



Town of North Salem Recreation Department

Mailing address only:

270 Titicus Road
North Salem, NY 10560
(914)669-5665

Winter program online registration opens December 1st, 2023
www.northsalemny.org/recreation

Winter 2024 Program Catalog

North Salem Community Center 3 Owens Road, Croton Falls



Welcome to the North Salem Recreation Department's new home! Your brand-new community center is ready to rock and roll! After 18 months of renovations to the 1926 Croton Falls school, we're thrilled to welcome you to this new indoor space for recreation for all ages and interests.

The NSCC officially opened in April. We've spent the last few months offering limited programming, but we're excited to announce that our first full programming season is scheduled to start in January. Check out all the new programs and some old favorites in this Winter 2024 Program Catalog.

Swing by the NSCC during the week from 9am to 4:30pm to check out the newly renovated space. Come hang out in our lounge area with friends, use our fast wifi, watch TV, or play a game with a neighbor. We've got games, puzzles, books, coffee and tea, snacks, informative brochures, and a newly added Little Library from the Friends of the Ruth Keeler Library to keep you entertained.

Learn more about the 3 Owens Road renovation project at www.northsalemny.org/recreation. We can't wait to see you soon!

Preschool Programs

Me & You (littles) Yoga

Instructor: Colleen Casale

This class offers a fun opportunity to bond with baby, make some new friends & learn exercises that benefit early development.

Who: 3 months to 2 years

When: Thursdays 12:00 – 12:45 pm, starting 1/11

Where: North Salem Community Center

Fee: \$80 for 8 weeks

Music Together

Instructor: Ernie Shaheen

Music & movement program with play-oriented activities using instruments and toys to enhance development. Includes a CD, songbook and development guide.

Who: birth to 4 years

When: Wednesdays 10:00 – 10:45 am, starting 1/10

Where: North Salem Community Center

Fee: \$186 for 8 weeks



Sensory Play Exploration

Instructor: Sensory on Wheels

Sensory play for children to experiment, explore & enjoy different stations, including dry, mess & dough. Improve fine motor skills, coordination, socio-emotional and sensory development. Caregivers will learn sensory strategies.

Who: 18 months to 6 years

When: Mondays 10:00 – 10:45 am, starting 1/8

Where: North Salem Community Center

Fee: \$100 for 4 weeks

Youth Programs

Learn to Ski/Snowboard - 6 week program

90 minute lesson for children of varying levels of experience. You choose the day and time that works best for you!

Who: Age 8+

When: Weekdays at 5:30pm or Weekends at 3:30pm, starts 1/3

Where: Thunder Ridge Ski Area, Patterson

Fee: Lesson: \$363, Lift Ticket: \$186, Equipment Rental: \$168

Registration deadline: December 1, 2023. No exceptions!

Learn to Skate

Instructor: Brewster Ice Arena

A program for children of varying levels of experience. Fee includes public skate before lesson. Skate Rental not included.

Who: 4 to 12 years old

When: Fridays 5:30-6:00 pm OR Sundays 11:30-12:00 pm.

Session 3 starts 1/5, session 4 starts 3/1

Where: Brewster Ice Arena

Fee: \$185 for 7 weeks



Babysitter's Training Course

Instructor: Denise Schirmer

Learn vital skills for the safe and responsible care of children and earn a certification of completion.

Who: Age 11+

When: March 2, 10:00 am – 1:00 pm

Where: North Salem Community Center

Fee: \$20

Saints Multi-Sport Mini Camp

Instructor: Saints Athletics

School break "open-gym" style program including soccer, basketball, kickball, tag, relay and more.

Who: Grades 1 – 5

When: December 27 & 28, 9:00 am – 2:00 pm

Where: PQ Gym

Fee: \$165 for 2 days

Youth Programs

Afternoons @ The Community Center

Join us for an afternoon of fun with the Rec Crew!

Who: Grades K-5

Where: North Salem Community Center

Craft Mondays

When: Mondays, 4:00 to 5:00 PM, starting 1/8

Fee: \$120 for 6 Weeks



Yoga Tuesdays

When: Tuesdays, 4:00 to 5:00 PM, starting 1/9

Fee: \$160 for 8 Weeks

Kids Cooking Workshops

Instructor: Chef Debra Rizzo

Fun, interactive, hands-on program that teaches young chefs basic skills, shortcuts and secrets that they'll use throughout their lives. Very limited space for this program.

Who: Grades 3-5

Where: North Salem Community Center

Fee: \$460 for 8 Weeks

Cooking with Kids 1

When: Wednesdays, 4:00 to 5:00 PM, starting 1/10

Delicious Delights

When: Thursdays, 4:00 to 5:00 PM, starting 1/11

Delicious Delights

When: Fridays, 4:00 to 5:00 PM, starting 1/12



Bizzy Kids Entrepreneur Workshop

Instructor: Bizzy Kids

Buddy entrepreneurs get to create a business doing something they love. From product development to logo and signage, each student learns the skills to market, sell and analyze cost/profit margins. Pop-up store during the last session helps students learn to engage with customers, sell their products and keep their earnings.

Who: Boys & Girls Ages 8 – 12

Where: North Salem Community Center

Winter Fridays (weekly program)

When: Fridays, 4:00 to 5:15 PM

Fee: \$265 for 8 Weeks, starting 1/12

School Break Mini-Camp

When: February 20 – 23, 9:30 am – 2:30 pm

Fee: \$295 for 4 days



Online Registration

Ready to join the fun? Streamline your registration process with Community Pass and start recreating today! Use this link or scan the QR code to get started:

www.northsalemny.org/recreation



In-person registration also available during office hours. Call for more information.

Adult Programs

Core & Sculpt

Power your potential! Build lean muscle, strengthen your core, and boost your metabolism in this fantastic targeted weight training class for adults.

When: Thursdays, 5:45 - 6:45 pm

Session 1 starts 1/4, Session 2 starts 3/7

Where: North Salem Community Center

Fee: \$80 for 4 weeks

Instructor: Doris Ornstein



Yinrestorative Yoga Series

Yoga features supported floor poses held for longer periods. Benefits include increased flexibility, better circulation, and reduced stress. Accessible for all levels of fitness and experience.

When: Wednesdays, 6:00 - 7:00 pm, starting 1/10

Where: North Salem Community Center

Fee: \$132 for 8 weeks

Instructor: Jaime Roche

Flow Vinyasa Yoga

Flexibility, strength and balance are the focus in this gentle and accessible vinyasa class. Perfect for beginners, great after Yin and for anyone looking for a gentle but dynamic yoga class.

When: Wednesdays, 7:00 - 8:00 pm, starting 1/10

Where: North Salem Community Center

Fee: \$132 for 8 weeks

Instructor: Jaime Roche

Zumba

A full body workout, that combines elements of cardio, muscle conditioning, balance, coordination and flexibility.

When: Mondays, 6:30 - 7:30 pm, starting 1/8

Where: North Salem Community Center

Fee: \$105 for 8 weeks

Instructor: Jane Tulley



Chair Yoga

A gentle class combining yoga with chairs for stability, stretching to increase mobility, and guided meditation for relaxation and healing. Allow your body and mind to surrender, relax and reset.

When: Wednesdays, 11:00 - 11:45 am, starting 1/10

Where: North Salem Community Center

Fee: Free for Residents. Registration Required.

Instructor: Colleen Casale

Mindful Meditation

A guided meditation program accompanied by gentle stretching in chairs or on a mat and can help reduce stress and anxiety, improve mood & promote overall well-being. Suitable for all fitness levels.

When: Tuesdays, 11:00 am - 11:45 am, starting 1/9

Where: North Salem Community Center

Fee: Free for Residents. Registration Required.

Instructor: Colleen Casale



Men's Basketball

Join others from the North Salem community for weekly indoor pickup basketball games. The listed ages for each group are just a suggestion, feel free to join the group you feel is most appropriate for you.

Fee: \$20 for season (January to June)

Over 40

When: Mondays, 7:30 - 9:00 pm

Where: PQ Elementary Gym

Under 40

When: TBD, call for more information.

Where: TBD, call for more information.



Senior Programs

Fitness Hour

This is a fun, low-impact workout, designed for older adults, to increase strength, mobility & help prevent injury. Suitable for all fitness levels, using chairs and walls for stability & accessibility.

When: Thursdays, 10:30 - 11:30 am

Session 1 starts 1/4, Session 2 starts 3/7

Where: North Salem Community Center

Fee: 4 weeks. Free for Residents. Registration Required.

Instructor: Doris Ornstein

Craft Corner for Adults & Seniors

Work on your own projects or be inspired to craft something new with our materials, use your own creativity or suggestions.

When: Mondays, 1:30 - 3:00 pm, starting 1/8

Where: North Salem Community Center

Fee: Free for Residents. Registration Required.



Osteoporosis Safe Strength Training

This light and easy strength and flexibility class will help participants to gain, maintain or build body strength and confidence. Suitable for all fitness levels.

When: Mondays, 5:45 - 6:20 pm, starting 1/8

Where: North Salem Community Center

Fee: 8 weeks. Free for Residents. Registration Required.

Instructor: Cheryl Aiello

Tai Chi & Qi Gong

Participants will work to better their balance through breathing and gentle movement. Suitable for all fitness levels.

When: Fridays, 1:30 - 2:15 pm, starting 1/12

Where: North Salem Community Center

Fee: \$80 for 8 weeks

Instructor: Cheryl Aiello



Fun & Games Friday

Join us for a few hours of fun and games in our newly renovated lounge! Relax on our new couches, catch up with friends, play Mahjong, checkers, chess, Scrabble, puzzles, and more!

When: Fridays, 11:00 am - 1:00 pm

Where: North Salem Community Center

Fee: Free for Residents. Call or email to reserve a spot.

Senior Soup for the Soul

This fun, interactive cooking workshop focuses on basic cooking skills, shortcuts, and secrets that will simplify your life. Use common food ingredients and prepared staples, create hearty, delicious soups that will fill stomachs and warm souls.

When: Wednesday, February 7th, 1:00 - 2:00 pm

Where: North Salem Community Center

Fee: \$20

Instructor: Chef Debra Rizzo

Tech Academy for Seniors

90-minute instructional classes include 60 minutes of instruction and 30 minutes for questions. Attend one or attend them all!

Where: North Salem Community Center

Fee: \$5 per class (iPhone Tips & Tricks is 2 parts: \$10)

iPhone Tips & Tricks (2 part class)

When: January 11th and 18th, 2:00 - 3:30 pm

iPhone Photography

When: January 25th, 2:00 - 3:30 pm

iPhone Photography Editing

When: February 1st, 2:00 - 3:30 pm

Apple Watch

When: February 8th, 2:00 - 3:30 pm

Instructor: Susan Moyer



Events

Moon Circle Workshop

Music, movement, guided meditation, and a moon related craft. Explore astrological aspects, focus positive attentions, craft personal affirmations and leave feeling refreshed and recharged.

Who: Teens, Adults, and Seniors

When: January Full Moon: Thursday, January 25th 6:00 – 7:30 pm
March Full Moon: Monday, March 25th 6:00 – 7:30 pm

Where: North Salem Community Center

Fee: Free for Residents, Registration Required.

Intro to Asian Cooking

Instructor: Chef Debra Rizzo

Learn the essentials of Japanese vegetable sushi rolls and Vietnamese spring rolls: selecting, cooking, & seasoning sushi rice, rolling techniques, whisking up sauces and secret tips.

Who: Adults

When: Friday, January 26th 7:00 to 9:00 pm

Where: North Salem Community Center

Fee: \$98 per person. Space is very limited.

Town Clerk to the Rescue!

Town Clerk, Maria Hlushko

Get assistance with: Blood pressure check; dog licenses; "File of Life;" Town emergency notification system; NYSEG power outage assistance, oxygen-dependence - who to notify?, and more!

When: Seasonally, January date TBD. Call for more information.

Where: North Salem Community Center

Fee: Free for Residents

Valentine's for Seniors

with the Ruth Keeler Memorial Library

This popular and heartwarming program is becoming a North Salem Tradition. Create a Valentine's Day card for one of North Salem's senior citizens & home bound residents. You can make your own at home using our kits, or you can come to the Community Center and make one (or two or three). We want to make sure all of our seniors receive a card! Please register to let us know you'll be making a card. Drop off your completed card to us by February 5th so that we can deliver them in time.

When: Cards due by February 5th.

Where: Drop off at the North Salem Community Center (3 Owens Rd) or Ruth Keeler Library (276 Titicus Rd)

Create-A-Card & Cookie Decorating

It's a half day at school! Drop-in between 1 and 4pm and create a card (or three!) for a neighbor-in-need! After, decorate a yummy cookie to take home!

Who: All ages welcome - children & adults!

When: Monday, January 29th, 1:00 - 4:00pm

Where: North Salem Community Center (This is not a drop-off event. Children must be accompanied by an adult.)

Do you know someone in North Salem that could use some extra cheer this Valentine's Day? Let us know!

Information

Recreation Office

The North Salem Recreation Dept office is now located at the North Salem Community Center, 3 Owens Road, Croton Falls.

Staff

Lauren Rosasco, *Superintendent of Recreation*

Colleen Casale, *Recreation Assistant*

Contact Information

(914)669-5665

recreation@northsalemny.org

www.northsalemny.org/recreation

Mailing Address:

270 Titicus Road, North Salem, NY 10560

Office Hours

North Salem Community Center, 3 Owens Rd, Croton Falls

9:00am - 4:30pm, Monday - Friday

Holiday Hours

January 1st, New Years Day - Closed

January 15th, Martin Luther King Jr. Day - Closed

February 19th, Presidents Day - Closed

Town Parks

North Salem has two town parks available for use by North Salem Residents and their guests.

Joe Bohrdrum Park - 15 Sunset Drive, North Salem

This facility includes: two tennis/pickleball courts, two soccer fields, two baseball fields, children's playground (swings, sandbox, playground), basketball court, and small picnic area.

Volunteer's Park - 242 June Road, North Salem

This facility includes: a soccer field, a baseball field, children's playground, and a basketball court.

Facility Use - North Salem Community Center

The primary use of the NSCC is for municipal purposes, including North Salem Rec programs and activities, Meetings of the Town Board and other Town Boards and Committees. All such meetings, programs and activities must be open to the public. The Town of North Salem welcomes the use of its facilities by organizations for activities that enhance the use of the Community Center. View the application and fees online at: www.northsalemny.org/recreation/pages/documents-forms

Recreation Survey

The Town of North Salem is looking for resident input to help inform future programming at the North Salem Community Center. Please help us to provide exciting and beneficial programming for you and your household by taking this brief online survey:

bit.ly/nsrecreationsurvey



Facility Use - Town Parks

Both parks are available to town organizations and residents on a reserve basis. View the application online at:

www.northsalemny.org/recreation/pages/documents-forms