

## **TOWN OF BETHEL PARKS AND RECREATION December 2017 Activities**

Duggan Community Center 3460 RT 55 White Lake  
845-583-5360 or bethelnyparksandrec@gmail.com

*If Monticello schools are closed for a holiday or break, we are closed. Cancellations are posted on Facebook and may also be posted on the outside door of the Duggan Community Center. Also, if Monticello cancels after-school activities due to weather, most likely our programs are canceled as well.*

### **Fitness Programs**

**Zumba class:** Due to low participation Zumba has been canceled. If there is enough interest we may resume in January on Tuesdays at 5:15 PM.

**Kick-it Off** exercise class: Thursdays at 6:30 PM. Combines martial arts moves with targeted exercises for stomach, legs and arms. Cost is \$5 per class, free to Bethel youth. **NO CLASS 12/28.**

**Tae Kwon Do** classes: Tuesdays at 6:30 PM (beginner class) and 7:30 PM (intermediate). Sensei Mike McCauley. Cost is \$5 per class. **Youth must be at in 2<sup>nd</sup> grade.** Open to youth and adults. **NO CLASS 12/26.**

All fitness classes are held in the Duggan gym. First class is free. Wear comfortable clothes and bring sneakers— sneakers should be free of salt, sand and mud to protect the gym floor.

**Walk the Halls** – participants are encouraged to walk the hallway of Duggan School. Bring your own music or a friend to talk to. Enter by the gym and sign in at the table. Bring a sweater or sweatshirt as the halls do not have heat. **Tuesdays from 6:30 to 7:30 PM. No program on December 26<sup>th</sup>.**

### **Craft Programs**

**Paint with Friends Night** – will possibly resume in February on the 3<sup>rd</sup> Monday.

**Youth Craft Nights for Grades Kindergarten to Sixth** –Classes will be held on the 2<sup>nd</sup> and 3<sup>rd</sup> **Tuesday evenings at 6:30 PM** in the recreation center on 12/12 and 12/19. Crafts for the month of December will be holiday –themed. Cost:\$1/child per class. Instructor Wendy Seward.

### **Ski Program**

**Help Wanted – Ski Program Coordinators** -Are you over 21 and love to ski or your child does? Need someone to commit to the dates for Big Bear and/or Villa Roma. The Ski Program Coordinator would sit in the chalet to hand out lit tickets and rental forms and collect money for the participants; turn in unused lift tickets and rental forms to contact person at the ski hill and complete the transaction. Ski program

coordinator(s) must have reliable transportation, be honest and trustworthy and be able to handle basic accounting. Leave a message for Cathy at 583-5360 if interested.

**ANNUAL ON YOUR OWN IN NEW YORK CITY BUS TRIP**

Wednesday, December 27<sup>th</sup>. Coach bus leaves Duggan parking lot at 7:30 AM to arrive in NYC around 10 AM. Drop-off and pick-up area in the NYC will be in the area of 8<sup>th</sup> Ave and 49<sup>th</sup> Street. The bus will leave NYC at 6 PM. Plenty of time to see the decorations, see a show, or spend those gift cards.

Cost: \$5 for Youth (3 to 21) or \$20 for Adults. Payment is due at registration: December 5<sup>th</sup> at 5-5:45 PM at Duggan (Recreation Center). Trip will be canceled if less than 30 people register by December 20<sup>th</sup>. Registrations will be accepted at the Town Hall during normal business hours.