



Town of North Salem
Recreation Department
3 Owens Road, PO Box 163
Croton Falls, NY 10519

Spring 2024 Program Catalog

Spring program online registration opens March 5th, 2024
www.northsalemny.org/recreation

Events

Moon Circle Workshop

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

Who: Teens, Adults, and Seniors

When: May Full Moon: Thursday, 5/23 6:00 – 7:30 pm

Where: North Salem Community Center

Fee: Free for Residents, Registration Required.

Cooking Events

Instructor: Chef Debra Rizzo

With Culinary Institute of America Graduate, Chef Instructor Debbie Rizzo. Great cooking is about more than recipes; it's about techniques. In our class you will work together with other students in a fun, hands-on environment.

Who: Adults

When: "Asian Cooking II": Saturday, 3/23 7:00 to 9:00 pm OR
"Celebration: Cinco De Mayo": Saturday, 5/4 7:00 to 9:00 pm

Where: North Salem Community Center

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

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

Survey will close on March 31st



Plant Exchange & Terrarium Craft for Earth Day

We are creating a plant terrarium together. Also, if you're a plant lover, bring some plant cuttings - we're going to share and exchange cuttings! We have new and established cuttings to share. How about you?!

Who: All ages invited!

When: Monday, 4/22 1:00 – 3:30pm

Where: North Salem Community Center

Fee: Free for Residents, Registration Required.



Movie Matinees

Join us for movie matinees in your very own Community Center Theater! Call or email us for each week's title.

When: Adult & Senior: Tuesdays, 4/23 & 6/25, 1:00 – 3:00 pm

Preschool: Tuesdays, 4/30 & 6/11, 1:00 – 3:00 pm

Where: North Salem Community Center

Fee: Free for Residents, Registration Required.

Parents Night Out!

Join the Rec Crew for a fun evening of pizza, crafts, movies, games and other activities. Doors open at 6pm, no late entry. Pickup at 9pm, no early pickup.

Who: Grades 1 – 6

When: Friday, 4/26, 6:00 pm – 9:00 pm OR

Friday, 6/14, 6:00 pm – 9:00 pm

Where: North Salem Community Center

Fee: \$30 per child, includes 2 slices of pizza, snack, and a drink

Charcuterie Workshop

Join us for a fun event with Chef Paulie!

Who: Adults

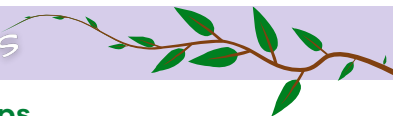
When: Thursday, 5/9 at 6:15 pm

Where: North Salem Community Center

Fee: \$65 per person. Check website for more info.



Preschool & Youth Programs



Playing with Peanuts

Instructor: Jordanna Conde

Sensory play program for families with child led stations for open play and a directed station for kids who prefer guidance. Includes a take home sensory bin to continue the fun at home.

Who: Birth to 4 years and their caregiver

When: Mondays 1:30 - 2:15 pm, starting 4/8

Where: North Salem Community Center

Fee: \$136 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 4/10

Where: North Salem Community Center

Fee: \$235 for 10 weeks (additional children \$190 each)



Making Sense of Sensory Play

Instructor: Jordanna Conde

Curious about sensory play but don't know where to start? Learn your child's preferred sensory mediums and how to create setups you are comfortable with and excited about! You don't have to be a "Pinterest Mom" to embrace sensory play fun!

Who: Birth to 4 years and their caregiver

When: Fridays 1:30 - 2:15 pm, starting 4/12

Where: North Salem Community Center

Fee: \$72 for 6 weeks

Squirts Multi-Sport

Instructor: US Sports Institute

Children experience a variety of sports throughout the program. Players will try Lacrosse, Soccer, T-Ball, & Track & Field.

When: Sundays, starting 4/21

- Parent Assisted (age 2.5-3.9): 8:30 - 9:10am

- Squirts (age 3-4.5): 9:15am - 9:55am

- Squirts (age 4-5.5): 10:00am - 10:40am

- Senior Squirts (age 5.5-6.9): 10:45am - 11:25am

Where: Volunteers Park

Fee: \$199 for 8 weeks

Creative Movement

Instructor: Kimberly Allcot

Let your little one explore movement and creativity in this fun and interactive program. Learn new movements, techniques and alignment through marching, clapping, skipping and counting while gaining confidence, coordination and balance.

Who: Children 12 to 36 months and their caregiver

When: Tuesdays 10:00 - 10:45 am, starting 4/9

Where: North Salem Community Center

Fee: \$160 for 10 weeks

Storytime Yoga

Instructor: Colleen Casale & RKML

Join Ms. Elizabeth and Ms. Colleen for a special session of storytime yoga, where sweet stories meet gentle yoga poses for a relaxing and imaginative experience.

Who: Birth to 5 years and their caregiver

When: Last Thursday of each month at 10:30am, starting 2/29

Where: Ruth Keeler Memorial Library, 276 Titicus Road

Fee: Free. Registration not required.

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: 3 to 12 years old

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

Session 5 starts 5/3

Where: Brewster Ice Arena

Fee: \$185 for 7 weeks

School Break Craft Camps

Join the Rec Crew for fun crafts and activities!

Who: Grades K - 5

When: Thursday, 4/11, 9:00 am - 2:00 pm OR

Wednesday, 6/19, 9:00 am - 2:00 pm

Where: North Salem Community Center

Fee: \$50 per day



Construction & Concoctions

Instructor: The Schoolhouse Studio

School Break Camp - Let's explore the STEAM-y side of art! Building challenges, designing marble roller coasters, speedy cars, and fantastic castles. We'll also dabble in chemistry, experimenting with colorful and satisfyingly squishy slimes.

Who: Grades K - 5

When: Thursday 4/11, 9:00 am - 2:00 pm

Where: North Salem Community Center

Fee: \$77

All-Sport School Break Camp

Instructor: Saints Athletics

It's all fun and games at this school break camp! Different activities all day, including soccer, basketball, kickball, tag, relay races and more!!

Who: Grades 1 - 6

When: Wednesday, 6/19, 9:00 am - 2:00 pm

Where: Joe Bohrdrum Park

Fee: \$85



Animation Lab

Instructor: The Schoolhouse Studio

School Break Camp - Stop-motion animation: create characters and scenery using clay, paint, and collage to make short experimental films. We will watch our movies on the big screen in the community center theater!

Who: Grades K - 6

When: Wednesday, 6/19, 9:00 am - 2:00 pm

Where: North Salem Community Center

Fee: \$77

Summer Camps

NORTH SALEM DAY CAMP AT MT. LAKES

6 WEEK PROGRAM PRE K-7TH GRADE

JULY 1 TO AUGUST 9

REGISTRATION OPENS MARCH 19TH

STAFF APPLICATIONS (15+) NOW OPEN

SPACE LIMITED

WWW.NORTHSALEMDAYCAMP.ORG



ONE WEEK CAMPS (AUGUST)

MULTIPLE CAMP OPTIONS EACH WEEK AT
JB PARK, PQ, AND THE NSCC.

TENTATIVE CAMP OPTIONS: BASKETBALL, MULTI-SPORT,
CRAFT CAMP, COOKING, STEAM, ANIMATION, AND MORE!

REGISTRATION OPENS MAY 1ST.

Adult & Senior 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, starting 4/11

Where: North Salem Community Center

Fee: \$200 for 10 weeks

Instructor: Doris Ornstein



Yinrestorative Yoga Series

This class 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 4/10

Where: North Salem Community Center

Fee: \$165 for 10 weeks

Instructor: Jaime Roche

Vinyasa Yoga Level 1

A fun, energetic, beginner/intermediate class with more movement and "heat", core focused with establishing strong midline activation and internal strength. Best suited for beginners and also those individuals with some previous yoga experience.

When: Wednesdays, 7:00 - 8:15 pm, starting 4/10

Where: North Salem Community Center

Fee: \$220 for 10 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 4/8

Where: North Salem Community Center

Fee: \$132 for 10 weeks

Instructor: Heather Schlecter



Vinyasa Yoga Level 1 & 2

This intermediate/advanced level class is designed for individuals with previous yoga experience. Focus on flowing through more advanced sequences and working on inversions and arm balances. Proper alignment and breathwork will help guide our practice alongside a great playlist.

When: Tuesdays, 6:30 - 7:45 pm, starting 4/9

Where: North Salem Community Center

Fee: \$220 for 10 weeks

Instructor: Jaime Roche



Adult Sports

Cornhole League

Get together with local friends and have fun in a new program outdoors. Playoffs held - 1st place takes home a trophy!

When: Mondays, 6:00 - 7:30 pm, starting 4/29

Where: Joe Bohrdrum Park

Fee: \$120 per team (2-4 players). Each player must register separately.

Instructor: AI Athletics

Men's Basketball

Join others from the North Salem community for weekly indoor pickup basketball games.

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

Where: PQ Elementary Gym

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

Better Balance

Gain and maintain better balance and flexibility! Suitable for all fitness levels.

When: Mondays, 11:00 - 11:45 am, starting 4/8

Where: North Salem Community Center

Fee: 10 weeks. Free for Residents 55+. Registration Required.

Instructor: Cheryl Aiello

Mindful Meditation

A guided meditation program with gentle stretching in chairs or on a mat. 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 4/2

Where: North Salem Community Center

Fee: Free for Residents 55+. Registration Required.

Instructor: Colleen Casale

Chair Yoga

A gentle class combining yoga with chairs for stability, stretching to increase mobility, and guided meditation for relaxation and healing.

When: Wednesdays, 11:00 - 11:45 am, starting 4/3

Where: North Salem Community Center

Fee: Free for Residents 55+. Registration Required.

Instructor: Colleen Casale



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, 11:00 am - 12:00 pm, starting 4/11

Where: North Salem Community Center

Fee: 10 weeks. Free for Residents 55+. Registration Required.

Instructor: Doris Ornstein

Happy Hour

A gentle restorative class of chair yoga, guided meditation, and a healing sound bath. Suitable for all fitness levels.

When: Fridays, 11:00 am - 11:45 am, starting 4/5

Where: North Salem Community Center

Fee: Free for Residents 55+. Registration Required.

Instructor: Colleen Casale

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: Tuesdays, 5:45 - 6:20 pm, starting 4/9

Where: North Salem Community Center

Fee: 10 weeks. Free for Residents 55+. Registration Required.

Instructor: Cheryl Aiello

Online Registration

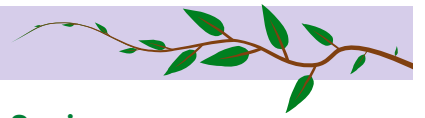
Ready to join the fun? Streamline your registration process with Community Pass and start recreating today! Use this link or scan the QR code to get started:

www.northsalemny.org/recreation



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

Senior Programs



Tech Academy for Seniors

Instructor: Susan Moyer

90-minute classes include 60 minutes of instruction and 30 minutes for questions. Different focus for each class. Attend one or attend them all - including iPhone Tips & Tricks (Parts 1, 2, 3), Photography, Photo Editing, Apple Watch, iPad Tips & Tricks, Meet Your Mac, and Drawing Portraits with iPad.

When: Thursdays, 1:30 - 3:00 pm OR 6:30 - 8:00 pm
Classes offered April-June. Contact us for details.

Where: North Salem Community Center

Fee: \$10 per class. Pre-Registration Required.



Seasoned Chefs

Instructor: Chef Debra Rizzo

This fun, interactive workshop focuses on basic cooking skills, shortcuts, and secrets that will simplify your life. With Culinary Institute of America Graduate, Chef Instructor Debbie Rizzo.

When: "Spice Up Your Lunch Life!": Friday, 3/15, 12 to 1 pm OR
"Zuppa del Pranzo!": Saturday, 4/6, 12 to 1 pm

Where: North Salem Community Center

Fee: \$30 per class. Residents 60+



Health for Life Program (HeLP)

with Westchester County Dept of Senior Services. This workshop focuses on managing chronic health conditions (diabetes, high-blood pressure, etc), communicating effectively with health care professionals and family, and more!

When: Info Session: Wednesday, 4/24, 11:45 am

Six-Week Program: Wednesdays, 1:00 to 3:30 pm, starting 5/1

Where: North Salem Community Center

Fee: Free for Westchester Residents 55+. Registration Required.

Craft Cafe for Adults & Seniors

We bring the *Cafe*, you bring your current projects (knitting, crochet or other craft) to work on, or be inspired to craft something new with our materials.

When: Mondays, 12:00 - 2:00 pm, starting 4/8

Where: North Salem Community Center

Fee: Free for Residents. Registration Required.

Tai Chi & Qi Gong

Instructor: Cheryl Aiello

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 4/12

Where: North Salem Community Center

Fee: \$100 for 10 weeks

Games Lounge Fridays

Get your game on, bring your friends and spend some time in our Lounge. We have a number of games, puzzles, and more!

When: Fridays, 1:00 pm - 4:00 pm

Where: North Salem Community Center

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

Health Presentations

Instructor: Family Services Westchester

Join us for these informative senior health-focused presentations. Attend one or attend all!

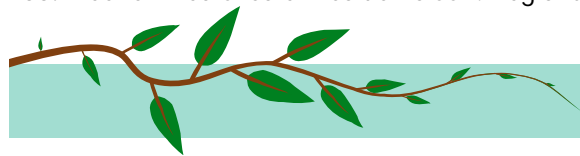
When: "Active Aging": Tuesday, 4/2 at 1 pm

"Protecting Yourself from Fraud": Tuesday, 5/7 at 1 pm

"Advocating for Yourself": Tuesday, 6/4 at 1 pm

Where: North Salem Community Center

Fee: Free. Registration Required.



Information

Recreation Office

The North Salem Recreation Dept office is now located at the North Salem Community Center in Croton Falls.

Staff

Lauren Rosasco, *Superintendent of Recreation*
Colleen Casale, *Recreation Assistant*

Contact Information

(914)669-5665

recreation@northsalemny.org

www.northsalemny.org/recreation



Office Hours

North Salem Community Center, 3 Owens Rd, Croton Falls
9:00am - 4:30pm, Monday - Friday

Holiday Hours

May 27th, Memorial Day - Closed

Town Parks

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

Joe Bohrdum 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



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