



## September-October Programs & Activities

## Social Media



Bethlehemnyparksandrec



Town of Bethlehem NY Parks & Recreation



Please review the Bethlehem Parks & Recreation Covid-19 Response for all programs. Masks are required and may only be removed when you can maintain proper social distance.

*Please note we will update this flyer with programs as they are added to the schedule. We will continue to evaluate what programs & events we will offer based on the Covid-19 information we have.*

## ADULT/SENIOR FITNESS

### SENIORS IN MOTION - OUTSIDE & VIRTUAL (SEE BELOW)

Low level aerobic exercise to music. Must have Dr's. approval if new to class. Forms can be obtained from the Park Office. Choose one or both days! **Must pre-register with the Park Office, 518-439-4955 Ext. 2131.** Instructor: Theresa Mattson

#### OUTSIDE AT LARGE PAVILION

#452056-A	September 8-October 6	Tuesday	\$25	9:00-10:00am
#452056-B	September 11-October 9	Friday	\$25	9:00-10:00am

#### VIRTUAL AT HOME

#452056-C	October 13-November 24	Tuesday	\$30	9:00-10:00am
#452056-D	October 16-November 20	Friday	\$30	9:00-10:00am

### HEALTHY BONES- VIDEO

Progressive weight training & instruction program designed to increase bone health in adults with osteoporosis. Ankle weights are optional. Sponsored by Retired Senior Volunteer Program. **Participants will register for the class and if needed, borrow hand weights to use while watching a pre-recorded video of the class. The pre-recorded video allows participants to do the class at home as many times as they would like. Participants need to call the Park Office (518-439-4955 Ext. 2131) in order to register and arrange a scheduled pick up of the hand weights.**

#452038-A	September 10-December 7		\$10	Anytime at Home
-----------	-------------------------	--	------	-----------------

### YOGA (Elm Avenue Park Large Pavilion)

Yoga combines movement, breathing and meditation to create a challenging and dynamic workout. Also included is yoga theory and relaxation. Bring a yoga mat. (Yoga blocks and straps also encouraged). All levels welcome! Instructor: Jennifer Clunie

#442082-D	September 8-October 6	Tuesday	\$44	6:00-7:15pm
-----------	-----------------------	---------	------	-------------

### BENCH YOGA (Elm Avenue Park Large Pavilion)

Similar to our Chair Yoga, we are now using picnic table benches under the large pavilion! Participants will enjoy all the benefits of traditional yoga; increased muscle tone, flexibility, balance and relaxation. All levels welcome! Instructor: Dorothy Russell

#452040-A	September 9-October 14	Wednesday	\$47	11:00am-12:00pm
-----------	------------------------	-----------	------	-----------------

## YOUTH

### 10 & UNDER TENNIS (Elm Avenue Park Tennis Courts)

Grades K-5. A revolutionary change in the way kids learn to play tennis. The equipment and courts utilized are adapted to the child's size and age which helps eliminate frustration and build confidence right from the start. This will help your child develop skills faster and grow their love for the game. Participants will be divided up according to age. **Must pre-register with the Park Office, 518-439-4955 Ext. 2131**

#421026-A	September 8-October 1	Tuesday & Thursday	\$82	4:15-5:30pm
-----------	-----------------------	--------------------	------	-------------

# YOUTH & FAMILY



## PARKS & REC RECESS!

Grades K-3. Drop off program. Head over to various town parks for some fun! Each week Parks & Recreation staff will facilitate a variety of games and activities to get kids moving and enjoy the outdoors! Children will be required to bring a mask and be asked to sanitize their hands before and after the program. **Activity is FREE, however pre-registration is required. Call the Park Office, 518-439-4955 Ext. 2131** We will accommodate on-site registration if we have not reached our max capacity. *The program will only run if weather permits. (Elm Avenue Park location is field in front of Park Office)*

#422004-A	September 15	Elm Avenue Park	Tuesday	4:15-5:15pm
#422004-B	September 17	Selkirk Park	Thursday	4:15-5:15pm
#422004-C	September 22	Town Hall Playground	Tuesday	4:15-5:15pm
#422004-D	September 24	Maple Ridge Park	Thursday	4:15-5:15pm
#422004-E	September 29	Colonial Acres	Tuesday	4:15-5:15pm
#422004-F	October 1	South Bethlehem Park	Thursday	4:15-5:15pm
#422004-G	October 6	North Bethlehem Park	Tuesday	4:15-5:15pm
#422004-H	October 8	Elm Avenue Park	Thursday	4:15-5:15pm

## TRICK OR TREAT STORYWALK (Elm Avenue Park Nature Trail across from Playground)

All ages. Children and their families are invited to take a hike on the nature loop and enjoy a self-led Halloween story. In conjunction with the Bethlehem Public Library, Parks and Recreation staff will be dressed up along the loop to hand out "treats". Halloween bags will be provided. **Must pre-register, please call the Park Office, 518-439-4955 Ext. 2131 Space is limited!!**

#428001-B	October 29	Thursday	FREE	3:00-4:00pm
#428001-C	October 29	Thursday	FREE	4:00-5:00pm

## KIDS MOVEMENT, MANTRA & MEDITATION-VIRTUAL

Ages 5-11. This class will explore and have fun by moving our bodies through yoga poses and dancing. It will include time for children to share as an exercise to be present, listen to others and find their own individual mantras. A class where we dare to be aware and care about ourselves, others and all beings everywhere. Yoga mats are optional.

#422001-A	September 25-October 23	Friday	\$35	5:30-6:30pm at Home
-----------	-------------------------	--------	------	---------------------

## FAMILY CORN HOLE TOURNAMENT (Elm Avenue Park Large pavilion)

Official corn hole rules. Limited to teams of 2. Single elimination tournament. Pizza lunch provided. Prize for runner up and winning teams!

**CANCELLED**

#465005-A	September 26	Saturday	\$15 per team	11:00am
-----------	--------------	----------	---------------	---------

## KIDS CREATE (Elm Avenue Park Large Pavilion)

Grades 1-5. Drop off program. Parks & Recreation staff will lead children in creating themed crafts. Children will be socially distanced underneath the pavilion and given their own set of craft items to eliminate the need of sharing supplies. Sign up for one or all!

#425032-A	September 14-Apples	Monday	\$10	4:15-5:15pm
#425032-B	September 21-Trees	Monday	\$10	4:15-5:15pm
#425032-C	September 28-Animals	Monday	\$10	4:15-5:15pm
#425032-D	October 5-Halloween	Monday	\$10	4:15-5:15pm

## WILDERNESS EXPLORATION (Elm Avenue Park Small Pavilion B-across from playground)

Grades 4-8. Kids will love this fun, safe "Wilderness Exploration" class right here at Elm Avenue Park. Led by outdoor enthusiast Kat Fitzpatrick, they will learn how to plan for outings, both day-hikes and overnights; the basics of weather preparedness and first aid (including tick safety); Leave No Trace (LNT) skills—how to take only pictures and leave only footprints; knot-tying, shelter building, water purification methods; meal and snack planning; and learn how to build and cook on a fire.

#425002-A	September 16-October 14	Wednesday	\$55	4:00-5:30pm
#425002-B	September 21-October 26 (not 10/12)	Monday	\$55	4:00-5:30pm

## PAINT YOUR OWN PUMPKIN (Elm Avenue Park Large Pavilion)

All Ages welcome! Create your own unique pumpkin. Wear old clothes/smock and bring a small box for your freshly painted pumpkin to transport home! Pumpkins and paint provided. Parent/Guardian must stay on premises. **All participants must pre-register with the Park Office, 518-439-4955 Ext. 2131**

#428001-A	October 20	Tuesday	\$7	10:00-11:00am
#428001-D	October 20	Tuesday	\$7	4:00-5:00pm

## TENNIS PLAY DAY (Elm Avenue Park Tennis Courts)

Ages 6-12. Tennis Play Day will emphasize skill development and having fun! All levels welcome. Loaner racquets on site if needed, space is limited! Free pizza! **Must pre-register with the Park Office, 518-439-4955 Ext. 2131**

#422006-A	September 12	Saturday	FREE	9:30-11:00am
-----------	--------------	----------	------	--------------

