

TOWN OF BETHEL PARKS AND RECREATION
January 2019 Activities

Duggan Community Center
3460 RT 55 White Lake
Phone: 845-583-5360
E-Mail: 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.

HAPPY NEW YEAR!!!!

Let us help you keep those New Year's resolutions...be healthier, exercise more or learn something new, we have the activity for you!

Fitness Programs

Kick-it Off exercise class: Thursdays at 6:00 PM (new time) Co-ed class combines martial arts moves with targeted exercises for stomach, legs and arms set to a rocking beat. Class is about 45-50 minutes long. We start out with walking a few times around the gym to warm up. *Alternative exercises from a chair can be done. Do what you can do, no pressure. Low-impact exercise.* **NEW YEAR'S SPECIAL: FREE for the month of January. Class begins January 3rd.** Open to youth (aged 10 and up) and adults. Instructor: Sensei Mike McCauley.

Tae Kwon Do classes: Tuesdays at 6:30 PM. Sensei Mike McCauley. With assistance from Kimberly Cooper teach this martial arts form. Our program does not allow sparring. Cost is \$5 per class. **Youth must be at least in 2nd grade.** Open to youth and adults. **Begins January 8th. Try your first class for free.** Class payment is due at the beginning of each class. May pre-pay for multiple classes.

All fitness classes are held in the Duggan Community Center gym. 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. Begins January 8th.**

Pickleball Court times – Mondays and Fridays from 6 to 8 PM in the Duggan Community Center Gym. Contact Supervisor Dan Sturm for more information at 583-4350 ext 102.

Ski and Snowboard Program Ski Big Bear at Masthope, PA.

Bethel Youth (ages 6 to 21) \$25 registration fee for the ski program which entitles each youth to free first year lessons (up to 3) and no charge for lift tickets. Youth participants pay for rentals (if needed). Adults and non-resident youth may join us at the group rate cost (see below). This year we will be offering 3 Saturday evenings and 3 Sundays (day time). The Ski Program Coordinator will be in the Ski Chalet for 1 hour for participants to pick up lift tickets and rental forms (from 3:45 to 5:00 PM on Saturdays and 9:15 to 10:15 AM on Sundays). If participants arrive after the window of time mentioned, full priced prices will be in effect.

Registration: Thursday, January 3rd from 5:30 – 6 PM or Tuesday, January 8th from 6:30-7 PM at the Bethel Recreation Center.

Registration fee for Bethel Youth (ages 6 to 21): \$25. Fee must be paid at registration. If you are unable to attend either registration date, please contact Cathy via e-mail at bethelnyparksandrec@gmail.com to receive a registration form to complete.

Ski Program Dates:

Saturday, January 12th 4pm - 9pm	Sunday, January 27th 9:30am - 7pm (Winter Carnival Day)
Saturday, February 9th 4pm - 9pm	Sunday, February 3rd 9:30 am - 7pm
Saturday, March 2nd 4pm - 9pm	Sunday, February 24 9:30am - 7pm

Dates are weather dependent. Cancellations due to inclement weather may not be rescheduled. Season may end earlier if temperatures are not conducive to snowmaking.

The costs are as follows:

Saturdays

Lift tickets: \$22

Rental packages: \$19

Helmets: \$12 (not required)

Complimentary 1st time beginner lesson for anyone at least 6 years of age. Requires sign up at Snowsports desk.

*Registered Bethel Youth pay only rental fees (if needed).

Sundays

Lift tickets: \$30

Rental packages: \$22

Helmets: \$12 (not required)

Parent/Guardian must remain on the premises for youth under age 18.

Villa Roma Skiing and Snowboarding - take advantage of the local deal on Sundays from 10 AM to 6 PM. \$10 lift, \$10 lesson and \$10 rental. Town of Bethel residents: \$10 ice skating for 2 hours (includes rental) or \$10 tubing for 2 hours (must be 43 inches) Closed January 6th and 13th. We are offering the discounted rate. There is no reimbursement for costs incurred or registration fee. To have an idea of how many residents will be participating, we are asking residents to complete a registration form. Registration will be held on Thursday,

January 3rd from 5:30-6 PM and Tuesday, January 8th from 6:30-7 PM in the Bethel Recreation Center.

Parent/Guardian must remain on the premises for youth under age 18.

****NEW** - Bethel Winter Family Fun Day at the Villa Roma Ski Hill and Chalet:**

Bethel Residents only: Sunday, February 3rd (make up date – Sunday, February 10th) from **10:00 AM to 4 PM**. Spend the day enjoying a fun winter day – outside!! Must arrive by 12 PM to take advantage of this special day. Choose 2 of the following activities:

1. Ice skating (2 hours) includes rentals
2. Tubing (2 hours) must be at least 43 inches
3. Ski or snowboard (lift ticket only)
4. Ski or snowboard (rental only)

The Town of Bethel will pay for 2 activities (\$20 value) for registered Bethel Youth (ages 5 to 21) for this one day only. If you want a ski or snowboard lesson (\$10) or want to participate in more than 2 activities, you incur the cost. Parents/Guardians are welcome to join in the fun at their own expense (discounted rates apply). *A parent/guardian must remain on the premises for youth under age 18. We are not providing chaperones or transportation for this activity.*

Registration: Thursday, January 3rd from 5:30-6 PM or Tuesday, January 8th from 6:30-7 PM in the Bethel Recreation Center. Must be pre-registered to receive this deal-no exceptions. Must show proof of physical residency (no post office box) at registration. If you are unable to make registration, please contact Cathy via e-mail at bethelnyparksandrec@gmail.com

Coming in February:

- Seasonal summer job postings and applications
- Summer All Day Camp registration for Bethel residents
- Summer Camp program information and pricing
 - Registration for non-residents (returning campers) – March
 - Registration for non-residents (new campers) – April
- Valentine-themed Youth Craft Night
- Adult painting class