

TOWN OF BETHEL PARKS AND RECREATION
September 2018 Activities

Duggan Community Center
3460 RT 55 White Lake

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Phone: 845-583-5360

Cathy McFadden, Director (part-time position)
Daniel Sturm, Supervisor 845-583-4350 ext 102

Cancelations are posted on Facebook.

Duggan Gym Programs:

NO CLASSES THE WEEK OF SEPTEMBER 3rd- SCHOOL REOPENS.

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. **Begins 9/13.**

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!!* **Begins 9/11.**

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*). **Back-to-School Special** for Returning participants -Pre-pay for the month of September and cost will be \$10 for the 3 classes (must use in September).

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. No pickleball on September 3rd.

New Programs/Crafts Nights:

Preschoolers' Activities Night – youth ages 2.5 to 5 years participate in activities to promote school readiness skills. Select Tuesday evenings at 6:30 PM. The 40-minute sessions will include a read-aloud, a science, math or craft activity and a movement activity.

Cost varies from free to \$2 depending on activity. **Fall dates:** Sept. 18th, Oct. 23rd, Nov. 23rd.

Youth Craft Nights – youth in **grades Kindergarten to 6th grade** create a holiday or seasonal craft. 6:30-7:30 PM on select Tuesday evenings. Cost is \$1/child. **Fall dates:** Oct. 16 – Fall crafts, Oct. 30 – Halloween crafts, Nov. 13-Thanksgiving crafts.

Crafting with Friends Night– for ages 12 and up. On **Tuesday, Oct. 9th**, we will be creating **dot mandala magnets** in fall colors and **painting small pumpkin rocks** (to distribute around the community). \$5 for youth (ages 12 to 21) and \$10 for adults (over 21) – no instructor: we will follow YouTube video tutorials. Starts at 6:30 PM. **RSVP by October 1st** to 583-5360-leave a message.

All programs are in the Bethel Recreation Center

Halloween Fun Day Planning Meetings – Monday, September 17th – 7 PM or Sunday, September 23rd – 6 PM in the Bethel Recreation Center.

This year we are doing something different: we will be holding on annual Halloween Parade and Party at the Town Park on Saturday, October 20th (raindate: 10/21). We are hoping to have several activities including a trunk-or-treat, touch-a-truck, costume parade and games.

We plan to design a haunted trail this year that would be open on Friday, Oct 19th from 7-9 PM and Saturday, October 20th 4-6 PM (no scarers for younger children) and 7-9 PM (with scarers). To accomplish this, we need people to help with the games, haunted trail, etc... We will also need to borrow several items like: outdoor extension cords and pop-up canopies.