



TOWN OF
SMITHTOWN
NEW YORK

2020

Smithtown Recreation

Updated June 25th

**Choose your own
adventure in our
new program guide!**

Online Registration begins June 29th at
10:30am!

To Register Go To:

<https://apm.activecommunities.com/smithtown>

If you have any questions call us at:

(631) 360-7644

SUPERVISOR

EDWARD R. WEHRHEIM

TOWN COUNCIL

THOMAS J. McCARTHY

LYNNE C. NOWICK

LISA M. INZERILLO

THOMAS W. LOHMANN

RECREATION DEPARTMENT

THOMAS J. McCAFFERY

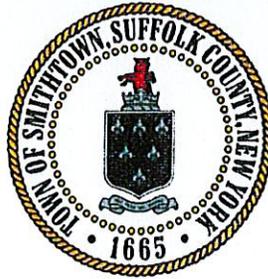
**SUPERINTENDENT OF
RECREATION**



TOWN OF SMITHTOWN

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Office of the Supervisor
99 West Main Street
P.O. Box 9090
Smithtown, NY, 11787

Dear Residents,

Over the course of these last few months, the town administration and the Recreation Department have been hard at work, devoted to evolving our seasonal programming, to provide your family with summer activities that are both fun and safe.

It gives the Town Board and I great pleasure to offer a variety of recreation programs for the whole family to enjoy this summer. To learn more or to sign up for any one of our programs, please visit www.smithtownny.gov or apm.activecommunities.com/smithtown

Now more than ever, we are all looking for a sense of normalcy in our lives. As such, we hope you are encouraged to take advantage of the recreation programs that have been reformatted to provide a safe and secure pastime for your children.

Living in such a beautiful area affords us many opportunities to get out and enjoy time with our family. Whether it be the beaches, pool and golf complex or a multitude of local parks, there is something for everyone and I hope to see you out there.

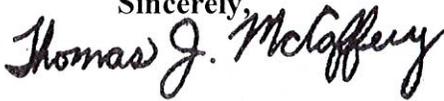
Sincerely,

Edward R. Wehrheim

Supervisor

A Message To Residents

The Smithtown Recreation Department is pleased to be able to offer safety conscious versions of some of our most popular camps this summer. Please note that as New York State moves thru the phases and guidelines change we may be able to alter what we offer. Continue to check our town website (www.smithtownny.gov) and the Town of Smithtown Recreation Facebook page for all updates.

Sincerely,


Thomas J. McCaffery, Superintendent of Recreation

SMITHTOWN LANDING COUNTRY CLUB

SUMMER 2020 INFORMATION

Recreation Department	Mon.-Fri.	8am – 4pm	631-360-7644
Permit Office	Tues.-Sat.	9am – 3:45pm	631-360-7617
Country Club Pro Shop	Tues.-Sat.	6am – 6pm	631-979-6534
Swimming Pool Office	Sun.-Sat.	10am – 6pm	631-360-7619

****Tentative Pool Opening: Friday July 3rd, 2020****

2020 PERMIT CARD AND POOL FEES

	Golf & Pool Good for 2 years	Daily Pool Fee	Seasonal Pool Fee Family Rate-\$250.00
Adult (age 13-61)	\$20.00	\$4.00	\$95.00
Youth (age 2-12)	\$15.00	\$3.00	\$60.00
Senior (age 62+)	\$15.00	\$3.00	\$60.00
Disabled	\$15.00	\$3.00	\$60.00
Guests	N/A	\$7.00	N/A

On-line Registration Instructions

Log on to <https://apm.activecommunities.com/smithtown>

1. Click on "Request Account"

2. Enter applicable info Please note: If you are registering a child for a program, please use your own information when filling out the on-line registration account request form, NOT the information of the child you wish to register for an activity. Once you have an online registration account, you will have the opportunity to add family members.

- * Name

- * Residential address

- * Contact information

- * In case of emergency

- * Personal information

- * Security information

3. Click submit

4. On the congratulation page click to continue

5. To add – children or a spouse Click on "change information about family member/friends"

6. Under add new family member or friend

- * Add the first name of spouse/child

7. Scroll to personal information

- * Change role in family

- * Gender

- * Date of birth

8. Under Notes

- * Please enter any medical information we should know about

9. Click submit when completed

10. Repeat step 5 as necessary

11. To enroll in activities – Click on activities

12. Click on the activity name or enter activity number

13. Locate correct activity – Click on Add to My Cart Add Activities as necessary When completed – Click on Checkout Please make sure recreation@tosgov.com is in your address book Log on to <https://apm.activecommunities.com/smithtown> PLEASE NOTE: There is a NONREFUNDABLE TRANSACTION FEE



2020 SMITHTOWN RECREATION SUMMER CAMP SAFETY PROTOCOLS

Due to COVID-19 the recreation department has implemented the following safety procedures for 2020 summer camps.

- Each day, upon arrival at camp every staff member and camper will be given a temperature check. Campers and counselors with a temperature over 100 degrees Fahrenheit will not be permitted to attend camp that day.
- If your child is feeling ill before camp we ask that you do not send them to camp.
- On the first day of camp each child will be assigned a group (with no more than 10 campers). This group will be together with the same counselors for the duration of the camp.
- There will be designated areas for pick-ups and drop-offs that will limit contact to the extent possible. There will be signs posted, as well as staff, to help direct you.
- There will be no non-essential visitors on site, to the extent possible.
- All employees will be wearing face coverings, unless NY state guidelines change.
- It is not required for campers to wear a mask. You can choose to have your child wear one.
- All activities will focus on minimizing physical contact.
- Hand sanitizer and soap/water will be provided. All staff and campers will be asked to sanitize their hands immediately upon entering the camp. They will be asked to wash and or sanitize their hands throughout the day. Some examples of this may be:
 - between all activities
 - after use of the restroom
 - before and after eating
 - before departing camp
- Shared and frequently touched surfaces will be disinfected throughout the day by the staff.
- We ask that campers do not bring any games/toys/equipment from home.
- All staff has been trained on the State's protocols.
- If a camper or a member of their household becomes symptomatic for COVID-19 and/or tests positive, the child must quarantine and may not return to camp until a 14 day quarantine is complete.



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PLAYGROUND PROGRAM

Fee: \$100.00 per child per week

*****Limited enrollment*****

Ages: entering Kindergarten thru entering 5th grade

Session 1: 7/6 thru 7/9 9-12 each day

Session 2: 7/13 thru 7/16 9-12 each day

Session 3: 7/20 thru 7/23 9-12 each day

Session 4: 7/27 thru 7/30 9-12 each day

Session 5: 8/3 thru 8/6 9-12 each day

Session 6: 8/10 thru 8/13 9-12 each day

*******Fridays will be used as a rain date*******

GIBBS POND PARK (NESCONSET)

333001.101	Ses 1 Kindergarten at Gibbs
333001.102	Ses 1 1 st grade at Gibbs
333001.103	Ses 1 2 nd grade at Gibbs
333001.104	Ses 1 3 rd grade at Gibbs
333001.105	Ses 1 4 th grade at Gibbs
333001.106	Ses 1 5 th grade at Gibbs
333001.201	Ses 2 Kindergarten at Gibbs
333001.202	Ses 2 1 st grade at Gibbs
333001.203	Ses 2 2 nd grade at Gibbs
333001.204	Ses 2 3 rd grade at Gibbs
333001.205	Ses 2 4 th grade at Gibbs

333001.206	Ses 2 5 th grade at Gibbs
333001.301	Ses 3 Kindergarten at Gibbs
333001.302	Ses 3 1 st grade at Gibbs
333001.303	Ses 3 2 nd grade at Gibbs
333001.304	Ses 3 3 rd grade at Gibbs
333001.305	Ses 3 4 th grade at Gibbs
333001.306	Ses 3 5 th grade at Gibbs
333001.401	Ses 4 Kindergarten at Gibbs
333001.402	Ses 4 1 st grade at Gibbs
333001.403	Ses 4 2 nd grade at Gibbs
333001.404	Ses 4 3 rd grade at Gibbs
333001.405	Ses 4 4 th grade at Gibbs
333001.406	Ses 4 5 th grade at Gibbs
333001.501	Ses 5 Kindergarten at Gibbs
333001.502	Ses 5 1 st grade at Gibbs
333001.503	Ses 5 2 nd grade at Gibbs
333001.504	Ses 5 3 rd grade at Gibbs
333001.505	Ses 5 4 th grade at Gibbs
333001.506	Ses 5 5 th grade at Gibbs
333001.601	Ses 6 Kindergarten at Gibbs
333001.602	Ses 6 1 st grade at Gibbs

333001.603 Ses 6 2nd grade at Gibbs
333001.604 Ses 6 3rd grade at Gibbs
333001.605 Ses 6 4th grade at Gibbs
333001.606 Ses 6 5th grade at Gibbs

BRADY PARK (SMITHTOWN)

333002.101 Ses 1 Kindergarten at Brady
333002.102 Ses 1 1st grade at Brady
333002.103 Ses 1 2nd grade at Brady
333002.104 Ses 1 3rd grade at Brady
333002.105 Ses 1 4th grade at Brady
333002.106 Ses 1 5th grade at Brady

333002.201 Ses 2 Kindergarten at Brady
333002.202 Ses 2 1st grade at Brady
333002.203 Ses 2 2nd grade at Brady
333002.204 Ses 2 3rd grade at Brady
333002.205 Ses 2 4th grade at Brady
333002.206 Ses 2 5th grade at Brady

333002.301 Ses 3 Kindergarten at Brady
333002.302 Ses 3 1st grade at Brady
333002.303 Ses 3 2nd grade at Brady
333002.304 Ses 3 3rd grade at Brady
333002.305 Ses 3 4th grade at Brady

333002.306 Ses 3 5th grade at Brady

333002.401 Ses 4 Kindergarten at Brady

333002.402 Ses 4 1st grade at Brady

333002.403 Ses 4 2nd grade at Brady

333002.404 Ses 4 3rd grade at Brady

333002.405 Ses 4 4th grade at Brady

333002.406 Ses 4 5th grade at Brady

333002.501 Ses 5 Kindergarten at Brady

333002.502 Ses 5 1st grade at Brady

333002.503 Ses 5 2nd grade at Brady

333002.504 Ses 5 3rd grade at Brady

333002.505 Ses 5 4th grade at Brady

333002.506 Ses 5 5th grade at Brady

333002.601 Ses 6 Kindergarten at Brady

333002.602 Ses 6 1st grade at Brady

333002.603 Ses 6 2nd grade at Brady

333002.604 Ses 6 3rd grade at Brady

333002.605 Ses 6 4th grade at Brady

333002.606 Ses 6 5th grade at Brady

VALMONT PARK (COMMACK)

333003.101 Ses 1 Kindergarten at Valmont

333003.102	Ses 1 1 st grade at Valmont
333003.103	Ses 1 2 nd grade at Valmont
333003.104	Ses 1 3 rd grade at Valmont
333003.105	Ses 1 4 th grade at Valmont
333003.106	Ses 1 5 th grade at Valmont
333003.201	Ses 2 Kindergarten at Valmont
333003.202	Ses 2 1 st grade at Valmont
333003.203	Ses 2 2 nd grade at Valmont
333003.204	Ses 2 3 rd grade at Valmont
333003.205	Ses 2 4 th grade at Valmont
333003.206	Ses 2 5 th grade at Valmont
333003.301	Ses 3 Kindergarten at Valmont
333003.302	Ses 3 1 st grade at Valmont
333003.303	Ses 3 2 nd grade at Valmont
333003.304	Ses 3 3 rd grade at Valmont
333003.305	Ses 3 4 th grade at Valmont
333003.306	Ses 3 5 th grade at Valmont
333003.401	Ses 4 Kindergarten at Valmont
333003.402	Ses 4 1 st grade at Valmont
333003.403	Ses 4 2 nd grade at Valmont
333003.404	Ses 4 3 rd grade at Valmont

- 333003.405 Ses 4 4th grade at Valmont
- 333003.406 Ses 4 5th grade at Valmont
- 333003.501 Ses 5 Kindergarten at Valmont
- 333003.502 Ses 5 1st grade at Valmont
- 333003.503 Ses 5 2nd grade at Valmont
- 333003.504 Ses 5 3rd grade at Valmont
- 333003.505 Ses 5 4th grade at Valmont
- 333003.506 Ses 5 5th grade at Valmont
- 333003.601 Ses 6 Kindergarten at Valmont
- 333003.602 Ses 6 1st grade at Valmont
- 333003.603 Ses 6 2nd grade at Valmont
- 333003.604 Ses 6 3rd grade at Valmont
- 333003.605 Ses 6 4th grade at Valmont
- 333003.606 Ses 6 5th grade at Valmont



TENNIS CAMPS AND CLINICS

Tennis already has social distancing built in. The new guidelines will make it even safer while providing just as much fun as ever.

All activities will follow USTA Playing Tennis Safely for Programs.

Game-based, instruction teaches all strokes, tactics and rules in fun interactive sessions.

Kids learn using proper tennis ROGY (red, orange, green, yellow) balls and courts using USTA developed Net Generation live ball format.

Adults learn using Tennis Learning Progressions and drills.

Ideal for new adult players. Fun and social environment. Great way to meet other adult tennis partners.

Instructors are trained by USTA National Coach. Live-ball games and drills are active, fun and inclusive.

- Players are required to bring water, tennis racquet, sneakers. No loaner tennis racquets will be available to avoid equipment sharing.
- Label everything with player's full name to prevent equipment sharing.
- Tennis balls are provided.

Classes run Monday - Thursday.

There will be three 2 week sessions offered:

Session 1: July 6th thru July 16th

Session 2: July 20th thru July 30th

Session 3: August 3rd thru August 13th

Limited registration per session to meet requirements for social distancing.

Activity based learning and live ball play for all ages and levels.

Tennis staff are required to wear face masks and trained to follow safe protocols including keeping players 6 feet apart and prevent equipment sharing.

10 and under

Fee: Ages 3-4: \$55.00
Ages 5-10: \$110.00

*****Limited Enrollment*****

Cy Donnelly Park (Kings Park)

- 777771.101 Ses 1 9 am to 9:30am 3 – 4 years old
- 777771.102 Ses 1 9:45am – 10:45am 5 – 6 years old
- 777771.103 Ses 1 11am – 12 pm 7 – 8 years old
- 777771.104 Ses 1 12:15pm – 1:15pm 9 – 10 years old
- 777771.201 Ses 2 9 am to 9:30am 3 – 4 years old
- 777771.202 Ses 2 9:45am – 10:45am 5 – 6 years old
- 777771.203 Ses 2 11am – 12 pm 7 – 8 years old
- 777771.204 Ses 2 12:15pm – 1:15pm 9 – 10 years old
- 777771.301 Ses 3 9 am to 9:30am 3 – 4 years old
- 777771.302 Ses 3 9:45am – 10:45am 5 – 6 years old
- 777771.303 Ses 3 11am – 12 pm 7 – 8 years old
- 777771.304 Ses 3 12:15pm – 1:15pm 9 – 10 years old

Gaynor Park (St. James)

- 777772.101 Ses 1 9 am to 9:30am 3 – 4 years old
- 777772.102 Ses 1 9:45am – 10:45am 5 – 6 years old
- 777772.103 Ses 1 11am – 12 pm 7 – 8 years old
- 777772.104 Ses 1 12:15pm – 1:15pm 9 – 10 years old
- 777772.201 Ses 2 9 am to 9:30am 3 – 4 years old
- 777772.202 Ses 2 9:45am – 10:45am 5 – 6 years old

- 777772.203 Ses 2 11am – 12 pm 7 – 8 years old
- 777772.204 Ses 2 12:15pm – 1:15pm 9 – 10 years old
- 777772.301 Ses 3 9 am to 9:30am 3 – 4 years old
- 777772.302 Ses 3 9:45am – 10:45am 5 – 6 years old
- 777772.303 Ses 3 11am – 12 pm 7 – 8 years old
- 777772.304 Ses 3 12:15pm – 1:15pm 9 – 10 years old

11 years old and up

Fee: Adult: \$110.00

*****Limited enrollment*****

MS/JV/Varsity: \$150.00

Burrwinkle Park (Commack)

- 777773.101 Ses 1 9am – 10am Adults
- 777773.102 Ses 1 10:15am – 11:45am Middle School Players (11-13 years old)
- 777773.103 Ses 1 11:45am – 1:15pm JV and Varsity Players (14-17 years old)
- 777773.201 Ses 2 9am – 10am Adults
- 777773.202 Ses 2 10:15am – 11:45am Middle School Players (11-13 years old)
- 777773.203 Ses 2 11:45am – 1:15pm JV and Varsity Players (14-17 years old)
- 777773.301 Ses 3 9am – 10am Adults
- 777773.302 Ses 3 10:15am – 11:45am Middle School Players (11-13 years old)
- 777773.303 Ses 3 11:45am – 1:15pm JV and Varsity Players (14-17 years old)

CP Toner Park (Nesconset)

- 777774.101 Ses 1 9am – 10am Adults
- 777774.102 Ses 1 10:15am – 11:45am Middle School Players (11-13 years old)
- 777774.103 Ses 1 11:45am – 1:15pm JV and Varsity Players (14-17 years old)

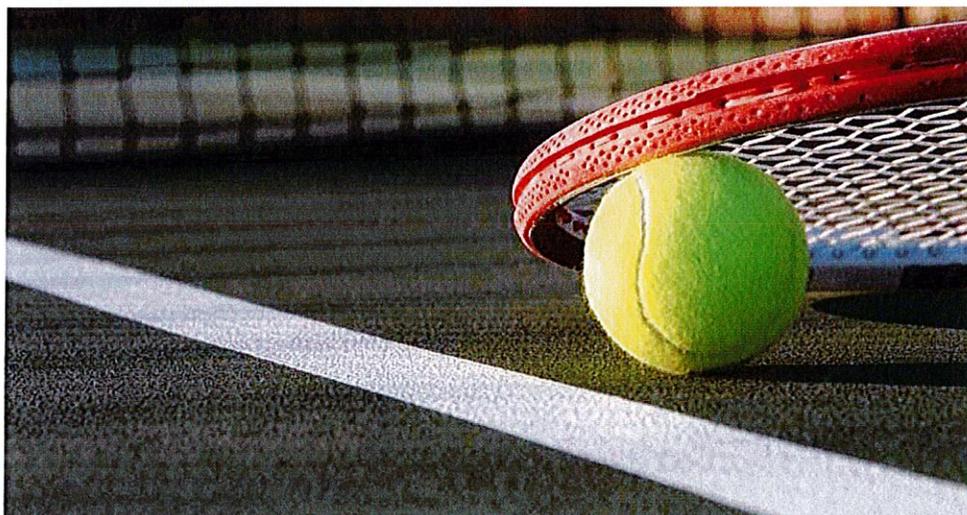
- 777774.201 Ses 2 9am – 10am Adults
- 777774.202 Ses 2 10:15am – 11:45am Middle School Players (11-13 years old)
- 777774.203 Ses 2 11:45am – 1:15pm JV and Varsity Players (14-17 years old)
- 777774.301 Ses 3 9am – 10am Adults
- 777774.302 Ses 3 10:15am – 11:45am Middle School Players (11-13 years old)
- 777774.303 Ses 3 11:45am – 1:15pm JV and Varsity Players (14-17 years old)

ADULT EVENING at Gaynor Park

Fee: \$120.00

*****Limited enrollment*****

- 777775.101 Ses 1 6:30pm – 8pm Adults
- 777775.201 Ses 2 6:30pm – 8pm Adults
- 777775.301 Ses 3 6:30pm – 8pm Adults



SKILLS AND DRILLS BASEBALL

*****Limited enrollment*****

Fee: \$130.00

Ages: 7 – 11 years old

Due to the COVID-19 crisis, the Smithtown Baseball camp will offer a different agenda for the first two weeks. This session will consist of basic skills, such as, batting, fielding, and throwing. There will also be contests, such as, a homerun derby, bunting and throwing. We will offer this two week program at two times: 9am – 11am and 12pm -2pm.

SHATTERPROOF LENSES ARE MANDATORY FOR ALL PARTICIPANTS WHO WEAR EYEGLASSES.

JULY 6 – JULY 16

- 222115.101 Rookie AM 7 & 8 yrs., Session 1, Gaynor Pk., 7/6 -7/16, 9 AM – 11 AM
- 222115.102 Rookie PM 7 & 8 yrs., Session 1, Gaynor Pk., 7/6 – 7/16, 12 PM – 2 PM
- 222115.103 Minor AM 9 yr old, Session 1, Gaynor Pk., 7/6 – 7/16, 9 AM – 11AM
- 222115.104 Minor PM 9 yr old, Session 1, Gaynor Pk., 7/6 – 7/16, 12 PM – 2 PM
- 222115.105 Major AM 10 & 11 yrs., Session 1, Gaynor Pk., 7/6 – 7/16, 9 AM – 11 AM
- 222115.106 Major PM 10 & 11 yrs., Session 1, Gaynor Pk., 7/6- 7/16, 12 PM – 2 PM



BASEBALL CAMP

*****Limited enrollment*****

Fee: \$205.00 Resident one child

Ages: 7 – 15 years old

\$358.75 Resident two children

\$512.50 Resident three children

\$230.00 Non-Resident

Our popular and successful Summer Baseball Camps are offered in two age groups. The Regular Camp, held at Gaynor Park in St. James, is offered in two sessions for boys ages 7 - 11 years. The Advanced Camp, held at Browns Road in Nesconset, is offered in two sessions for boys ages 12 - 15 years. Each Session will run for two weeks, Monday through Thursday. Camps will not operate on rainy days. Rain days will be made up on Fridays. Minimum and maximum registration limits apply. Our camps offer the following highlights for each camper's fee: Camp T-shirt, awards, trophies, and top-notch instruction. Pitching machines, radar gun and high quality equipment insure for proper teaching of hitting, pitching, catching, fielding and base running techniques. The 7 and 8 year-old segment will feature less formal instruction and more playing time to make the camp a fun experience for beginners. There will be a maximum of 24 accepted into this age group. Campers are asked to bring lunch and beverages in coolers. A small percentage of your registration fee is applied towards camp scholarships to deserving youngsters.

SHATTERPROOF LENSES ARE MANDATORY FOR ALL PARTICIPANTS WHO WEAR EYEGASSES.

SESSION 1 JULY 20 – JULY 30

440101.102 7 & 8 yrs., Session 1, Gaynor Pk., 7/20 - 7/30, 9:00 AM - 2:00 PM

440102.102 9 - 11 yrs., Session 1, Gaynor Pk., 7/20 - 7/30, 9:00 AM - 2:00 PM

440103.101 12-15 yrs. Session A, Advanced, Brown's Rd. 7/20 - 7/30, 9:30 AM - 2:30 PM

SESSION 2 AUGUST 3 – AUGUST 13

440101.103 7 & 8 yrs., Session 2, Gaynor Pk., 8/3 - 8/13, 9:00 AM - 2:00 PM

440102.103 9 - 11 yrs., Session 2, Gaynor Pk., 8/3 - 8/13, 9:00 AM - 2:00 PM

440103.102 12-15 yrs. Session B, Advanced, Brown's Rd., 8/3 - 8/13, 9:30 AM - 2:30 PM





SOCCER CAMP

*****Limited Enrollment*****

Fee: \$155.00

Ages: Boys and Girls 8 – 16 years old

Camp includes station drills, field play, inter-squad scrimmages and breakdown of game situations. Participants are grouped according to ability, which gives everyone the chance to improve at their own pace in a comfortable, no-pressure atmosphere. This camp runs for two weeks, Monday through Thursday, from July 6 through July 16 from 9:00 AM to 12 Noon at Cy Donnelly Park in Kings Park. Camp participants should bring their own water bottles and shin guards. Soccer shoes and soccer ball are optional equipment. T-shirt included. Rain make-up will be Friday if necessary.

441501.101 Soccer Camp, 7/6 - 7/16, 9:00 AM - 12:00 PM



BOYS LACROSSE CAMP

*****Limited Enrollment*****

Fee: \$160.00

Ages: Boys 8 - 12 years old

The Smithtown Recreation's Boys Lacrosse Camp plans to develop individual and team skills. Each session will run for two weeks from 9:00 AM – 11:00 AM, Monday through Thursday. The camp will be held at the Vet's Memorial Park, St. James. T-shirts included. Students are required to provide their own lacrosse equipment stick, gloves, helmet and shoulder and arm pads. Please bring a water bottle. Rain makeup date is Friday.

222112.101 Session 1, 7/6 – 7/16, 9:00 AM – 11:00 AM

222112.102 Session 2, 7/20 – 7/30, 9:00 AM – 11:00 AM



GIRLS FIELD HOCKEY

*****Limited Enrollment*****

Fee: \$90.00

Ages: Girls 12 – 15 years old

The Smithtown Recreation's Girls Field Hockey Camp will emphasize the fundamentals of the game; passing, receiving, and dribbling. This one-week camp will be held at Vet's Memorial Park, Monday through Thursday from 9:00 AM - 11:00 PM. Students are required to provide their own stick, shin guards, athletic sneakers, goggles and mouth guard. Please bring a water bottle. T-shirt included. Rain date make-up is Friday.

222113.101 Girls Field Hockey Ses 1, 8/3 – 8/6, 9:00 AM – 12:00 PM

222113.102 Girls Field Hockey Ses 2, 8/10 – 8/13, 9:00 AM – 12:00 PM



GIRLS LACROSSE CAMP

*****Limited Enrollment*****

Fee: \$85.00

Ages: Girls 8 - 15 years old

The Smithtown Recreation's Girls Lacrosse Camp will emphasize the fundamentals of the game: throwing, catching, and cradling. This one-week camp will be held at Vets Memorial Park, St. James, Monday through Thursday from 9:00 AM - 11:00 AM. T-shirt included. Students are required to provide their own stick, goggles and mouthpiece. Please bring a water bottle. Rain makeups will be held on Friday.

222111.101 Session 1, 7/6 – 7/9, 9:00 AM – 11:00 AM

222111.102 Session 2, 7/13 – 7/16, 9:00 AM – 11:00 AM



CHEERLEADING CAMP

*****Limited Enrollment*****

Fee: \$95.00

Ages: Girls 8 - 14 years old

This two-week camp is designed to promote fun, friendship, and teamwork through the fundamentals of cheerleading. Activities will feature cheerleading routines, jumps and dance techniques. The camp will run Monday through Thursday from 9:00 AM - 11:00 AM at Veteran's Memorial Park on Moriches Rd. T-Shirt included.

440401.102 7/6 – 7/9, 9:00 AM – 11:00 AM

440401.103 7/13 – 7/16, 9:00 AM – 11:00 AM



DANCE CAMP

*****Limited Enrollment*****

Fee: \$125.00

Ages: 9 - 15 years old

Get ready for the fall dance and kickline season! This camp is designed to introduce and train your dancer in the fundamentals of dance team as well as work on their flexibility, strength, and musicality. Camp will be held Monday through Thursday at Vet's Memorial Park in St. James from 9am -11am. It is recommended that all participants wear sneakers with laces. Please bring a water bottle and towel/yoga mat. Dancers will be split into 2 groups (10 dancers per group) by age.

222114.100 Dance Camp, 7/6-7/16, 9am - 11am, Monday thru Thursday at Vet's Memorial Pk

WINDSURFING

****Limited Enrollment****

Fee: \$70 for One Week Session; \$140 for Two Weeks Sessions

Ages: 15 years of age and up

The Smithtown Recreation Department will again offer windsurfing classes this summer at the Long Beach Cut-Out. Learn a dynamic sport in a fun, safe environment. Windsurfing equipment, and dry-land simulator are all provided. You **MUST** bring your own lifejacket. Open to both beginners and advanced windsurfers. Certified instruction. This is our 25th year teaching at this site. Wear a bathing suit. You will be in the water on the first day. Must bring footwear! (old sneakers or watershoes). All students must know how to swim. All staff and campers will be asked to wear a mask on the beach during instruction, however once a camper is on the water they can take their mask off.

- 881001.102 Windsurfing Ses 1, 7/6 - 7/9, 3:30 - 5:00 PM ****One week only****
- 881002.101 Windsurfing Ses 2, 7/13 - 7/23, 1:00 – 2:30 PM
- 881002.102 Windsurfing Ses 2, 7/13 - 7/23, 3:30 - 5:00 PM
- 881002.103 Windsurfing Ses 2, 7/13 - 7/23, 6:00 - 7:30 PM
- 881003.101 Windsurfing Ses 3, 7/27 - 8/6, 1:00 – 2:30 PM
- 881003.102 Windsurfing Ses 3, 7/27 - 8/6, 3:30 - 5:00 PM
- 881003.103 Windsurfing Ses 3, 7/27 - 8/6, 6:00 - 7:30 PM
- 881004.101 Windsurfing Ses 4, 8/10 - 8/20, 2:30 - 4:00 PM
- 881004.102 Windsurfing Ses 4, 8/10 - 8/20, 5:00 – 6:30 PM ****Experienced class****



BACKYARD GAMES

****Limited enrollment****

Fee: \$150

Ages: Boys and Girls 6 – 12 years old

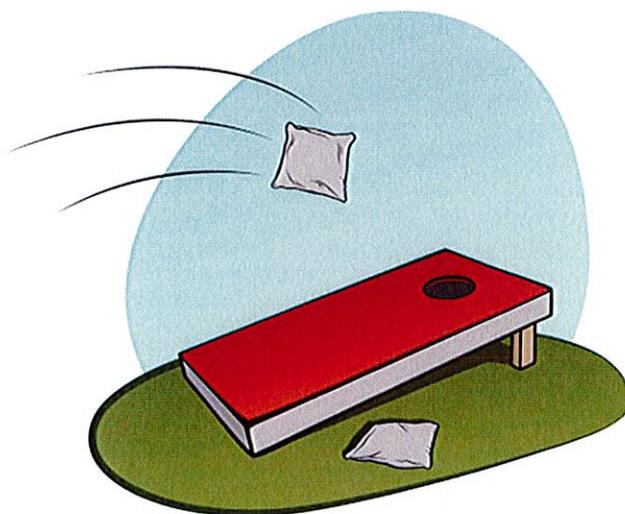
This camp is all about fun and bringing back the days of playing with neighborhood friends. All of our games and activities are non contact and easy to understand. We'll play Cornhole, Can Jam, Lawn Darts, Wiffle Ball, Spike Ball, Volleyball, Nuke 'Em, Capture the Flag, Steal the Bacon, Playground games, Badminton, Team Handball, Lawn Bowling, Ultimate Frisbee, Basketball, Soccer and so much more. Visit www.backyardgames.com to see pictures and videos from last summer. Camp runs Monday thru Thursday (Fridays are used as a raindate). Camp will be held at C.P. Toner Park in Nesconset.

450100.110 Backyard Games, Session 1, 1/2 Day, 7/6-7/9, 9:00AM-11:30AM

450100.101 Backyard Games, Session 2, 1/2 Day, 7/20-7/23, 9:00AM-11:30AM

450100.103 Backyard Games, Session 3, 1/2 Day, 8/3-8/6, 9:00AM-11:30AM

450100.105 Backyard Games, Session 4, 1/2 Day, 8/10-8/13, 9:00AM-11:30AM



BEACH CAMP: SWIM THE SOUND

****Limited enrollment****

www.swimthesound.com

Ages: Boys and Girls 6 – 18 years of age

This is a new camp at the Long Beach Cut-Out. This camp is open to campers ages 6 - 18. Camp each week will be from Monday to Thursday. Friday is the make-up day. Certified USA Swimming Coaches and American Red Cross Lifeguards with both pool and beach experience will run the camp. Coaches and Lifeguards will be on land and in the water to ensure safety of all campers.

Campers should arrive promptly with their bathing suit on and sunscreen applied. Pack a bag with a towel, goggles and either water socks or old sneakers.

Activities will include beach safety, instructional swims, long endurance swims, races and other fun at the beach. Campers will be organized into groups based on age and swimming ability. Activities will be modified for the level of the group.

Dates

Week 1: July 13 - 16

Week 2: July 27 - 30

Week 3: August 10 - 13

Week 4: August 24 - 27

Ages 13 - 18 10:00 AM - 12:00 PM \$150 Per Week

This group is for competitive swimmers, American Red Cross Level 6 and other strong swimmers. Fitness and training with short instructional swims, long distance swims for endurance and competitions will be the focus. Beach safety and lifeguard training will also be covered.

Ages 6 - 10 12:15 - 1:15 PM \$75 Per Week

Life Jacket required. This is for young and inexperienced swimmers. Campers will learn how to be safe on the beach through various fun skills, activities and instructional swims.

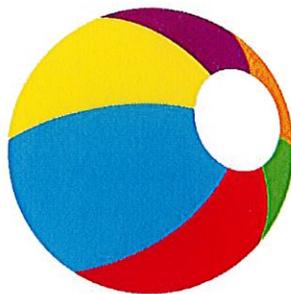
Ages 9 - 13 1:30 PM to 3:30 PM \$150 Per Week

This group is for strong swimmers with prior swimming experience. An American Red Cross Level 3 swimmer or a competitive swimmer are encouraged to register. This group will have a mix of beach safety, lifeguard training, short instructional swims, long endurance swims and races.

Ages 9 - 12 3:45 PM to 5:45 PM \$150 Per Week

This group is for swimmers who are water safe and have a foundation of aquatic skills. They can swim unassisted in both the pool and beach. This group will have a mix of beach safety, lifeguard training, instructional swims and races.

- 450111.101 Beach Camp, 13-18 yrs, Ses 1, 10:00-12:00, 7/13-7/16
- 450111.102 Beach Camp, 6-10 yrs, Ses 1, 12:15-1:15, 7/13-7/16
- 450111.103 Beach Camp, L3 9-13 yrs, Ses 1, 1:30-3:30, 7/13-7/16
- 450111.104 Beach Camp, L1 9-12 yrs, Ses 1, 3:45-5:45, 7/13-7/16
- 450111.201 Beach Camp, 13-18 yrs, Ses 2, 10:00-12:00, 7/27-7/30
- 450111.202 Beach Camp, 6-10 yrs, Ses 2, 12:15-1:15, 7/27-7/30
- 450111.203 Beach Camp, L3 9-13 yrs, Ses 2, 1:30-3:30, 7/27-7/30
- 450111.204 Beach Camp, L1 9-12 yrs, Ses 2, 3:45-5:45, 7/27-7/30
- 450111.301 Beach Camp, 13-18 yrs, Ses 3, 10:00-12:00, 8/10-8/13
- 450111.302 Beach Camp, 6-10 yrs, Ses 3, 12:15-1:15, 8/10-8/13
- 450111.303 Beach Camp, L3 9-13 yrs, Ses 3, 1:30-3:30, 8/10-8/13
- 450111.304 Beach Camp, L1 9-12 yrs, Ses 3, 3:45-5:45, 8/10-8/13
- 450111.401 Beach Camp, 13-18 yrs, Ses 4, 10:00-12:00, 8/24-8/27
- 450111.402 Beach Camp, 6-10 yrs, Ses 4, 12:15-1:15, 8/24-8/27
- 450111.403 Beach Camp, L3 9-13 yrs, Ses 4, 1:30-3:30, 8/24-8/27
- 450111.404 Beach Camp, L1 9-12 yrs, Ses 4, 3:45-5:45, 8/24-8/27



SATURDAY COMPETITIVE SWIM LEAGUE

*****Limited Enrollment*****

Fee: \$100.00

Ages: Boys and Girls 10 and up

This is for swimmers looking to swim for fitness and improvement. Swimmers, 10 and older, must have passed American Red Cross' Level 3 swim. The fundamentals of Butterfly, Backstroke, Breaststroke, and Freestyle will be taught by USA Swimming certified coaches. Competitive dives, and turns will also be covered. League will be held on Saturdays at the Smithtown Landing Pool Complex.

450102.101 Swim League, Session 1, Sat., 7/11 – 8/1, 9:00AM -10:30AM

450102.102 Swim League, Session 2, Sat., 8/8 – 8/29, 9:00AM -10:30AM





LET'S DO IT TOEGTHER AT HOME

Fee: \$36.00

Ages: 18 mos. – 5 years old

Let's get ready for a summer like no other! Come join A Time for Kids, Inc., in this fun and fast-paced preschool readiness program! This weekly program will be offered on Friday mornings at 10 AM. Our 6 fun filled weeks will consist of weekly themed sessions (see below) including music, movement, fine motor development and story-telling! School may be out but the fun and learning continue!

The zoom link and password will be emailed the morning of class.

Weekly themes and suggested materials to have available

July 10- Pincer Grasp (kitchen/toaster tongs, pompoms or cotton balls)

July 17- Fine Motor Development (various containers and lids)

July 24- Scavenger Hunt

July 31- Summer Sand Castle (print out any picture of a sand castle, glue, handful of sand, flat box to catch the mess)

August 7- Up and Away (6 pieces of construction paper, toilet paper roll, string, tape, scissors, glue)

August 14- Let's Get Moving

111111.103 Let's Do It Together at Home, Fridays 10AM, 7/10 – 8/14

SHOOTING STARS PROGRAMS

****Limited Enrollment****

<https://shootingstarssportsli.com/>

Kids Yoga

Fee: \$49

Ages: Boys and Girls Ages 6 – 12 years old

Shooting Stars Kids Yoga focuses on breathing practices that help children with coping methods, tools for anxiety, self-care strategies as well as self-esteem community building. The class will start with setting an intention based on the theme of the book for the day and will be followed with a beginner yoga sequence. Your child needs to bring their own yoga mat or beach towel. Program runs Tuesday & Thursday with Friday as a rain date.

Covid Guidelines: All campers and staff will be prescreened upon arrival, staff will wear a face covering, frequent hand washing/sanitizing, campers bring labeled water bottle and staff members will clean and disinfect equipment and surfaces throughout the day. Children will be distanced 6+ feet apart. Small group ratios. Any and all requests for children to be grouped together MUST be done in advance to ensure proper ratios.

441911.101 Kids Yoga, (6-9yrs) CP Toner Park, 7/7 and 7/9, 9:30 AM-10:15 AM

441911.102 Kids Yoga,(10-12yrs) CP Toner Park, 7/7 and 7/9,10:30-11:15AM

441911.103 Kids Yoga,(8-12yrs) CY Donnelly, 8/11 and 8/13, 10:45-11:30AM

Beginner Golf

Fee: \$129.00

Ages: Boys and Girls Ages 5 – 10 years old

This outdoor golf program is ideal for the beginner who will learn basic techniques such as swinging, putting, appropriate stance, gripping, driving and addressing the ball. Please bring your own golf clubs. Camp meets Mon -Thurs for one week with Friday as rain make-up day.

Covid Guidelines: All campers and staff will be prescreened upon arrival, staff will wear a face covering, frequent hand washing/sanitizing, campers bring labeled water bottle and staff members will clean and disinfect equipment and surfaces throughout the day. Children will be distanced 6+ feet apart. Small group ratios. Any and all requests for children to be grouped together MUST be done in advance to ensure proper ratios.

441907.102 Beginner Golf at CP Toner, 7/6 - 7/9, 10-11:30AM

441907.105 Beginner Golf at CY Donnelly, 8/10 - 8/13, 9:00 - 10:30AM

Lacrosse

Fee: \$139.00

Ages: Boys and Girls Ages 4 – 7 years old

This outdoor lacrosse camp focuses on developing the child's individual skills such as cradling, shooting, scooping, dodging, passing and catching the ball. Bring your lacrosse stick. Children receives a T-Shirt. Camp meets Mon -Thurs for one week with Friday as rain make-up day.

Covid Guidelines: All campers and staff will be prescreened upon arrival, staff will wear a face covering, frequent hand washing/sanitizing, campers bring labeled water bottle and staff members will clean and disinfect equipment and surfaces throughout the day. Children will be distanced 6+ feet apart. Small group ratios. Any and all requests for children to be grouped together **MUST** be done in advance to ensure proper ratios.

441905.102 Shooting Stars Lacrosse Ses1 @ KP Memorial, 7/20-7/23, 9:30 AM-12 PM

441905.104 Shooting Stars Lacrosse Ses2 @ Vet's., 7/27-7/30, 9:30 AM-12 PM

Mini-Camp

Fee: \$99.00

Ages: Boys and Girls Ages 3 – 4 years old

Children will learn and play various outdoor sports including Soccer, Lacrosse, Wiffle Ball, Basketball, Kickball, Jumbo Soccer and much more. Program meets Mon–Thurs for one week (Fri rain make-up day).

Covid Guidelines: All campers and staff will be prescreened upon arrival, staff will wear a face covering, frequent hand washing/sanitizing, campers bring labeled water bottle and staff members will clean and disinfect equipment and surfaces throughout the day. Children will be distanced 6+ feet apart. Small group ratios. Any and all requests for children to be grouped together **MUST** be done in advance to ensure proper ratios.

441909.107 Mini Camp @ Vet's, 6/29-7/2, 10:45 -11:45 AM, M-Th

441909.110 Mini Camp @ CP Toner 7/6-7/9 10:15-11:15 AM, M-Th

441909.102 Mini Camp @ KP Memorial, 7/13-7/16, 9:30AM -10:30AM, M-Th

441909.106 Mini Camp @ Vets Memorial, 7/27-7/30, 10:00 -11:00 AM, M-Th

- 441909.211 Mini Camp @ CP Toner, 8/3-8/6, 10:45 - 11:45AM, M-Th
- 441909.101 Mini Camp @ CY Donnelly, 8/10-8/13, 9:15 -10:15 AM, M-Th
- 441909.104 Mini Camp @ CP Toner, 8/17-8/20, 9:45 -10:45 AM, M-Th

Multi-Sport Camp

Fee: \$139.00

Ages: Boys and Girls Age 4 – 9 years old

This program consists of various outdoor sports including Soccer, Lacrosse, Wiffle Ball, Kickball and Basketball. This is an ideal program for any child who enjoys playing or learning different sports. Children are taught fundamental skills and the rules of the game. Each child receives a T-Shirt. Camp meets Mon - Thurs for one week with Friday as a rain make-up day.

Covid Guidelines: All campers and staff will be prescreened upon arrival, staff will wear a face covering, frequent hand washing/sanitizing, campers bring labeled water bottle and staff members will clean and disinfect equipment and surfaces throughout the day. Children will be distanced 6+ feet apart. Small group ratios. Any and all requests for children to be grouped together MUST be done in advance to ensure proper ratios.

- 441908.101 Multi-Sport Camp @ Vet's, 6/29-7/2, 9:30 AM-12 PM, M –Th
- 441908.102 Multi-Sport Camp @ KP Memorial, 7/13-7/16, 9:30 AM-12 PM, M-Th
- 441908.108 Multi-Sport Camp @ CP Toner, 8/3-8/6, 9:30 AM-12 PM, M-Th
- 441908.109 Multi-Sport Camp @ CY Donnelly, 8/10-8/13, 9:30 AM-12 PM, M-Th
- 441908.103 Multi-Sport Camp @ CP Toner, 8/17-8/20, 9:30 AM-12 PM, M-Th



LITTLE ATHLETES PROGRAMS

*****Limited Enrollment*****

<https://www.lilathletes.com/>

Lil Athletes Sports will be implementing modifications to ensure children's health and well-being during camp activities. Upon arrival, we will be providing temperature checks and hand sanitizer will be given. Coaches will be wearing masks and it will be optional for campers. Our activities will be following social distancing as coaches will adapt and modify program activities. A simple equipment package will be handed out to each camper which children will be asked to bring with them to camp. We will also have 2 different snack times which will help limit the amount of children per group. We would like to limit our camp to 10 children each week to ensure safety of our campers.

Weekday Summer Sports Classes

Fee: \$169.00

Ages: Boys and Girls Ages 1.5 -5 years old

This 8-week sport class will feature Soccer, Baseball, Basketball and Lacrosse activities. Each day we will focus on 2 sports, and run fun-filled, skill building activities. Classes are held on Tuesdays at LI Sports Edge located at 510A Larkfield Road, East Northport, NY 11731.

Tuesdays (7/7 thru 8/25)

449201.101 Sport Class- Soccer, (1.5-3yrs) 10AM-11AM

449201.102 Sport Class- ComboSoccer/Baseball,(3-4yrs),11AM-12PM

449201.106 Sport Class- ComboSoccer/Basketball,(3-5yrs),12PM-1PM

Little Sluggers

Fee: \$140.00

Ages: Boys and Girls 4 – 6 years old

Lil Sluggers is a child development program created to introduce young children to the game of baseball. The camp itinerary includes instruction and fun activities that teach the fundamentals of baseball, along with informal ball games. A snack break will be held each day. Children are divided into groups based on age and skill level. Each session runs Monday - Thursday, with rain makeups on Friday.

441111.102 Sluggers, Ses 1, CP Toner Park, 7/20 - 7/23, 9:30AM-12:00PM

441111.104 Sluggers, Ses 2, Burrwinkle Park, 8/10 - 8/13, 9:30AM-12:00PM

Soccer Touch

Fee: \$140.00

Ages: Boys and Girls 4 – 8 years old

SoccerTouch is a nationally recognized child development program for kids ages 4 - 8 years old. The daily summer camp itinerary includes games that develop soccer skills, small side games, and a snack break. The curriculum is professionally designed to develop skills in a fun environment with emphasis on individual skill development. Each session runs Monday - Thursday with rain makeups on Friday.

441602.101 SoccTouch Ses 1, Brown's Rd Pk.,7/13 - 7/16, 9:30 AM-12PM

441603.101 SoccTouch Ses 2, Burrwinkle Pk,8/10 - 8/13, 9:30 AM-12PM

Hoop Stars

Fee: \$140.00

Ages: Boys and Girls Ages 4 -6 years old

Lil Athletes Hoop Stars Summer camp (ages 4-6 yrs) focuses on developing various Basketball skills through imaginative scenarios. The program introduces important skills such as Dribbling, Shooting, Passing, Catching and Rebounding! Various equipment props are used to make learning the game of Basketball fun! Small-sided scrimmage games are also introduced. Camp runs Monday - Thursday, with rain makeups on Friday. Camp will be held at CP Toner Park (Nesconset) in the roller hockey rink. Includes a t-shirt.

443101.101 HoopStars, Ses 1, CP Toner, 7/6 - 7/9, 9:30 AM - 12:00 PM

443101.102 HoopStars, Ses 2, CP Toner, 8/3 - 8/6, 9:30 AM - 12:00 PM



COMMACK NINJA AND GYMNASTICS at GYMNASTICS PLUS

5 Brayton Court #1, Commack

<https://www.gymplusli.com/>

Location specific safety procedures:

- temperatures will be taken when they enter the facility and the kids will need to sanitize their hands.
- all belongings including shoes and drinks need to be put into a bag. I recommend slides or flip flops for ease. The kids to work barefoot. If they want to wear socks, it must be the nonskid kind that are worn at the trampoline parks.
- each group will have a designated area to put their belongings.
- kids will get water one at a time
- there will be hand sanitizing stations situated throughout the facility
- kids will bring their own snack or they can bring \$3 and buy a drink and a snack . Kids will wash/sanitize their hands before and after snack time
- all parents entering the facility must wear a face mask. While parents may enter the facility to drop off and pick up their children, siblings are not allowed to be in the lobby playing.
- drop off will be thru the front door. Pick up will be in designated areas by age. There will be signs posted.
- parents must have a signed waiver form on file (available on the Gym Plus website).

NINJA

****Limited Enrollment****

Fee: \$275.00

Ages: 5-12 years old

Ninja Warrior fitness training is the newest and most popular sport to sweep the nation. As showcased on NBC's hit show, American Ninja Warrior, this sport is inspired by gymnastics, martial arts, obstacle course training and freestyle movement. Commack Ninja gives kids a fun and safe environment to flip, climb, and swing. This program helps kid develop and increase their strength, agility, balance, and coordination. It not only challenges them physically but mentally as well. They will learn to problem solve as they traverse from one obstacle to the next. This 3 hour camp will include trampoline time, climbing ropes and nets, "tumbling time" where the kids will learn how to ninja roll, hold themselves up in handstand, front/back handsprings as well as front/back tucks, and of course obstacle time. Please send your kids with a snack and a water bottle as they will have a 20 minute snack break as well as numerous water breaks throughout the day. If you would like to send the kids with money, there will also be snack and drinks for sale. Children will be grouped by age the first day of camp.

- 222117.101 Commack Ninja Session 1, 6/29 -7/3, 9:30AM-12:30PM
- 222117.102 Commack Ninja Session 2, 7/6 -7/10, 9:30AM-12:30PM
- 222117.103 Commack Ninja Session 3, 7/13 -7/17, 9:30AM-12:30PM
- 222117.104 Commack Ninja Session 4, 7/20-7/24, 9:30AM-12:30PM
- 222117.105 Commack Ninja Session 5, 7/27 -7/31, 9:30AM-12:30PM
- 222117.106 Commack Ninja Session 6, 8/3- 8/7, 9:30AM-12:30PM
- 222117.107 Commack Ninja Session 7, 8/10-8/14, 9:30AM-12:30PM
- 222117.108 Commack Ninja Session 8, 8/17-8/21, 9:20AM-12:30PM
- 222117.109 Commack Ninja Session 9, 8/24-8/28, 9:30AM-12:30PM

GYMNASTICS CAMP

*****Limited Enrollment*****

Fee: \$275.00

Ages: 5-12 years old

Gym Plus has been providing quality gymnastics instruction in a fun and safe environment for over 20 years. We are excited to now be offering a great program thru the Smithtown Recreation Department.

Kids that are 5 and older will be working on all 4 Olympic events: vault, bars, beam, and floor. They will also do trampoline, rope and cargo net. They will be working on their cartwheels, handstands and back walkovers. They will gain confidence as they master the beam and get stronger as they learn how to hold themselves on the bars.

We will be offering a 3 hour camp session for children ages 5-12 from 9:30-12:30, each session runs for one week. Kids will be grouped according to age. The kids should bring a water bottle and a snack, as they will take a 20 minute break each day.

- 222118.101 Gymnastics Camp 5-7 years old Session 1 6/29-7/3
- 222118.102 Gymnastics Camp 8-10 years old Session 1 6/29-7/3
- 222118.103 Gymnastics Camp 5-7 years old Session 2 7/6-7/10
- 222118.104 Gymnastics Camp 8-10 years old Session 2 7/6-7/10
- 222118.105 Gymnastics Camp 5-7 years old Session 3 7/13-7/17

- 222118.106 Gymnastics Camp 8-10 years old Session 3 7/13-7/17
- 222118.107 Gymnastics Camp 5-7 years old Session 4 7/20-7/24
- 222118.108 Gymnastics Camp 8-10 years old Session 4 7/20-7/24
- 222118.109 Gymnastics Camp 5-7 years old Session 5 7/27-7/31
- 222118.110 Gymnastics Camp 8-10 years old Session 5 7/27-7/31
- 222118.111 Gymnastics Camp 5-7 years old Session 6 8/3-8/7
- 222118.112 Gymnastics Camp 8-10 years old Session 6 8/3-8/7
- 222118.113 Gymnastics Camp 5-7 years old Session 7 8/10-8/14
- 222118.114 Gymnastics Camp 8-10 years old Session 7 8/10-8/14
- 222118.115 Gymnastics Camp 5-7 years old Session 8 8/17-8/21
- 222118.116 Gymnastics Camp 8-10 years old Session 8 8/17-8/21
- 222118.117 Gymnastics Camp 5-7 years old Session 9 8/24-8/28
- 222118.118 Gymnastics Camp 8-10 years old Session 9 8/24-8/28



KARATE at EMPIRE STATE KARATE

86 Terry Rd., Smithtown

<https://www.empirestatekarate.com/>

****Limited enrollment****

Fee: \$79 NEW STUDENTS ONLY

Ages: Boys and Girls ages 3-11 years old
Teens and adults 12 & up

Empire State Karate celebrates **55** years of teaching the martial arts in Smithtown. ESK is located at 86 Terry Road in Smithtown near Maureen's Kitchen. We have experienced and mature Black Belt instructors in every class. This year classes will be held 1 time a week in a shady area outside with weather permitting. NYS guide lines will be in effect and will be distributed as we get closer to our start date. Note: Handwashing, masks, temperature, social distancing and swab testing may be required. During inclement weather classes will be held inside in groups of 10 or less. Empire State Karate is closed for July 4th. Miss a class because of vacation? Make up classes in September! Graduation will be held on Aug. **15th** when you are awarded your **Novice Belt**. Start date is June 29 and end date is August 29. Classes are once per week for 9 weeks. Make up classes may be taken in September. Kids classes are 45 minute and Teen/Adult classes are 1 hour. Note: All classes will be divided as follows (3-4yr), (5-6yr), (7-8yr), (9-11yr), (Teen/Adult). Dress code is shorts, t-shirts and sneakers. Call 631-265-1555 for appt. and questions. **NEW STUDENTS ONLY!**

222116.101 Karate Mon 11:00am 6/29—8/24 (3-6yrs)

222116.102 Karate Mon 12:00pm 6/29—8/24 (7-8yrs)

222116.103 Karate Mon 1:00pm 6/29—8/24 (9-11yrs)

222116.104 Karate Wed 11:00am 7/1—8/26 (3-6yrs)

222116.105 Karate Wed 12:00pm 7/1—8/26 (7-8yrs)

222116.106 Karate Wed 1:00pm 7/1—8/26 (9-11yrs)

222116.107 Karate Mon 7:00p 6/29-8/24 (Teen/Adult)

Empire State **ESK** *Karate*

FLIPS CHILDREN'S GYMNASTICS

****Limited Enrollment****

www.flipsgymnastics.com/

Flips Gymnastics will be following all safety precautions as provided by the State of New York in the fight against COVID-19.

Every participant and employee will have their temperatures taken prior to entering Flips. Each family must complete a questionnaire and waiver prior to entering Flips. Everyone must sanitize their hands before entering the Flips. Disinfectant cleanings will take place after each session. Classes will be restricted to 5 students or less. We will actively mandate sick employees to stay home. We will educate employees about how they can reduce the spread of COVID-19. Flips will perform routine enhanced cleaning and disinfection each day. **Everyone is required to wear a mask.**

Flips Gymnastics School

975 W. Jericho Tpke. (Morewood Shopping Center)

Smithtown, NY 11787

PARENT/CHILD GYMNASTICS

Fee: \$80.00

Ages: Boys and Girls 2 -3 ½ years old

Parent/Child Gymnastics is a full program for children 2 – 3 ½ years with a parent. The program is geared down to a toddlers level of learning and is made fun with a variety of learning set-ups. This 45 minute class is held once a week for three weeks from 3:00 – 3:45 PM, your choice of Tuesdays or Thursdays at our air-conditioned Flips Gymnastics School located at 975 W. Jericho Tpke. in the Morewood Shopping Center.

550401.101	Parent/Child Gym, PC1, Tues. 7/14 – 7/28
550401.102	Parent/Child Gym, PC2, Tues. 8/4 – 8/18
550401.103	Parent/Child Gym, PC 3, Thurs 7/16 – 7/30
550401.104	Parent/Child Gym, PC4, Thurs 8/6 – 8/20

TOTS GYMNASTICS

Fee: \$90.00

Ages: Boys and Girls 3 1/2 - 5 years old

Tots Gymnastics is a beginner program for older toddlers 3 1/2 - 5 years. The children participate by themselves to learn basic gymnastics while developing strength and self-confidence. These classes are held once a week for three weeks from 4:00 - 5:00PM on your choice of Tuesdays or Thursdays at the air-conditioned Flips Gymnastics School, located at 975 W. Jericho Tpke. in the Morewood Shopping Center.

550402.101 Tots Gymnastics, T1, Tues. 7/14 – 7/28

550402.102 Tots Gymnastics, T2, Tues. 8/4 – 8/18

550402.103 Tots Gymnastics, T3, Thus. 7/16 – 7/30

550402.104 Tots Gymnastics, T4, Thus. 8/6 – 8/20

MUNCHKIN GYMNASTICS

Fee: \$90.00

Ages: Boys and Girls 5 – 7 years old

Munchkin Gymnastics is a beginning level program that introduces children to the basic gymnastic drills and exercises. Each session meets once a week from 5:15 - 6:15 on Tuesdays for three weeks at the air-conditioned Flips Gymnastics School, located at 975 W. Jericho Tpke. in the Morewood Shopping Center. Listed below are the dates of our sessions.

550403.105 Munchkin Gymnastics, FM1, Tues. 7/14 – 7/28

550403.106 Munchkin Gymnastics, FM 2, Tues. 8/4 – 8/18



HORSEBACK RIDING at PARKVIEW RIDING CENTER

989 Connetquot Ave., Central Islip

<http://www.parkviewridingcenter.com/>

RIDING INSTRUCTION

****Limited Enrollment****

Fee: \$216.00

Ages: 6-Adult

Come join us for a six week riding/horsemanship program. Learn the basics of riding. Please wear long pants and a shoe with a small heel. Helmets are mandatory feel free to bring your bike helmet or of course you can use ours.

- 900300.101 Riding Inst, Session 1, Mondays, 6/22 - 7/27, 4:00PM-5:00PM
- 900300.102 Riding Inst, Session 1, Mondays, 6/22 - 7/27, 5:00PM-6:00PM
- 900300.103 Riding Inst Session 1, Mondays, 6/22 - 7/27, 6:00PM-7:00PM
- 900300.201 Riding Inst, Session 2, Mondays, 8/3 - 9/14, 4:00PM-5:00PM
- 900300.202 Riding Inst, Session 2, Mondays, 8/3 - 9/14, 5:00PM-6:00PM
- 900300.203 Riding Inst, Session 2, Mondays, 8/3 - 9/14, 6:00PM-7:00PM

RIDING CAMP

****Limited Enrollment****

Fee: Resident \$375.00; Non-resident \$468.75

Ages: 6-18 years old

Does your child love horses? This is the camp for them with a unique blend of riding lessons, trail rides, grooming and tacking instruction. Campers will practice how to bathe a horse and lead it to a stall, learn about and observe farm animals interacting with one another. Arts and crafts, games on horseback and trail rides for the age appropriate complete this fun-filled camp. With flexible drop off and pick up options available, this is the perfect summer camp for you.

- 900100.102 Riding Camp, Session 1, Mon-Fri, 7/13 - 7/17, 9:00AM-3:00PM
- 900100.103 Riding Camp, Session 2, Mon-Fri, 7/27 - 7/31, 9:00AM-3:00PM
- 900100.201 Riding Camp, Session 4, Mon-Fri, 8/3 - 8/7, 9:00AM-3:00PM

TRAIL RIDING

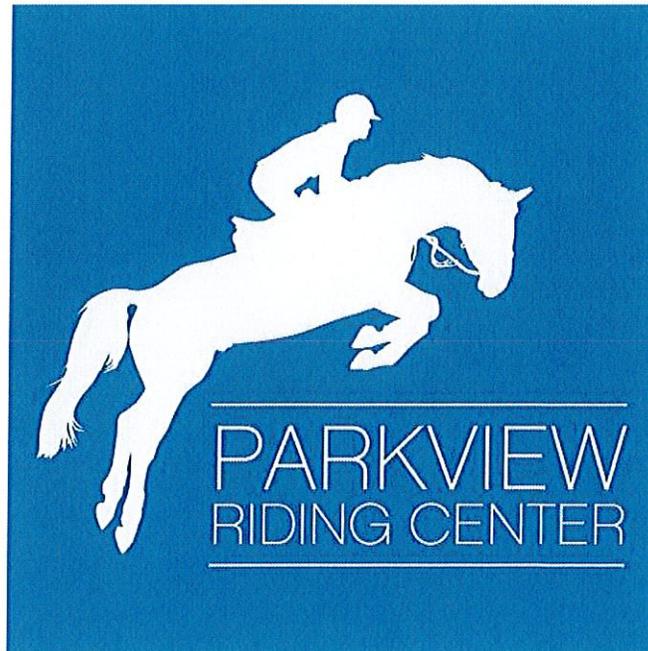
****Limited Enrollment****

Fee: \$42.00

Ages: 8 – Adult

Breathe in the fresh air and feel the stress disappear as you enjoy an hour long, horseback ride in the beautiful, tranquil Connetquot River State Park Preserve. Explore the 50 miles of trail with the family, a group of friends, or just go alone and commune with nature and the horses.

- 900200.101 Sat, 6/27, 10-11AM
- 900200.102 Sat, 6/27, 11:30AM-12:30PM
- 900200.103 Sun, 7/5, 10-11AM
- 900200.104 Sun, 7/5, 11:30AM-12:30PM
- 900200.105 Sat, 8/1, 10-11AM
- 900200.106 Sat, 8/1, 11:30AM-12:30PM
- 900200.107 Sun, 8/16, 10-11AM
- 900200.108 Sun, 8/16, 11:30-12:30PM



ENERGY YOGA & TAICHI

Fee: \$90.00

Ages: 17-ADULT

Energy Yoga & TaiChi classes will be offered once a week for 5 weeks. This class combines TaiChi movements with Yoga stretching, deep-breathing and energy meditation. It helps to relieve stress, improve circulation, and recover harmony and balance back to both your mind and your body. No prior experience is necessary, classes are geared to all. Classes are held at Zero Point Energy Training Center (**formerly Body & Brain Training Center**), located at 19 E Main Street, Smithtown, NY. Please wear comfortable pants and black or white t-shirt. PLEASE BRING YOUR OWN MAT.

110610.302 Energy Yoga & TaiChi-TUES2, 7/28-8/25, 11AM-12:10PM

110610.303 Energy Yoga & TaiChi- WED2, 7/29-8/26, 7:50 - 9:00 PM

110610.304 Energy Yoga & TaiChi-THURS2,7/30-8/27,6PM - 7:10 PM

110610.308 Energy Yoga & TaiChi- FRI2, 7/31-8/28, 11AM - 12:10PM

110610.305 Energy Yoga & TaiChi- SAT2, 8/1-8/29, 11AM -12:10PM



GENTLE TAICHI & YOGA

Fee: \$90.00

Ages: 60+

Gentle TaiChi & Yoga combines low impact Taichi movement with Yoga stretching to improve both balance and flexibility. Classes will be held at Zero Point Energy Training Center (**formerly Body & Brain Training Center**) located at 19 E Main Street, Smithtown, NY. Sessions run once a week for 5 consecutive weeks from 11:00AM to 12:10PM. Please wear comfortable pants and black or white t-shirt. PLEASE BRING YOUR OWN MAT.

110710.501 Gentle TaiChi & Yoga, MON2, 7/27-8/24, 11:00AM - 12:10PM

110710.502 Gentle TaiChi & Yoga, WED2, 7/29-8/26, 11:00AM - 12:10PM

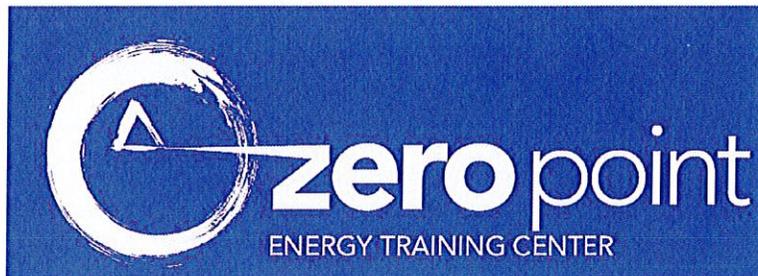
TEEN/ADULT MOVEMENT & MEDITATION CLASS

Fee: \$90.00

Ages: 13 – Adult

Teen/Adult Movement & Meditation class is a program that incorporates yoga, TaiChi and meditation to learn how to release stress and anxiety from your life. This class will help you to experience deep relaxation, and empower you to better cope with the everyday challenges of life. Classes will be held at Zero Point Energy Training Center (**formerly Body & Brain Training Center**) located at 19 East Main Street, Smithtown, NY. Sessions run each Tuesday for 5 consecutive weeks from 6:00PM to 7:10PM. Please wear comfortable attire. PLEASE BRING YOUR OWN MAT.

110705.202 Teen Mind & Body - TUES. 7/28-8/25, 6:00-7:10PM



MID-WEEK RESTORATIVE YOGA

Fee: \$90.00

Ages: 17 - Adult

Recovering from an injury, an illness, or just interested in a natural way to relax? Restorative yoga takes a step back from traditional yoga and focuses on simple poses in supported positions, encouraging deep relaxation so your mind can enter a peaceful, meditative state, one gentle stretch at a time. Class offered each Wednesday for 5 weeks. (Mat, Yoga bolster, 2 yoga blocks and strap required). Due to safety precautions, you will need to bring your own props. Please wear comfortable attire.

110810.102 RestoYoga- WEDS. 7/29 -8/26, 6:00 - 7:10PM

“OPEN-HEaRT” ART CLASSES

Fee: \$180.00

Ages: 11- 16 years old

Your child will be nurtured creatively as their artistic voice develops and is fully explored and expressed in our warm, encouraging classroom. Nothing opens a heart more than spending time in a colorful world of paints!! Each session runs on Thursday for 4 consecutive weeks from 4:30 to 6:30PM. Please wear old clothes that won't be concerned with paint spills. *All supplies included.*

110611.102 Teen/Explore- THURS.- 8/6-8/27, 4:30-6:30 PM

LOCATION: ZERO POINT ENERGY TRAINING CENTER
19 East Main Street, Smithtown, NY 11787
(Formerly Body & Brain Training Center)



NISSEQUOGUE RIVER CANOE TRIP

Date: Saturday August 1st, 2020

Depart: 9:30am from Paul T. Givens Park (across from the Smithtown Bull)

Return: Approximately 2pm

Fee: \$40.00 per canoe

Activity Number: 770201.101

We will meet at Paul T. Givens County Park, right next to the Smithtown Bull between 9:30am and 10am. Each canoe holds up to 2 adults and 2-3 children. Every canoe must have at least one adult. **Weather permitting.**

