North Hempstead Beach Park

July 14 -2PM

July 21 -9AM

July 27 -2PM

August 3 -9AM

August 18 -9AM



Town of North Hempstead

Department of Parks & Recreation

Rowing

Port Rowing

(North Hempstead Beach Park)

Adaptive Camp

The summer Adaptive Camp is the opportunity for children with disabilities to work with a student mentor one-on-one. Have fun, improve your fitness levels and learn how to row. Classes are individualized and structured with one-on-one attention. Campers are divided into 4 groups of 5 with their teen mentors; each group has an adult supervisor. On staff, there is an ABA specialist and physical therapist to assist campers. Classes are \$600 per person.

Sessions:

Session I: June 24– 28
9:00AM—1:30PM

Session II: July 22-26
9:00AM—1:30PM

Session III: August 19– 23
9:00AM—1:30PM

Middle School & High School

The coaches are former National team members and collegiate national champions. You will learn how to row in doubles, fours and eights to maximize water time and gain valuable experience. Classes are \$250 per session.

Middle School (entering 7th and 8th grade)

Session 1: June 24– 28
8:00AM—11:00AM

Session 2: July 15-19
4:00PM—7:00PM

Session 3: July 22-26
8:00AM—11:00AM

Session 4: July 29 - August 2
4:00PM—7:00PM

High School (entering 9th - 12th grade)

Session 1: June 24– 28
4:00PM—7:00PM

Session 2: July 15-19
8:00AM—11:00AM

Session 3: July 22-26
4:00PM—7:00PM

Session 4: July 29-August 2
8:00AM—11:00AM

Summer League

Four week adult summer league culminating in the Corporate Cup. Adults can enter the League as free agents and be placed in boat lineups or enter as an entire boat of nine people: 8 rowers + 1 coxswain. Practice with your boat is two nights a week with a Port Rowing coach for 4 weeks. At the end of four weeks, all the boats will race for the Corporate Cup. The on-water sessions will improve overall fitness and introduce rowers to proper rowing technique, no experience necessary. Practices will take place after 6PM during the summer on Tuesday and Thursday nights. League fee is \$250 per person.

Session:

July 7—August 2
6:00PM—8:00PM

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

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

INTRODUCTION TO STAND UP PADDLE BOARDING

Beginners to Intermediate

Manorhaven Beach Park

Our 1 hour intro to stand up paddle boarding is a perfect way to start enjoying the sport. In this course, we cover equipment overview and safety awareness. You will learn proper stance, balancing, getting up, efficient paddling techniques, steering, and how to turn around quickly. After the basics have been mastered, we will have time for a tour of the coastline.

Min. age is 18 unless accompanied by an adult. Min. age with an adult is 12 yrs. old. All children the age of 16 or under must wear life jackets. A basic swim test will be given in the pool for all participants, scheduled by appointment prior to class day.

Fee: \$65 per person Resident/\$78 Non-Resident

Sessions:

SATURDAY or SUNDAY June 29 & June 30
10:15AM—11:15AM

SATURDAY or SUNDAY July 6 & July 7
10:15AM—11:15AM

SATURDAY or SUNDAY, July 13 & July 14
10:15AM—11:15AM

SATURDAY or SUNDAY July 20 & July 21
10:15AM—11:15AM

SATURDAY or SUNDAY, July 27 & July 28
10:15AM—11:15AM

SATURDAY or SUNDAY, Aug. 3 & Aug. 4
10:15AM—11:15AM

**Private Lessons Available for information:
Call 516-869-6311**

STAND UP PADDLE BOARDING

Beginners, Intermediates & Advanced

Manorhaven Beach Park

The first day will include a “how to” Introduction Class to stand up paddle boarding. 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.

5 session class includes board rental
\$165 Residents/\$198 Non-Residents

Session 1:

SATURDAYS June 29—July 27
9:00AM—10:00AM

SUNDAYS June 30—July 28
9:00AM—10:00AM

Session 2:

SATURDAYS Aug. 3—Aug. 31
9:00AM—10:00AM

SUNDAYS Aug. 4—Sept. 1
9:00AM—10:00AM



Town of North Hempstead

Department of Parks & Recreation

Sailing

SAILING

Learn to sail! Students will be introduced to sailing terms, wind awareness, weather, tides, rigging, points of sail, tacking and jibbing, mooring and general boating safety. Class is taught on Manhasset Bay on board a Sonar 23 foot sailboat. This is a rain or shine program that meets at the new Water Sports Education Center at Manorhaven Beach Park.

There is a maximum of (4) student's per boat. Six hours of lessons comprised of two 3 hour sessions. Pick a morning or afternoon session. Students under 18 must have a parent or guardian complete a medical and waiver form, provided at the first day of class. All students must wear a life jacket when on or near the water.



Ages: 13 and up

Prerequisites: None, swimming not required.

Fee: \$325 per person Resident/\$390 Non-Resident

Class Schedule

Pick your dates and then the morning or afternoon session:

1) July 6 & 7 (Saturday & Sunday)	Session I: 9 am- 12 noon	Session II: 1pm – 4pm
2) July 11 & 12 (Thursday & Friday)	Session I: 9 am- 12 noon	Session II: 1pm – 4pm
3) July 27 & 28 (Saturday & Sunday)	Session I: 9 am- 12 noon	Session II: 1pm – 4pm
4) August 3 & 4 (Saturday & Sunday)	Session I: 9 am- 12 noon	Session II: 1pm – 4pm
5) August 15 & 16 (Thursday & Friday)	Session I: 9 am- 12 noon	Session II: 1pm – 4pm
6) August 24 & 25 (Saturday & Sunday)	Session I: 9 am- 12 noon	Session II: 1pm – 4pm
7) Sept. 7 & 8 (Saturday & Sunday)	Session I: 9 am- 12 noon	Session II: 1pm – 4pm
8) Sept. 14 & 15 (Saturday & Sunday)	Session I: 9 am- 12 noon	Session II: 1pm – 4pm

KAYAKING

TWO HOUR CLASS INCLUDES:

- Types of kayaks—Pros/Cons & Uses
- Basic safety equipment
- Best times to go kayaking
- Planning your trip at launch site
- Rules of the road
- Basic navigation and land marking
- Maneuvering a kayak
- Handling water conditions
- Returning to the launch site & hauling out
- Basic paddle stroke
- Getting in and out of the kayak

All equipment is provided for all of the classes, including: Kayak, paddle, lifejacket and guide.

Ages 10 and up. 18 and under must be accompanied by an adult. Must be able to swim.

Classes are offered at a choice of 2 locations: Manorhaven Beach Park and North Hempstead Beach Park. Register at Manorhaven Beach Park for both locations.

Resident Fee: \$60 per person; parent & minor \$80

Non-Resident Fee: \$72 per person; parent & minor \$96



CLASS SCHEDULE

Sunday July 14 – 2:30 PM	NORTH HEMPSTEAD BEACH PARK
Sunday July 21 – 9:30 AM	NORTH HEMPSTEAD BEACH PARK
Sunday July 28 – 3:00 PM	MANORHAVEN BEACH PARK
Sunday August 4 - 9:30 AM	MANORHAVEN BEACH PARK
Sunday August 18 - 9:00AM	NORTH HEMPSTEAD BEACH PARK
Saturday August 24 - 1:00PM	MANORHAVEN BEACH PARK



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

New!

MULTI-SPORT Children's Sports Enrichment Program

Programming by Unlimited Sports Action Inc.

We encourage our students to explore different sports in this class. Athletes will be exposed to **baseball, soccer, basketball, lacrosse, obstacle courses** and **other field games**. This beginner class is a great starting point for any child looking to start his or her career in sports. Our instructors will teach children the basics of each of the sports and will help develop a solid foundation for those looking to advance to the next level. This class is great for building motor skills, meeting new friends and becoming acquainted with physical fitness and the basic fundamentals of sports. Register online for these classes.

For additional information and registration:
www.unlimitedsportsaction.com/tonh

John D. Caemmerer Park

June—August: Ages 3-10

Fee: Resident \$150/week
Non-Resident \$180/week
(For week of 7/1 Res \$120 Non-Res \$144)

Week	Time
7/1-7/5	9:30AM—12:00PM
7/8-7/12	9:30AM—12:00PM
7/15-7/19	9:30AM—12:00PM
7/22-7/26	9:30AM—12:00PM
7/29-8/2	9:30AM—12:00PM
8/5-8/9	9:30AM—12:00PM
8/12-8/16	9:30AM—12:00PM
8/19-8/23	9:30AM—12:00PM
8/26-8/30	9:30AM—12:00PM

Did you hear?

*Stand Up Paddle Boarding is
the new craze in adult
workouts! pg. 46*

Fundamental Sports Training

The Town of North Hempstead partners with Fundamental Sports Training to provide Town residents with basketball and baseball/softball classes for the summer and fall.

The player development and skills training classes are taught at Town parks and centers by professionals who have coached and played at the college level. These unique classes will be held at North Hempstead's "Yes We Can" Community Center and Martin "Bunky" Reid Park on Garden Street in Westbury as well as Charles Fuschillo Park at Carle Road and Broadmoor Lane in Carle Place.

For Times & Dates, please go to www.trainathletes.com. Each one hour class will be approximately \$10 for Residents and \$15 for non-Residents!

The classes offer an effective and affordable way for 3rd—8th grade boys and girls to receive the highest level instruction through corrective techniques and repetition that often get overlooked during school and little league programs. Classes will be kept small to ensure the highest level possible of individual attention.

The basketball clinics will focus on proper shooting technique, ball handling and dribble attack moves, footwork as well as speed, agility and conditioning.

The baseball/softball clinics will focus mainly on hitting correction and proper throwing and fielding techniques while building confidence on the field.

To find out more info or to register for these programs, please go to www.trainathletes.com and click on the "TONH Programs" button on the homepage. For inquiries, please call **516-546-7722** or email info@trainathletes.com.

Days and times to be announced.

ALL PARTICIPANTS MUST PRE-REGISTER ONLINE PRIOR TO ATTENDING



Town of North Hempstead

Department of Parks & Recreation

Summer Recreational Program

Summer Recreational Program "Yes We Can" Community Center

The seven week program for children ages 5-12 runs Monday through Friday, July 8th – August 23rd.

Open to North Hempstead residents, this program is designed to provide an opportunity for children ages 5-12 to participate in recreational activities while allowing for a flexible schedule. Activities will include but not be limited to, basketball, tennis, volleyball, golf, paddleball/handball and soccer. Register for as many sessions as you wish!

AM Session 9am – 12pm \$70 per week

PM Session 1pm – 4pm \$70 per week

Supervised Lunch 12pm – 1pm \$10 per week

For more detailed information, please call 311.



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.

Oasis On the Sound

Manorhaven Beach Park

Class Session: June 24 - August 23

Drop Off: 8:30AM—9:00AM

Pick-up: 5:00PM—5:30PM

Online registration is open until June 17. 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 24 - August 23

Drop Off: 8:30AM—9:00AM

Pick-up: 5:00PM—5:30PM

Online registration is open until June 17. To enroll after the online registration period is over, please download our paper application and apply in person on-site.

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.



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

Gold Coast Arts Center

The Gold Coast Arts Center has joined with the Town of North Hempstead to uplift our community through the arts. Among other things, the partnership helps coordinate North Hempstead's annual Gold Coast Film Festival. Through the Film Festival and other programming, the Gold Coast Arts Center is using the arts as an economic engine for our town while providing wonderful cultural experiences.

Since opening its doors almost 20 years ago as the Great Neck Arts Center (GNAC) the organization 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 third annual Gold Coast International Film Festival kicks off in October 2013.



Supervisor Jon Kaiman and his wife Kim speak with Director Baz Luhrmann at the Port Washington premiere of "The Great Gatsby"



"A Conversation with Bruce Dern" at the Gold Coast International Film Festival



Festival attendees pack the theater for a screening of "Chasing Madoff"



Supervisor Jon Kaiman and Director of the Gold Coast Arts Center Regina Gil with Brian Dennehy and Phil Donahue

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

Daily Parking and Annual Permit Fees

Annual Resident permit	\$40
Annual Senior/Disabled	\$25
Vet/Vol. Fire/Ambulance	\$25
Single Daily Resident Car	\$15
Single Daily Non-Resident Car	\$20
Single Daily Bus	\$20

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) \$435

26' foot and under
Includes water taxi service

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



Special Events

Beatlemania

Saturday, July 20
Michael J. Tully Park
1801 Evergreen Ave, New Hyde Park
7:30PM
Free



BeachFest

Sunday, September 15
North Hempstead Beach Park
West Shore Road, Port Washington
Beach Opens at 10AM
Program runs Noon till 6PM
Parking \$5



Spooky Walk

Thursday - Saturday, October 24-26
Clark Botanic Garden, Albertson
6:00PM—9:00PM
Admission: \$5



Not-So-Spooky Walk

Sunday, October 27
Clark Botanic Garden, Albertson
Noon—4:00PM
Admission: \$3

Winter Wonderland

Saturday - Sunday, December 14-15
Clark Botanic Garden, Albertson
11:00AM—5:00PM
Free



Town of North Hempstead

Department of Parks & Recreation

Concerts & Events

2013 Free Concert Series

Sundays 1:00PM at North Hempstead Beach Park July 7 through August 11

***Parking Fees Apply**

July 7—Stages

July 14—Paris

July 21—Simply the Best

July 28—Tim Gillis - Country Band

August 4—Hart and Soul

August 11—The Classics

Mondays 7:30PM at Mary Jane Davies Green July 15 through August 12

July 15—Swingtime Big Band

July 22—Savannah Sky

July 29—Strummin' and Drummin'

August 5—The Chiclettes

August 12—New Vintage Swing Band

Tuesdays 7:00PM at Clark Botanic Garden July 16 through August 6

July 16—A Piece of the Rock

July 23—Plaza Theatrical Productions: Disney Camp Rock

July 30—North Shore Pops Concert Band

August 6—Dean Karahalas and the Five Towns College Pops

(Followed immediately by *Wait Until Dark*, a movie on the big screen)

Fridays 7:00PM at Clinton G. Martin Park July 12 & July 19

July 12—Just Sixties

July 19—Randy & the Rainbows

Friday 7:30PM at Manorhaven Beach Park July 26

July 26—Abba Girlz



2013 Free Concert Series (continued)

Young People and the Arts Series

Tuesdays 10:30AM from July 16 through August 6

July 16, Fuschillo Park — The Magic of Amore

July 23, Clark Botanic Garden — Hot Peas and Butter

July 30, Clinton G. Martin Park — The Pushcart Players presenting “Peter and the Wolf”

August 6, Manorhaven Beach Park — Lou Del Bianco presents “Make A Good Choice”

Kamy R Concert

Presented in cooperation with the Great Neck Park District

Sunday, 8:00PM August 11

North Hempstead Beach Park

Broadway Trip

“Kinky Boots”

Al Hirschfeld Theatre

September 18, 2013

Wednesday Matinee

Cost: \$124 per person

Movies in the Park—movies begin at 8PM

SUN JULY 28

MONSTERS INC.

at Clinton G. Martin Park (indoors - 7:30PM start)

SAT AUGUST 3

THUNDERSTRUCK

at Martin Reid Park

TUES AUGUST 6

WAIT UNTIL DARK

at Clark Botanic Garden

Old fashion Drive-in Movie

SUN AUGUST 18

ESCAPE FROM PLANET EARTH

at 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 of parents or legal guardians and any unmarried children residing in the same household. Extended family living in the house must sign up for their own memberships.

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

July 4	Independence Day
Aug.24-Sept.10	Maintenance/Repair
November 28	Thanksgiving Day
December 25	Christmas Day
January 1-7, 2014	Maintenance/Repair
April 28-May 4 2014	Maintenance/Repair

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

May 12	Mother's Day
May 27	Memorial Day
June 16	Father's Day
December 24	Christmas Eve
December 31	New Year's Eve
April 20, 2014	Easter

Building Closings for the "Yes We Can" Community Center

May 12	Mother's Day
May 27	Memorial Day
June 16	Father's Day
July 4	Independence Day
November 28	Thanksgiving Day
December 25	Christmas Day
January 1, 2014	New Year's Day
April 20, 2014	Easter

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

Town of North Hempstead

Department of Parks & Recreation



Dear North Hempstead Resident:

On behalf of our hard-working Town of North Hempstead Parks and Recreation employees, I invite you to visit our vast collection of parks, pools, and facilities. We look forward to serving you all year long, so come enjoy all that we have to offer. We are adding new programs all the time, so please call 311 for information or visit our web site at www.northhempsteadny.gov.

Sincerely,

Handwritten signature of Jennifer A. Fava.

Jennifer A. Fava
Commissioner, North Hempstead Parks and Recreation



HARBOR LINKS GOLF COURSE

Showcasing scenic fairways and meticulously manicured greens, the magnificent Harbor Links Golf Course is now open for the season!



18-HOLE CHAMPIONSHIP COURSE

	Res.	Non-Res.	Senior/Vet	Junior
Weekday	\$46	\$71	\$30	\$30
Friday	\$76	\$108	\$76	\$76
Weekends & Holidays until noon	\$85	\$115	\$85	\$85
Weekends & Holidays afternoons	\$75	\$115	\$85	\$85

9-HOLE CHAMPIONSHIP COURSE

	Res.	Non-Res.	Senior/Vet	Junior
Weekday	\$18	\$21	\$16	\$16
Weekend	\$21	\$27	\$21	\$21

2013 SUMMER GOLF PROGRAM FOR 6 - 9 YEAR OLDS

The focus of the Harbor Links summer golf program for juniors is to provide sound golf instruction in a fun and challenging environment. Games and drills have been specifically designed to promote skills development within a unique and enjoyable atmosphere. Along with games that utilize multi-sport skills, the 3 1/2 hour sessions spanning four days also cover rules and etiquette. Groups are kept to a maximum of 8 youngsters per instructor. For more information please visit: <http://bit.ly/Harbor1>

2013 SUMMER GOLF PROGRAM FOR 10-16 YEAR OLDS

This week-long program provide dynamic instruction to the junior golfer both at the practice range and on the course. Full-swing, short-game, and course-management are each covered in-depth, as well as the rules of golf and etiquette. Our six main teachers are U.S. Kids Golf Certified Instructors. Groups are kept to a maximum of 7 juniors per instructor. For more information please visit: <http://bit.ly/Harbor2>



North Hempstead Town Hall
220 Plandome Road
Manhasset, NY 11030

For more information, please call: 311

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