

TOWN OF BETHEL PARKS AND RECREATION November 2018 Activities

Duggan Community Center
3460 Route 55
White Lake, NY 12786
Phone: 845-583-5360 leave message
Facebook: Town of Bethel Parks and Recreation
Email: bethelnyparksandrec@gmail.com

Cancelations are posted on Facebook.

Youth Scholarship Penny Social – canceled. We will plan one for the springtime.

NYC Bus Trip –possible date would be Thursday, Dec. 27th.

Indoor Yard Sale – Saturday, November 3rd from 10 AM to 2 PM in the Duggan gym. No early birds. Toys, vintage items and household items. Bake sale items available, too. Benefits the TOBY Camp scholarships.

Duggan Gym Programs: All fitness classes are held in the Duggan gym unless otherwise noted. First class is free. Wear comfortable clothes and sneakers *free of dirt and mud*

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 CLASSES: NOV. 8TH or NOV. 22nd.**

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 in Second Grade to join.*** Open to youth and adults. *Great mother-child or father-child activity!!* **NO CLASS ON NOV. 6TH.**

Pickleball Court Times – Monday and Friday evenings from 6 to 8 PM in the Duggan gym. We provide the nets and some paddles. Open to teens and adults. Pickleball is the fastest growing sport that combines badminton, tennis and ping-pong.

Walk the Halls – hallway at Duggan open for walking on Tuesday evenings from 6:30 to 7:30 PM. Bring your own music. No pets. **Begins 11/13.**

Youth Craft Night– youth in **grades Kindergarten to 6th grade** create a holiday or seasonal craft. 6:30-7:30 PM. Tuesday, Nov 13th.