MERRICK ROAD GOLF COURSE
2550 Clubhouse Road, Merrick
(516) 868-4650

Course Rates

<table>
<thead>
<tr>
<th></th>
<th>Weekday</th>
<th>Weekend</th>
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</thead>
<tbody>
<tr>
<td>District resident</td>
<td>$ 17.00</td>
<td>$ 20.00</td>
</tr>
<tr>
<td>Non-district resident</td>
<td>$ 19.50</td>
<td>$ 22.00</td>
</tr>
<tr>
<td>Senior/Veteran/district resident*</td>
<td>$ 8.50</td>
<td>$ 10.00</td>
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<tr>
<td>Senior/Veteran/ non-district resident*</td>
<td>$ 9.75</td>
<td>$ 11.00</td>
</tr>
<tr>
<td>Guests with resident</td>
<td>$ 26.50</td>
<td>$ 33.00</td>
</tr>
<tr>
<td>Motorized Carts</td>
<td>$ 10.00</td>
<td>$ 10.00</td>
</tr>
</tbody>
</table>

*Rate also applies to the physically challenged, volunteer firefighters, volunteer ambulance members and auxiliary police officers.

Lido’s traditional links style lay-out offers challenging play in the midst of breathtaking beauty. This superb, 18-hole, par 72, over 6,900-yard championship course is open from dawn until dusk everyday except Wednesday, weather permitting. Lido is consistently ranked among the metropolitan area’s top 10 golf courses.

The Lido Golf Club features a driving range, putting and chipping greens and daily-use locker rooms. A certified PGA teaching professional is on site for personal instruction and assistance with equipment purchase in the Pro Shop.

Course availability may be affected by group events. For your convenience, please call before visiting the Lido Golf Club. Group reservations for as many as four players may be made up to a week in advance of a desired date by telephone only after 4 p.m. Call the golf course at (516) 889-8181 or visit www.lidogolf.com for reservations, rates and lesson information.

Visit our website at hempsteadny.gov
Summer is on the horizon, and for those who have remained home over the past year for their safety and that of their friends and family, there’s no better place to make a return to the great outdoors than in America’s largest township! Our Parks Department has been working hard to safely prepare our stunning oceanfront beaches, beautiful parks, challenging golf courses and the many great facilities utilized by our residents.

We encourage all residents to enjoy a Hempstead Town Staycation this summer – featuring athletic programs, fitness classes, art workshops, swimming lessons and great fun for the whole family right in their own backyard. The town’s free Neighborhood Concert Series returns with The Commodores on June 26th. Drive-in movies will cruise into Point Lookout this June. Tails are wagging over the new dog runs in Baldwin and Oceanside. We also invite residents to participate in many new town programs announced this year, such as yoga on the beach!

The Town of Hempstead is also at the forefront of taking on the challenges presented by the COVID-19 pandemic. Over the past year, our town has utilized $133 million in federal CARES funding to support our local hospitals, schools, universities, food banks, not-for-profit organizations, fire departments and to provide thousands of PPE kits to local businesses to help our community during the pandemic. We’ve taken proactive steps to continue offering municipal services in an efficient manner designed to minimize the risk of exposure to COVID-19, from processing building permits online to conducting virtual marriage ceremonies for home-bound couples. More recently, a collaborative effort with Mount Sinai South Nassau is now underway to provide COVID-19 vaccinations throughout America’s largest township via a mobile vaccination unit.

Indeed, though many local municipalities have scaled back programs and services during these uncertain times, the Town of Hempstead has taken the initiative to make ours better than ever while simultaneously minimizing the risk of exposure to COVID-19. Whether you want to be part of a competitive team sport or simply lounge on a beach chair, all residents are invited to take their summer Staycation in the largest town in the nation!

Sincerely,

Don Clavin
Supervisor
NEIGHBORHOOD CONCERT SERIES

Evening Shows begin at 7:30 p.m. (NEW TIME)
Call (516) 292-9000, ext. 7480 for information.

Please note that the specifically named park and location may be changed to Town Park Point Lookout depending on updated NYS COVID-19 guidance for large scale performing arts and entertainment venues. Be aware that COVID-19 social distancing and face covering guidelines are still in effect. Please be safe and mindful of others.

**The Commodores**

Saturday, June 26

The Annual Independence Salute with Fireworks and a “Salute to Veterans” at Town Park at Point Lookout, 7:30 p.m. Rain date, June 27.

**Tuesday, July 6**

Dance the night away as Decadia plays a tribute to the music from 80’s & Beyond at Newbridge Road Park, Bellmore.

**Wednesday, July 7**

“Shake it Off” with Fearless – A Tribute to Taylor Swift at Speno Park, East Meadow.

**Thursday, July 8**

You’ll be “Over the Rainbow” with Lenny Del and the Demensions as they sing your favorite Doo Wop songs at Rath Park, Franklin Square.

**Friday, July 9**

45 RPM presents C’mon Get Happy the Super ‘70s Show: a Tribute to some of the happiest music and the biggest pop stars of the ’70s. **A SPECIAL EVENING REMEMBERING DANNY CALVAGNA** at Merrick Road Park, Merrick.

**Monday, July 12**

Dance the night away with the Kamellot Band at Walker Memorial Park, Lakeview.

**Tuesday, July 13**

There may just be a “Heatwave” when Blue Bayou hits the stage with a Tribute to Linda Ronstadt at Forest City Park, Wantagh.

**Wednesday, July 14**

You won’t feel “Alone” with Bad Animals as they pay a tribute to Heart at Oceanside Park, Oceanside.

**Thursday, July 15**

You’ll need those bell bottoms and platform shoes as you blast into the past with 70’s Rock Parade at Echo Park, West Hempstead.

**Friday, July 16**

You will have complete “Satisfaction” when Streetfighter hits the stage with a Stones Tribute Show at Baldwin Park, So. Baldwin.

**Tuesday, July 20**

Hear the greatest hits from 50’s in the Plaza Theatrical Production of Forever Plaid at Coes Neck, Baldwin.

**Wednesday, July 21**

“We’re Truckin’” with a little “Sugar Magnolia” as Half Step performs the hits of the Grateful Dead at Seamans Neck Park, Seaford.

**Thursday, July 22**

Relive the magic of Motown with That Motown Band as they perform of the greatest soul, blues & dance classics at Town Park, Pt. Lookout.

**Friday, July 23**

That 70’s Band relives the grooves of funk, disco & rock from the greatest dance decade in history at Shell Creek Park, Island Park.

**Tuesday, July 27**

You’ll feel like you just tuned into your favorite radio station as you hear all of the songs you loved, as well as incredible “rock blocks” of your favorite artists with Radio Flashback at Mill Brook, Valley Stream.
**Wednesday, July 28**
“You May Be Right” but there is no “Pressure” when **Songs in the Attic** – the music of Billy Joel featuring David Clark performs at the **East Village Green**, Levittown.

**Thursday, July 29**
Rock the night away with **Mean Machine** as they play all the great hits from the 70’s to today at **Averill Park**, Elmont.

**Friday, July 30**
Jump in the beach party with **Jimmy Kenny and the Pirate Beach Band** as they play a tribute to Jimmy Buffett, Kenny Chesney and The Zac Brown Band at Hewlett Pt. Park, East Rockaway.

**Tuesday, August 3**
There will be no “Evil Woman” as **Strange Magic** sings the hits of Electric Light Orchestra at **Newbridge Road Park**, Bellmore.

**Wednesday, August 4**
It’s 90’s night with **Larger Than Life - The Ultimate Boys Band** – featuring hits from Boyz to Men, NSYNC, Backstreet Boys and more at **Echo Park, West Hempstead**.

**Thursday, August 5**
Enjoy the sounds of “Motown” & more with **Jerome “City” Smith** at Roosevelt Pool, Roosevelt.

**Friday, August 6**
There will be “Something in the Air” as **PsuedoSstudio** performs the hits of Phil Collins at **East Village Green**, Levittown.

**Tuesday, August 10**
Welcome the “Soul Man” himself- **Killer Joe**, as he pays tribute to the Blues Brothers at **Uniondale Avenue Park**, Uniondale.

**Wednesday, August 11**
**Mi Gente Live** – a High Energy Tribute to Latin Icons - from old school to new school - Ricky Martin, Marc Anthony, J-Lo, Shakira, Gloria Estefan and many more at **Speno Park**, East Meadow.

**Thursday, August 12**
It will be “Hip to be Square” when **Back in Time** sings the hits of Huey Lewis and News at **Oceanside Park, Oceanside**.

**Friday, August 13**
“I’ll Be Living on a Prayer” “Faithfully” as **BonJourney** plays the hits of Bon Jovi and Journey at **Seamans Neck Park**, Seaford.

**Monday, August 16**
You’ll be “Forever In Blue Jeans”...“If You Know What I Mean” with **So Good the Neil Diamond Experience** at **Rock Hall Museum, Lawrence**.

**Tuesday, August 17**
**Teresa McLean** performs the hits from Connie Francis to Dusty Springfield & from Whitney Houston to Celine Dion at **Rath Park, Franklin Square**.

**Wednesday, August 18**
“Heaven Knows” this won’t be the “Last Dance” as **Nikki Torres & The Girls of Summer** pay tribute to Donna Summer at **Hewlett Pt. Park, East Rockaway**.

**Thursday, August 19**
Enjoy one of Long Island’s favorite & most talented eclectic rock bands, **Wonderous Stories** at **Merrick Road Park**, Merrick.

**Friday, August 20**
You will not be living a “Fantasy” hearing **Shining Star** – An Earth Wind and Fire Tribute at **Town Park at Point Lookout**.

**Saturday, September 4**
Raindate: October 10
**BIG SHOT**
**Mike DelGuidice & Big Shot**
Celebrating the Music of Billy Joel

**Raindate: October 10**
**BIG SHOT**
**Mike DelGuidice & Big Shot**
Celebrating the Music of Billy Joel

**Visit our website at hempsteadny.gov**
ROCK HALL MUSEUM
199 Broadway, Lawrence, New York 11559
Enrolled on the National Register of Historic Places.
Designated as a New York State Revolutionary War Heritage Trail Site.

Rock Hall Museum will reopen on Saturday, May 29th
BY APPOINTMENT ONLY. Please call the office at
(516) 239-1157 for available dates and times at least
24 hours in advance. For museum announcements
and updates please refer to the town of hempstead
website hempsteadny.gov or the Friends of Rock Hall
website friendsofrockhall.org. Maximum group size for
appointments will be 8 visitors. Face coverings will be
required for all guests. Museum grounds are open
daily until 4 p.m.

One of the finest pre-Revolutionary War homes on Long
Island, Rock Hall was built in 1767 for Josiah Martin, a
wealthy West Indian plantation owner. The Georgian-
style home belonged to two of the area’s most famous
families, the Martins and Hewletts. In 1948, the Hewlett
family deeded Rock Hall to the Town of Hempstead.
After a restoration, it opened as a museum in 1953.

The museum offers guided tours, programs of historic
interest, special lectures and an educational program
for students. Visit the museum’s ongoing Archaeology
Exhibit Room, a display of 18th- and 19th-century arti-
facts that continue to be uncovered during excavations
at Rock Hall. The Warming Kitchen, Cold Storage Room
and Wine Cellar offer fascinating views of the rarely seen
working areas in an 18th-century plantation-style home.

“The Friends of Rock Hall” is an independent non-profit
organization that works closely with this Town of Hemp-
stead museum to sponsor programs of interest. “The
Friends” also raise funds to purchase furnishings and
to sponsor historic research. Memberships are available
starting at $25 per person, with members entitled to a
10% discount on Museum Gift Shop purchases. Some
museum events are sponsored by the “Friends of Rock
Hall.” Membership includes free admission for all lectures.

A Note of Historical Significance! Visit the friendsofrockhall.org website!
Please register for programs in advance by calling (516) 239-1157. Museum space is limited. Make
checks payable to the “Friends of Rock Hall.” The museum accepts payments and memberships with
Visa, Mastercard and Discover. Reservations are only confirmed with receipt of full payment. Be a part
of history and join the Friends (A 501-c-3 not-for-profit organization). Memberships start at $25. Program
events are hosted and sponsored by the Town and Friends of Rock Hall.

Watercolor Workshop in the Garden
Four Tuesdays, June 1, 8, 15 & 22 • 1:00-4:00 p.m.
(Rain dates are the Thursday following each class from 1 p.m. to 4 p.m.)
Welcome to the great outdoors! Rock Hall Museum invites you to paint and use
the elements of the outdoor environment to create a unique visual statement. Watercolor
artist Linda Shedlock is a New York State licensed art teacher, a member of the South
Shore Portrait Group and an Art Historian Board Member with the Art League of
Nassau County. Her works have been exhibited at museums, art galleries, libraries
and universities throughout Long Island and New York City.
Adults only. Space limited. Pre-payment required. Materials not included. Supply list
will be provided. Workshop is $90 per person; $80 members/seniors. Check is to
be payable to the Friends of Rock Hall.
Yoga in the Garden
Four Thursdays, June 3, 10, 17 & 24
4:00 - 5:15 p.m.

Rain dates are the Friday following each class from 4-5:15 p.m.

Experience the joys of fitness and nature in the garden at Rock Hall! Please join Karen Kind, Yoga Alliance Certified Instructor, for this outdoor program. Feel nourished while strengthening the mind, body and spirit. Beginner class. Participants must bring yoga mat and a blanket or beach towel (to help in their practice). Water bottle optional.

Pre-registration per class: $15; $13 Members/Seniors.
Pre-registration for series: $50; $45 Members/Seniors.

Check is to be payable to the Friends of Rock Hall. Pre-payment required.

Friends of Rock Hall 46th Annual Meeting & Installation of Officers
Wednesday, June 9th at 3 p.m.

Rain date - Wednesday, June 16

After a very challenging year, we are pleased to invite you to the Annual Meeting of the Friends of Rock Hall. During the course of the meeting, we will also be recognizing outstanding American history students from local districts. Guest speaker to be announced. Garden reception. Reservations required.

2021 Vintage Antique Fun Car Show
Sunday, June 27 - 9 a.m. to 3 p.m.

Presented by the Vintage Chevrolet Club of America, Queens County Region. The Car Show is open to any make of vehicle, including classics, antiques, customs, hot rods and trucks.

Antique car fee: $15.
Free admission for spectators. No rain date.
Call Howard at (516) 662-9379 or e-mail hfishman52@aol.com for event information.

Celestial Navigation Outdoor Lecture
Doug Sheer, Historian and President of the Friends of Rock Hall
Thursday, July 15 • 10 a.m.

Over thousands of years, humans have relied on their intuition as well as heavenly bodies and features in their local environment to find their way across our planet. Today, we have abandoned most of these techniques as we increasingly rely on satellite navigation. By learning some of the methods of navigation used by ancient mariners and the use of early instruments such as the sextant, we can better appreciate our heritage and pass on some of these techniques to future generations.

Mr. Sheer received a BA at SUNY New Paltz in Secondary Education Social Studies and an MA at Long Island University in Sociology. He is a former Department Chair of Social Studies for the Garden City School District. Mr. Sheer became a licensed captain in 1979 and has taught celestial navigation for 40 years through Nassau Community College’s Life Long Learning Program. Fee: $10; $8 seniors. Members free. Check is to be payable to the Friends of Rock Hall. Space limited. Reservations required. Raindate: Friday, July 16th at 10 a.m.
BEACH AND POOL INFORMATION

SEASON BEACH PARKING PASS AVAILABLE FOR 2021

- Available Starting May 21 at Pt. Lookout Office
- $125 for residents
- $75 for seniors (60+), handicapped, auxiliary police, volunteer firefighters, veterans, active military

Beach and Pool Access is Subject to NYS COVID-19 Capacity Restrictions

Ocean Beaches

Beaches open:
Saturday, May 29 to Labor Day, Monday, September 6, seven days a week, from 10 a.m. to 6 p.m.

Special Park Districts open:
Saturday, June 19 to Labor Day, Monday, September 6

The daily town resident beach parking fee is $10 per car with a fee of $50 per car for non-residents. Non-resident “walk-in” rates apply at Lido and Lido West beaches.

Pools
Seasonal passes and tags available Saturday, June 5
Outdoor pools open Saturday, June 19

<table>
<thead>
<tr>
<th>Pools</th>
<th>Office Hours</th>
<th>Office Hours</th>
<th>Pool Hours</th>
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<tbody>
<tr>
<td>* Averill</td>
<td>June 5 - June 18</td>
<td>June 19 - Sept. 6</td>
<td>June 19 - Sept. 6</td>
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<tr>
<td>Echo</td>
<td>8 a.m.-6 p.m.</td>
<td>9 a.m.-5 p.m.</td>
<td>11 a.m.-6 p.m.</td>
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<tr>
<td>Forest City</td>
<td>9 a.m.-6 p.m.</td>
<td>9 a.m.-5 p.m.</td>
<td>11 a.m.-6 p.m.</td>
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<tr>
<td>Hewlett</td>
<td>9 a.m.-6 p.m.</td>
<td>9 a.m.-5 p.m.</td>
<td>11 a.m.-6 p.m.</td>
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<tr>
<td>* Newbridge</td>
<td>9 a.m.-6 p.m.</td>
<td>9 a.m.-5 p.m.</td>
<td>11 a.m.-6 p.m.</td>
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<tr>
<td>Oceanside</td>
<td>9 a.m.-6 p.m.</td>
<td>9 a.m.-5 p.m.</td>
<td>11 a.m.-6 p.m.</td>
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<td>Nathaniel</td>
<td>9 a.m.-6 p.m.</td>
<td>9 a.m.-5 p.m.</td>
<td>11 a.m.-6 p.m.</td>
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<tr>
<td>* Veterans</td>
<td>9 a.m.-5 p.m.</td>
<td>9 a.m.-4 p.m.</td>
<td>11 a.m.-5 p.m.</td>
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<tr>
<td>Walker</td>
<td>9 a.m.-6 p.m.</td>
<td>9 a.m.-5 p.m.</td>
<td>11 a.m.-5 p.m.</td>
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* Pool passes interchangeable at Echo Park after 6 p.m., beginning June 19

Echo Park Indoor Pool Complex
Nassau and Roosevelt Boulevards, West Hempstead
483-7400 (Office) 565-0508 (Lifeguards)

Open to town residents seven days a week. The facility features a diving tank, men’s and women’s saunas and weight rooms, lockers and a snack bar. (The ability of patrons to use the above “facility features” is subject to NYS COVID-19 guidelines, which currently does not permit such use.)

Rates
- Family district resident.......................... $202.00 $197.00 $192.00
- Family non-district resident....................... $306.00 $299.00 $292.00
- District resident....................................... $127.00 $122.00 $117.00
- Non-district resident................................. $190.00 $185.00 $180.00
- District resident child, 5-9 years old.............. $50.00 $48.00 $46.00
- Non-district resident child, 5-9 years old......... $63.00 $61.00 $59.00
- Seniors/veterans/physically challenged/ volunteer services/district resident................ $97.50 $88.50 $80.00
- Seniors/veterans/physically challenged/ volunteer services/non-district resident............ $117.25 $108.25 $100.25

Outdoor Pools

Averill Blvd. Park, Elmont (437-5881)
Forest City Park, Wantagh (783-2516)
Newbridge Road Park, Bellmore (783-2518)
Oceanside Park, Oceanside (763-0709)
Veterans Memorial Park, East Meadow (296-7780)
Echo Park, West Hempstead (483-7400)

* Non-district rates do not apply to Forest City Pool, which has a slightly different rate structure.

Rates
- Family district resident.......................... $250.00 $245.00 $240.00
- Family non-district resident....................... $293.50 $288.50 $283.50
- District resident....................................... $133.00 $128.00 $123.00
- Non-district resident................................. $160.50 $155.50 $150.50
- District resident child, 5-9 years old.............. $4.00 $3.50 $3.00
- Non-district resident child, 5-9 years old......... $4.50 $4.00 $3.50
- Seniors/veterans/physically challenged/ volunteer services/district resident................ $66.50 $62.50 $58.50
- Seniors/veterans/physically challenged/ volunteer services/non-district resident............ $80.25 $76.25 $72.25

Hewlett Point Park
Bay Beach and Pool in Bay Park • 599-4064

Hewlett Point Park passes are not interchangeable with other pools.

Rates
- Full Season........................................ $226.50 $220.50 $215.00
- Individual, Park District Resident............... $121.00 $115.00 $110.00
- Individual, Town Resident........................ $266.00 $256.00 $246.00
- Individual, Town Resident........................ $145.00 $135.00 $125.00
- Individual, Town Resident........................ $72.50 $67.50 $62.50
- Non-Town Resident................................ $30.00 $25.00 $20.00

Harold Walker Park
Lakeview (766-2277)
11 a.m. to 7 p.m.

Rates
- Family district resident.......................... $121.00 $115.00 $110.00
- Family non-district resident....................... $142.00 $136.00 $130.00
- District resident....................................... $60.50 $55.50 $50.50
- District resident....................................... $73.00 $68.00 $63.00
- Individual, Town Resident........................ $26.00 $21.00 $16.00

Roosevelt Pool
Roosevelt (623-7414)
11 a.m. to 7 p.m.

Rates
- Family district resident.......................... $121.00 $115.00 $110.00
- Family non-district resident....................... $142.00 $136.00 $130.00
- District resident....................................... $60.50 $55.50 $50.50
- Non-district resident................................. $73.00 $68.00 $63.00
- Discount books........................................ $26.00 $21.00 $16.00

Franklin Square Park District Rath Park Pool
849 Fenworth Boulevard, Franklin Square (488-1843)
Open 11 a.m. to 7 p.m.

Seasonal Pass Rates
- Family................................................. $160.00 $155.00 $150.00
- Individual........................................... $90.00 $85.00 $80.00
- Seniors/veterans/physically challenged/volunteer services.............................. $40.00

Daily Pass Rates
- District resident....................................... $7.00 $6.50 $6.00
- Seniors/vets/physically challenged/vol. services/child 5-9 yrs................................. $3.50
- Guest with district resident......................... $8.00

Visit our website at hempsteadny.gov


**Athletics**

Online registration for ALL ADULT ATHLETICS programs will start at 9 a.m. on May 25, 2021. For more information call (516) 292-9000, ext. 7245. To sign up for classes go to hempsteadtownparks.com.

**Adult Tennis Lessons**

Instruction is offered on two levels for town residents, 18 years of age and older. Players must provide their own tennis racket and tennis balls. Choice of hours on a first-come, first-serve basis. Call 292-9000, ext. 7245 for information.

**Baldwin Park, Baldwin Harbor**

**Fee:** $40 (seniors/veterans-$20)*  
**Program:** 5 weekly sessions  
**Tuesdays:** July 6 to August 3  
10:00-11:00 a.m. - Intermediate  
11:00 a.m.-12 noon - Intermediate  
**Thursdays:** July 8 to August 5  
10:00-11:00 a.m. - Intermediate  
11:00 a.m.-12 noon - Beginner

**Harold Walker Memorial Park, Lakeview**

**Fee:** $40 (seniors/veterans-$20)*  
**Program:** 5 weekly sessions  
**Wednesdays:** July 7 to August 4  
10:00-11:00 a.m. - Beginner  
11:00 a.m.-12 noon - Intermediate

**Seamans Neck Park, Seaford**

**Fee:** $40 (seniors/veterans-$20)*  
**Program:** 5 weekly sessions  
**Mondays:** July 12 to August 9  
10:00-11:00 a.m. - Beginner  
11:00-12 noon - Beginner  
**Tuesdays:** July 6 to August 3  
10:00-11:00 a.m. - Intermediate  
11:00 a.m.-12 noon - Intermediate  
**Thursdays:** July 8 to August 5  
10:00-11:00 a.m. - Intermediate  
11:00 a.m.-12 noon - Intermediate

**Adult Tennis Tournament**

A tennis tournament for town residents, 18 years and older. Singles Competition held in two divisions, Open Division & 50 and Over. Events include Men’s Singles and Doubles, Women’s Singles and Doubles and Mixed Doubles. After brackets are set, players will arrange date, site and time of each match. For information, call 292-9000, ext. 7245. To obtain an application, e-mail Victor Sparaccio at vsparaccio@tohmail.org or go to: hempsteadny.gov/activities/athletics.

**Registration:** May 14 to June 14  
**Fee:** None  
**Program:** Tournament starts on June 21

In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.

**Adult Pickleball**

**Pickleball 101 for Beginners**

This “sweet” game with a “sour” name is the fastest growing sport in America. Created in the mid 1960’s, the game is played on a badminton-sized court with paddles and a whiffle-like plastic ball. Learn all the basic rules of play. Choice of morning or evening classes is on a first-come, first-served basis. For more information, call 292-9000, ext. 7245. Pickleball 101 is limited to 16 players per time slot.

**Pickleball 102 - Workshop Beyond Basics**

The goal of this one 90-minute session will be to help experienced pickleball players who are seeking to develop shot consistency, improve their “soft” game, and better their drop shot, non-volley zone play and doubles game strategy. Much of the time will be spent on skill drills and analysis of play. Workshop limited to 16 players for each session. Due to expected high turnout, participants are limited to one session. For more information, call 292-9000, ext. 7245.

**Classes at Newbridge Road Park, Bellmore**

**Pickleball 101 for Beginners**

**Fee:** $33 (Seniors/Veterans $16.50)  
**Program:** Monday and Tuesday, June 7 and 8  
Day session: 10 a.m. to 12 noon  
Night Sessions: 7:00-9:00 p.m.

**Pickleball 102 – Beyond the Basics**

**Fee:** $15 (Seniors/Veterans $7.50)  
**Program:** Wednesday, June 9  
7:00-8:30 p.m.

**Classes at Baldwin Park, Baldwin**

**Pickleball 101 for Beginners**

**Fee:** $33 (Seniors/Veterans $16.50)  
**Program:** Tuesday and Wednesday, July 6 and 7  
Day session: 10:00 a.m. to 12 noon  
Night Sessions: 7:00-9:00 p.m.

**Pickleball 102 – Beyond the Basics**

**Fee:** $15 (Seniors/Veterans $7.50)  
**Program:** Wednesday, July 14  
7:00-8:30 p.m.

**Classes at Seamans Neck Park, Seaford**

**Pickleball 101 for Beginners**

**Fee:** $33 (Seniors/Veterans $16.50)  
**Program:** Monday and Tuesday, August 2 and 3  
Day session: 10:00 a.m. to 12 noon  
Night Sessions: 7:00-9:00 p.m.

**Pickleball 102 – Beyond the Basics**

**Fee:** $15 (Seniors/Veterans $7.50)  
**Program:** Wednesday, August 11  
7:00-8:30 p.m.

Visit our website at hempsteadny.gov
Aquatics

Learn To Swim

The Town of Hempstead offers swimming lessons for participants 4 years and older. Participants in the Town of Hempstead Guppies program must be 4 or 5 years old. Participants in the Town of Hempstead swimming lessons must be at least 6 years of age by June 1st. A parent or guardian must accompany any child younger than 10 years of age to each class. Guppies meet once a week and all other classes meet twice a week. Participants will be required to pay the daily admission rate for each visit to the park. Proof of age and residency will be checked on the first day of class.

In adherence to COVID regulations and protocols, class sizes will be reduced. Levels 2 and 3 can have a maximum of 6 swimmers and levels 4, 5, 6 and Adults can have a maximum of 10 swimmers. Due to smaller class sizes, there will be six classes per session. Each class will be 45 minutes. For further information about these classes visit hempsteadny.gov/activities/aquatics or call 292-9000 ext. 7232.

Classes will be held at the below listed pools:
Averill Blvd. Pool, Elmont; Echo Park Pool Complex, West Hempstead; Forest City Community Park, Wantagh; Walker Memorial Park, Lakeview; Hewlett Point Park, Bay Park; Levittown Pools, Levittown and Hicksville; Newbridge Road Park, Bellmore; Oceanside Pool, Oceanside; Rath Park, Franklin Square; Roosevelt Pool, Roosevelt; Town Park at Malibu, Lido Beach; Veterans Mem. Park, East Meadow.

First Session
Registration will be online at hempsteadtown.com/parks beginning on Monday, June 14 at 9 a.m. and will end on Wednesday, June 16 at 10 p.m.
Program: June 28 to July 15 (Six Classes)
Check with each park for the schedule
Fee: (Does not include daily admission): Levels 2 & 3 - No Fee
Levels 4, 5 & 6 - $55
Adults - $60 (Seniors/Veterans $30)

Second Session
Registration will be online at hempsteadtown.com/parks beginning on Monday, July 19 at 9 a.m. and will end on Wednesday, July 21 at 10 p.m.
Program: July 26 to August 12 (Six Classes)
Check with each park for the schedule
Fee: (Does not include daily admission): Levels 2 & 3 - No Fee
Levels 4, 5 & 6 - $55
Adults - $60 (Seniors/Veterans $30)

Adul ts Classes (Ages 15 and over)

Learning the Basics: Adults
Learn basic swimming strokes and skills needed to stay safe, and help keep others safe in and around the water. Adults will focus on building comfort on their backs and fronts while using their arms and legs simultaneously.

Children’s Classes (Ages 6 to 14)

Fundamentals of Aquatic Skills: Level 2
Children will learn basic swimming skills such as floating and gliding on their front and back, kicking and arms for front crawl and back crawl, changing direction (front to back and back to front), treading water, and bubbles.

Stroke Development: Level 3
Guided practice will help children improve their skills. Instructors will work with children to improve their front crawl, back crawl, floating and treading skills. Children will learn skills such as rotary breathing, survival floats, streamline, new kicks, elementary backstroke and dives.

Stroke Improvement: Level 4
Children will improve their strokes and continue to work on aquatic skills such as diving, survival floats, treading, streamline and various kicks. Students will be introduced to new aquatic skills such as surface dives, open turns, breaststroke, butterfly and sidestroke.

Stroke Refinement: Level 5
Guidance allows children to refine their strokes, like butterfly and breaststroke, while becoming more efficient swimmers. Children will learn shallow angle dives, flip turns and sculling to further their aquatic skills.

Swimming & Skill Proficiency: Level 6
Children will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. The children will continue to work on the skills they have learned in previous levels.

Swim lessons may be cancelled due to inclement weather, heat advisories or other pool closures. No make up lessons - No refunds!

IMPORTANT INFORMATION
Proof of age and Town of Hempstead residency are required for participation and admittance into pool. Registration and payments for all classes can all be found online at hempsteadtown.com/parks
Registration is on a first-come, first-served basis. Each person may only register his or her own family.
American Red Cross Blended Learning Lifeguard Training

Join the American Red Cross Lifeguard Training Blended Learning program with the Town of Hempstead! Participants must be 15 years of age. The Blended Learning Course requires students to complete online work to complete the course. Classes are 4 hours twice a week, and meet for three weeks. Proof of age and residency will be checked on the first day of class. Due to COVID restrictions, there will a maximum of 15 students per class and students will not be able to switch classes. The courses require students to perform a pre-skills examination before their acceptance into the course.

The pre-skills exam will be conducted on the first day of class. The pre-skills exam has three skills: a 2 minute tread (no hands), a 300-yard swim (breaststroke or front crawl) and a timed retrieval event that must be completed in 1 minute 40 seconds. All students must complete all three skills. Fee will be collected after the pre-skills exam. Attendance is mandatory for every class. Students will NOT be permitted to arrive late or leave early from their class.

First Session
Registration will be online at hempsteadtown.com/parks beginning on Monday, June 14 at 9 a.m. and will end on Wednesday, June 16 at 10 p.m.

Fee: $250; the fee for the class will be collected after students successfully complete the pre-skills test.

Program: June 28 to July 15
- Monday and Wednesday classes at Veterans Memorial Park, East Meadow
- Tuesday and Thursday classes at Echo Park, West Hempstead

Second Session
Registration will be online at hempsteadtown.com/parks beginning on Monday, July 19 at 9 a.m. and will end on Wednesday, July 21 at 10 p.m.

Fee: $250; the fee for the class will be collected after students successfully complete the pre-skills test.

Program: July 26 to August 12
- Monday and Wednesday classes at Veterans Memorial Park, East Meadow
- Tuesday and Thursday classes at Echo Park, West Hempstead

Guppies Program
The Town of Hempstead’s Guppies program helps to orient children ages 4 and 5 years old to the aquatic environment. The guppies program introduces basic aquatic skills and safety skills to the parents and children while in and around water. Parents will be expected to accompany and actively participate with their child in the water. In adherence to COVID regulations and protocols, classes will only have a maximum of 20 guppies per class. Proof of age and residency will be checked on the first day of class.

Registration will be online at hempsteadtown.com/parks beginning on Monday, June 14 at 9 a.m. and will end on Wednesday, June 16 at 10 p.m.

Program: July 9 to August 14 (six classes)
- Fridays or Saturdays. Check with each respective park for the schedule.

Fee: No Fee
(Does not include daily admission)

Point Lookout Junior Ocean Lifeguarding Program 2021
The new and improved Junior Ocean Guard Program is a youth-based program focused on the education of potential hazardous conditions associated with the ever-changing aquatic environment. The instructors will teach the junior guards valuable aquatic skills, beach environment awareness and the role of ocean lifeguards...all while having an amazing time at the beach!

Participants will learn safety rules of ocean swimming; learn how to work as a team in a lifesaving role; learn personal lifesaving and first aid skills; and learn the proper path to becoming a certified lifeguard. Please note that the class is an outdoor program affected by weather and ocean conditions. For further information, please call Ocean Lifeguard Headquarters at 432-5034.

This program has three groups:
- Little Megalodons ages 8-10
- Thrashers ages 11-12
- Junior Lifeguards ages 13-15

Registration will be online at hempsteadtown.com/parks beginning on Monday, June 14 at 9 a.m. and will end on Wednesday, June 16 at 10 p.m. Program will be held at 1300 Lido Blvd, Point Lookout, at the Ocean Lifeguard Base. Each age group will have a maximum of 30 students per class. Classes will be held on Tuesdays, Wednesdays, Thursdays and Sundays. Classes run July 1 to August 12 (6 weeks) from 10 a.m. to 1 p.m.

Fee: $95 (all participants will receive a t-shirt)
(Does not include daily admission)

Classes may be cancelled due to: inclement weather, heat advisories or other pool closures. No make up lessons - No refunds!
YOUTH PROGRAMS

Online registration for ALL YOUTH programs will start at 9 a.m. on June 8, 2021. For more information call Lonnie Werner at (516) 292-9000, ext. 7544 or email lwerner@tohmail.org. To sign up for classes go to hempsteadtownparks.com. Class dates, times and fees appear on page 13.

Basketball Camp for Boys and Girls

Long Island Nets professional basketball organization will be conducting a four-day basketball camp for Town of Hempstead residents - girls and boys ages 6 to 13 at Baldwin Park. Parents have the option of choosing a morning session or an afternoon session for their child. Nets’ clinicians will be instructing participants, using fun passing, dribbling and shooting drills while teaching the fundamentals of the game. Camp days are three hours in length. Registration is limited to 80 participants per session. Participants must bring their own basketball. This camp is offered at Baldwin Park, Baldwin.

Cheerleading Camp (Ages 5-16)

Children learn cheerleading techniques from Hofstra University Cheer Coach Christine Farina. Cheer instruction runs for four days, from Monday to Thursday, and the camp will conclude with a special cheerleading showcase by the campers on Friday morning. T-shirts provided. Limited to 80 campers. This camp is offered at Speno Park.

Summer Playground Activities

This summer, most town parks plan to offer children ages 5 and over an opportunity to participate in arts and crafts, various sports and special events. This program is free and begins July 6. Please call your local park for registration information. A complete listing of parks with telephone numbers appears in this brochure.

Teen Boot Camp

During this 60-minute Bodyweight Boot Camp Class, we will be engaging in exercises at a moderate to vigorous intensity for the whole body. Throughout the workout you will be improving your strength, mind and cardiovascular health. Items to bring to class: Yoga mat, towel and water. This class is open to ages 13-17 years old. Class is limited to 12 children. This camp is offered at Speno Park, East Meadow.

Youth Golf Lessons

Help your kids work on their golf game with group co-ed lessons, ages 7-14. Kids can learn the basics or improve upon what they already know. Along with ball striking and golf training tactics, our fantastic instructors will indulge on etiquette, mannerism, composure, and patience. Please bring 7-8-9 irons to the first class. Classes limited to 20 children. This class is offered at Merrick Road Golf Course.

Youth Pickleball

This summer, the Town of Hempstead is offering youth pickleball where kids will get their first exposure to the fastest growing sport in America. During the 90 minutes of group instruction, kids (ages 7-12) will be introduced to the equipment, simple ball striking, game fundamentals, court safety and etiquette. Class maximum is limited to 12 participants. This class is offered at Newbridge Road Park, Bellmore and Baldwin Park, Baldwin.

Hoop Fitness

This outdoor hula hooping class for boys and girls ages 5-12 is a total blast! Hula hooping will improve coordination, increase flexibility and build core strength. Your child will experience the excitement of hoop dance through learning fun tricks on and off the body. Class is limited to 12 children. This class is offered at Bluegrass Park, Levittown.

Soccer Camp

A four-day soccer camp for boys and girls, ages 6 to 13. Players will have the opportunity to learn, from college coaches, the fundamentals of soccer, such as passing, shooting and proper footwork. Children must wear sneakers or soccer shoes, and shin guards. A limit of 60 players are permitted to participate. The soccer camp will take place at Seamans Neck Park, Seaford.

Outdoor Skills Camp

Want to enjoy a hike in the woods? Going on a camping trip? Learn some basic survival skills in our new and exciting Outdoor Skills Camp for boys and girls ages 12-15. This class is offered at Norman J. Levy Park, Merrick.

Youth Tennis Lessons

Tennis strengthens bones and muscles, improves coordination and fosters mental development. Instruction will be offered on two levels for children ages 7-14. Players must provide their own 21 inch 8 oz. tennis racket. Class is limited to 14 children. This class is offered at Baldwin Park, Oceanside Park and Seamans Neck Park.

In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.

Visit our website at hempsteadny.gov
<table>
<thead>
<tr>
<th>Youth Programs</th>
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<tbody>
<tr>
<td><strong>Classes at</strong></td>
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<tr>
<td><strong>Baldwin Park, Baldwin</strong></td>
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<tr>
<td><strong>Basketball Camp</strong></td>
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<tr>
<td>Fee: $40 (siblings $35)</td>
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<tr>
<td>Program: July 12-15 (rain date July 16)</td>
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<tr>
<td><em>Morning session</em></td>
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<td>9:30 a.m.-12:30 p.m.</td>
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<td><em>Afternoon session</em></td>
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<td>2:00-5:00 p.m.</td>
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<tr>
<td><strong>Youth Pickleball</strong></td>
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<td>Fee: $6</td>
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<tr>
<td>Program: Saturday, June 26</td>
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<tr>
<td>10:00-11:30 a.m.</td>
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<tr>
<td><strong>Youth Tennis Lessons</strong></td>
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<tr>
<td>Fee: $24 (6 weekly sessions)</td>
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<tr>
<td>Program: Thursdays, July 8-August 12</td>
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<tr>
<td>6:00-7:00 p.m. (Beginner)</td>
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<td>7:00-8:00 p.m. (Intermediate)</td>
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<td>Fridays, July 9-August 13</td>
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<td><strong>Soccer Camp</strong></td>
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<td>Fee: $40 (siblings $35)</td>
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<tr>
<td>Program: August 2-5 (rain date August 6)</td>
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<td>9:00 a.m.-12 noon</td>
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<td><strong>Youth Tennis Lessons</strong></td>
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<td>Program: Tuesdays, July 6-August 10</td>
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<tr>
<td><strong>Seamans Neck Park, Seaford</strong></td>
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<td><strong>Basketball Camp</strong></td>
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<td>9:00 a.m.-12 noon</td>
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<tr>
<td><strong>Cheerleading Camp</strong></td>
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<td>Fee: $40 (siblings $35)</td>
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<tr>
<td>Program: July 26-29 • 9:00 a.m.-12 noon</td>
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<tr>
<td>Camper’s cheerleading showcase:</td>
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<td>Friday, July 30 • Time TBD</td>
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<td><strong>Hoop Fitness</strong></td>
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<td>Fee: $24 (6 weekly sessions)</td>
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<tr>
<td>Program: Tuesdays, July 6, 13, 20, 27, August 10, 17</td>
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<td>6:00-7:00 p.m.</td>
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<tr>
<td><strong>Outdoor Skills Camp</strong></td>
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<td>Fee: $20 (siblings $15)</td>
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<td>Program: Saturday, July 10 (raindate July 11)</td>
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<td>9:00 a.m.-1:00 p.m.</td>
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*In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.*
**PHYSICAL FITNESS**

Online Registration for Physical Fitness classes will start on Tuesday, May 18 at 9:00 a.m. at hempsteaddownparks.com. For further assistance day of registration (May 18) please call (516) 414-6584.

Indoor classes are 12 weekly sessions.
Fees are $72.00 Adults & $36.00 Seniors 60+ & Veterans

Outdoor classes are 8 weekly sessions.
Fees are $48.00 Adults & $24.00 Seniors 60+ & Veterans.

For all classes, please wear MASK, gym attire and sneakers. Towel and water suggested. Please refer to class descriptions for specific requirements.
Class dates, times and fees appear on pages 16 & 17.

In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.

**ABS Exercise**
ABS is a fitness program that focuses on strengthening your core through various movements including, but not limited to, standing and floor exercises. Exercise mat required. **ABS Exercise is offered at Echo Park.**

**Aerobics**
Aerobics is a low impact class designed to firm, tone muscles and to increase cardio-vascular efficiency. Exercise mat required. **Aerobics is offered at Echo Park, Levittown Hall and Merrick Road Golf Clubhouse.**

**Ashtanga Yoga**
Ashtanga is a dynamic flowing style that connects the movement of the body with the breath. There are six sequences which the student progresses through at their own pace. This style of yoga is vigorous, strength building and creates active flexibility with the body. Exercise mat, two blocks required. Yoga straps optional. **Ashtanga is offered at Merrick Road Gold Clubhouse.**

**Body Sculpting**
Body Sculpting is designed to improve posture, balance, flexibility, coordination and endurance. The class includes toning and stretching. Weights and resistance band required. **Body Sculpting is offered at Echo Park, Levittown Hall and Merrick Road Golf Clubhouse.**

**Cardio Sculpting**
Cardio Sculpting is dancing to fun choreography and sculpting your body with weights. Light weights and mat required. **Cardio Sculpting is offered at Echo Park.**

**Hatha Yoga**
Hatha is awareness of the breath, mind and body. Paying attention to asana alignment cues, we deepen our awareness noticing the tendencies and thought patterns that affect us on and off the mat. All levels welcome. Exercise mat required, blocks optional. **Hatha Yoga is offered at Echo Park and Merrick Road Golf Clubhouse.**

**Kickboxing**
Kickboxing is a fun and exciting low-high impact way to learn various punching and kicking combinations to help you get into shape. No gloves needed. **Kickboxing is offered at Echo Park and Merrick Road Golf Clubhouse.**

**Kripalu Yoga**
Kripalu is a dynamic class that involves yoga postures with calm breathing techniques. You will find peace and tranquility as you meditate your conscious with awareness of the body, mind and spirit. Exercise mat, block and strap required. **Kripalu Yoga is offered at Echo Park and Levittown Hall.**

**Kundalini Yoga**
Kundalini is considered the first style of yoga. It combines breathing, movement, meditation, stretching, relaxation, rhythm and chanting to work on every aspect of your mind, body and spirit. Exercise mat required. **Kundalini Yoga is offered at Echo Park and Merrick Road Golf Clubhouse.**

**Pilates Mat**
Pilates will teach you how to increase core strength as you tone and shape your body. Exercise mat required. **Pilates Mat is offered at Echo Park, Levittown Hall and Merrick Road Golf Clubhouse.**

**Yin Yoga**
Yin Yoga is a slow-paced style of yoga as exercise. Yin poses apply moderate stress to the connective tissues and will help you gain a new awareness of the mobility of the body, the tendons, fasciae, and ligaments with the body. Exercise mat, bolster optional. **Yin Yoga is offered at Merrick Road.**
**Physical Fitness**

**Shape-Up Time for Men**
Shape Up for Men helps to maintain good physical condition through a regimen of simple exercises performed on a regular basis. Light weights required. **Shape-Up Time for Men is offered at Echo Park.**

**Strength Training**
Strength training exercises may improve your heart function, balance, strengthen your bones and will help make you stronger. Weights, exercise mat required. Bands optional. **Strength Training is offered at Echo Park and Merrick Road Golf Clubhouse.**

**Tai Chi**
Tai Chi is designed to take you on a journey of meditative movement, gently guiding you on a path of wellbeing and inner peace. The techniques of Tai Chi are hundreds of years old and they will help you gain a new awareness of your body, energy and health. **Tai Chi is offered at Echo Park.**

**Total Body**
Total Body is a combination of abs, cardio and strength training designed to tone and firm muscles. Exercise mat and light weights required. **Total Body is offered at Echo Park, Levittown Hall and Merrick Road Golf Clubhouse, Speno Park (outdoors), East Meadow.**

**Vinyasa Yoga**
Vinyasa focuses on breathing and seeks to move you through a sequence of postures as the breath flows. The style is inherently diverse and sequencing will vary with each practice. Exercise mat required. **Vinyasa Yoga is offered at Echo Park and Merrick Road Golf Clubhouse.**

**Yin Yoga**
Yin Yoga is a slow-paced style of yoga as exercise. Yin poses apply moderate stress to the connective tissues of the body, the tendons, fasciae, and ligaments with the aim of increasing circulation in the joints and improving flexibility. Exercise mat, 2 blocks required. Blanket and yoga bolster optional. **Yin yoga is offered at Merrick Road Golf Clubhouse.**

**Zumba**
Zumba is a cardio fitness class dancing to Latin music and more. **Zumba is offered at Echo Park, Levittown Hall and Merrick Road Golf Clubhouse.**

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**OUTDOOR CLASSES (NEW)**

**Beach Yoga**
Join Marely on the beach for a relaxing, therapeutic yoga class. Class is open to all levels, and will be tailored to meet your needs. Guided meditation breathing techniques and physical posture to improve flexibility, strength, and mobility. Every class leaves you feeling lighter, and renewed. Beach towel and yoga mat required. **Beach Yoga is offered at Lido West.**

**Kettlebell Circuit**
Kettlebell Circuit is a new passion for exercise using a great piece of equipment. Kettlebells are compact, versatile and fun. During this full body, moderate to vigorous, 60-minute circuit class we will learn foundational moves and hand grips, build our strength & muscle definition, improve our cardiorespiratory fitness & energy levels, enhance our flexibility balance & power. Two kettlebells or dumbbells of varying weights, yoga mat required. **Kettlebell Circuit is offered at Lido West and Speno Park, East Meadow.**

**FUNctional Fitness**
FUNctional Fitness we will be training at a moderate intensity. This class is meant to help strengthen the whole body. We will be improving our upper and lower body strength, core strength, balance, flexibility, mobility as well as overall health and quality of life. Dumbbells, resistance tubes, yoga mat required. **FUNctional Fitness is offered at Speno Park, East Meadow.**

**Hula Hoop**
Grab your adult size hoop and get ready to have fun while getting in shape. We will learn basic hoop skills while using each part of the body. Great exercise using the hoop to stretch, dance & workout in a fun way. Hoop and mat required. **Hula Hoop is offered at Speno Park, East Meadow.**

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In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.
PHYSICAL FITNESS

In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.

Classes at Echo Park, West Hempstead
$72 Adults & $36 Seniors 60+ (12 weekly sessions)

ABS Exercise
Program: Tuesdays, May 25 to August 10
8:15-9:15 a.m.
Wednesdays, May 26 to August 11
10:45-11:45 a.m.

Aerobics
Program: Tuesdays, May 25 to August 10
6:45-7:45 p.m.

Body Sculpting
Program: Mondays, May 24 to August 16
4:15-5:15 p.m. (No class 5/31)
Wednesdays, May 26 to August 11
4:15-5:15 p.m.

Cardio Sculpting
Program: Tuesdays, May 25 to August 10
9:30-10:30 a.m.
Thursdays, May 27 to August 12
8:15-9:15 a.m. OR 9:30-10:30 a.m.

Hatha Yoga (NEW)
Program: Wednesdays, May 26 to August 11
12:30-1:30 p.m.

Kickboxing
Program: Thursdays, May 27 to August 19
7:15-8:15 p.m. (No class 8/5)

Kripalu Yoga
Program: Mondays, May 24 to August 16
5:30-6:30 p.m. (No class 5/31)
Wednesdays, May 26 to August 11
5:30-6:30 p.m.

Kundalini Yoga
Program: Tuesdays, May 25 to August 10
5:30-6:30 p.m.
Wednesdays, May 26 to August 11
8:00-9:00 a.m.
Fridays, May 28 to August 13
10:00-11:00 a.m., OR 11:15 a.m.-12:15 p.m. OR 7:15-8:15 p.m.

Pilates Mat
Program: Mondays, May 24 to August 16
6:45-7:45 p.m. (No class 5/31)

Shape Up Time for Men
Program: Sundays, May 23 to August 15
9:00-10:00 a.m. (No class 7/4)
Wednesdays, May 26 to August 11
6:45-7:45 p.m.
Fridays, May 28 to August 13
8:30-9:30 a.m.

Strength Training
Program: Wednesdays, May 26 to August 11
8:00-9:00 p.m.

Tai Chi
Program: Thursdays, May 27 to August 12
1:00-2:00 p.m.
Thursdays, May 27 to August 12
2:15-3:15 p.m. (beginners class)
Thursdays, May 27 to August 12
8:30-9:30 p.m.

Total Body
Program: Tuesdays, May 25 to August 10
11:00 a.m.-12:00 noon
Wednesdays, May 26 to August 11
9:30-10:30 a.m.
Thursdays, May 27 to August 12
11:00 a.m.-12:00 noon

Vinyasa Yoga (NEW)
Program: Thursdays, May 27 to August 12
6:00-7:00 p.m.

Zumba
Program: Mondays, May 24 to August 16
8:00-9:00 p.m. (No class 5/31)

Classes at Levittown Hall, Hicksville
$72 Adults & $36 Seniors 60+ (12 weekly sessions)

Aerobics
Program: Mondays, May 24 to August 16
9:40-10:40 a.m. (No class 5/31)
Wednesdays, May 26 to August 11
9:00-10:00 a.m.

Body Sculpting
Program: Fridays, May 28 to August 13
8:00-9:00 a.m.

Kripalu Yoga
Program: Saturdays, May 29 to August 14
9:00-10:00 a.m.

Pilates Mat
Program: Fridays, May 28 to August 13
8:00-9:00 a.m.
Classes at Levittown Hall (cont.)

Total Body
Program: Mondays, May 24 to August 16
8:30-9:30 a.m. (No class 5/31)
7:00-8:00 p.m.

Zumba
Program: Tuesdays, May 25 to August 16
9:00-10:00 a.m.

Classes at Merrick Road Golf Clubhouse
$72 Adults & $36 Seniors 60+ (12 weekly sessions)

Aerobics
Program: Mondays, May 24 to August 16
6:30-7:30 p.m. (No class 5/31)
Wednesdays, May 26 to August 11
5:45-6:45 p.m.

Ashtanaga Yoga (NEW)
Program: Mondays, June 7 to August 23
1:15-2:15 p.m.

Body Sculpting
Program: Tuesdays, May 25 to August 10
5:30-6:30 p.m.
Thursdays, May 27 to August 12
4:30-5:30 p.m.

Hatha Yoga
Program: Tuesdays, May 25 to August 10
10:30-11:30 a.m.
Fridays, May 28 to August 13
9:30-10:30 a.m.

Kickboxing
Program: Mondays, May 24 to August 16
5:15-6:15 p.m. (No class 5/31)
Thursdays, May 27 to August 12
7:45-8:45 p.m.

Kundalini Yoga
Program: Tuesdays, May 25 to August 10
7:00-8:00 p.m.

Pilates Mat
Program: Mondays, May 24 to August 16
7:45-8:45 p.m. (No class 5/31)
Tuesdays, May 25 to August 10
9:15-10:15 a.m.
Wednesdays, May 26 to August 11
7:00-8:00 p.m.

Classes at Merrick Road Golf Clubhouse (cont.)

Strength Training (NEW)
Program: Fridays, May 28 to August 13
11:00 a.m.-12:00 noon

Total Body
Program: Mondays, May 24 to August 16
9:00 am-10:00 a.m. (No class 5/31)

Vinyasa Yoga
Program: Tuesdays, May 25 to August 10
8:15-9:15 p.m.

Yin Yoga (NEW)
Program: Mondays, June 7 to August 23
12 noon-1:00 p.m.

Zumba
Program: Mondays, May 24 to August 16
10:30-11:30 a.m. (No class 5/31)
Thursdays, May 27 to August 12
6:30-7:30 p.m.

Outdoor classes at Lido West Beach
$48 Adults & $24 Seniors 60+ (8 weekly sessions)

Kettleball Circuit (NEW)
Program: Wednesdays, June 2 to July 21
6:15-7:15 p.m.

Beach Yoga (NEW)
Program: Fridays, June 4 to July 23
6:15-7:15 p.m.

Outdoor classes at Speno Park
$48 Adults & $24 Seniors 60+ (8 weekly sessions)

FUNctional Fitness (NEW)
Program: Thursdays, June 3 to July 22
8:00-9:00 a.m.

Hula Hoop (NEW)
Program: Fridays, May 28 to July 16
10:45-11:45 a.m.

Kettlebell Circuit (NEW)
Program: Tuesdays, June 1 to July 20
8:00-9:00 a.m.

Total Body (NEW)
Program: Fridays, May 28 to July 16
9:30-10:30 a.m.
CULTURAL ARTS

Drawing and Painting Workshop

Students will explore the use of sketches or photographs in creating finished drawings and or pastel paintings. The workshop will reinforce the student’s understanding of composition, value and the techniques of various mark making to render artistic images. Students will have the opportunity to do field sketches and photograph local scenes (weather permitting), before converting them to completed artwork. The class is suitable for all levels. **Class is limited to 15 adults. This class is offered at Walker Memorial Park, Lakeview.**

Advanced Watercolor Workshop

A unique workshop that offers students of Advanced levels an opportunity to explore the use of watercolors in great detail. Through demonstrations by the instructor and guided visual observations, students will develop a personal approach to landscapes, water scenes, portraits and still life. Law of design will be emphasized. Students must provide their own supplies. **Class size is limited to 15 adults. This class is offered at Walker Memorial Park, Lakeview.**

Beginner Watercolor

This class is designed to introduce and further the abilities of the watercolorist. Demonstrations will take you through the painting process. Emphasis will be on the many techniques of the medium as well as composition, design rules, and the importance of color. **Class is limited to 10 adults. This class is offered at Bernard Brown Park, Uniondale.**

Watercolor - Level II

Prerequisite: Beginner Watercolor

This art course is for Intermediate and Advanced students. This course will guide you through drawing and painting of landscapes, still life, floral, lighthouses and seascapes. Demonstrations and critiques will help you learn the different techniques of watercolor, color mixing, the elements of design and the effects of wet into wet and dry brush, line, texture, and value to create a mood. Students must provide their own supplies. **Class is limited to 10 adults. This class is offered at Forest City Community Park, Wantagh.**

Contract Bridge

Beginner Bridge

This season we will be offering a level of contract bridge so that the beginner student can learn to play this popular game. Please bring a deck of cards to class. Seating is limited with a minimum of 16 persons required to run each class. The instructor may require a book to be purchased for better comprehension. **Class is limited to 24 adults. This class is offered at Baldwin Park, Baldwin.**

Hand Appliqué

Students will learn the prepared edge Appliqué method. The class will include how to trace patterns, fabric choices, how to layer pieces and stitching. The class will include a project or students can work on an unfinished project. **The class is limited to 15 adults.** There will be small charge for the pattern and the templates. **This class is offered at Bernard Brown Park, Uniondale.**

Hand Quilting

Intermediate/Advanced

Learn challenging techniques of hand quilting. The class covers fabric choices, piecing, quilting and more advanced appliqué. Intermediates will learn new techniques, blocks and receive help with continuing projects. This class will allow the more advanced students to explore their skills through challenging projects in a fun and friendly atmosphere. No machine work required. **The class is limited to 15 adults. This class is offered at Bernard Brown Park, Uniondale.**

Due to the COVID-19 pandemic, Summer Adventure Tours are not scheduled. Please check back with us in the future.

Due to the COVID-19 pandemic, Summer Children Shows are not scheduled. Please check back with us in the future.

In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.
Intermediate Watercolor Workshop
A unique workshop designed to inspire and further the abilities of the watercolorist. Floral, still life and landscapes will be the focus. Demonstrations will take you through the painting process and explore the many watercolor techniques to create a sense of place and mood. Emphasis will be on the importance of composition, design, color, and value. Students must provide their own supplies. **Class size is limited to 15 adults.** **This class is offered at** Walker Memorial Park, Lakeview.

Oil painting
**Beginner**
In this class, you will obtain the excitement and curiosity of learning the many facets of painting in oils. Knowing the many materials needed, as well as the basic principles of art, will be part of your instructions. Also, the color wheel, mixing of colors and the basic strokes and techniques will be our goals. Basically, the class will help you cultivate your talent and create an art experience that will help you express your unique creativity through your artwork. **Class is limited to 10 adults.** **This class is offered at** Baldwin Park, Baldwin.

Oil Painting
**Intermediate/Advanced**
The painting subjects will vary to benefit a broader spectrum of oil painting knowledge. Landscapes, seascapes, and still life will be covered from photographs, as well as from life. Emphasis will be placed on color palette, composition, light value, color harmony, and balance. Students must provide their own supplies. **Class is limited to 10 adults.** **This class is offered at** Baldwin Park, Baldwin.

Quilting with Sewing Machine I, II & III
Intermediate students should have knowledge of a Sewing machine and basic sewing skills. Students are required to bring their own sewing machine and supplies to class. New projects are introduced and unfinished projects can be finished. Individual help is given when needed and group ideas and techniques are encouraged. Instructions for new projects must be purchased. **Class is limited to 10 adults.** **This class is offered at** Bernard Brown Park, Uniondale.

ANCHOR Program
ANCHOR (Answering the Needs of Citizens with Handicaps through Organized Recreation) is a comprehensive, year-round recreation program serving over 1,200 children and adults with special needs. Town residents five years of age and older with developmental disabilities may apply for admission to the ANCHOR program.

ANCHOR is best known for its summer day camp at Lido Beach Town Park. The 725 camp participants enjoy an array of athletic, aquatic and cultural programs, as well as field trips and special events. This year’s camp will be split into two sessions – July 6 to July 23 and July 26 to August 13.

To request information and applications for new participants, please write to:
ANCHOR, Lido Beach Town Park,
630 Lido Blvd., Lido Beach, NY 11561
or call (516) 431-6946.

Town of Hempstead Beach Volleyball
**Beach Volleyball at Town Park Point Lookout and Seamans Neck Park for all ages!**
Sportime VBC beach volleyball returns this summer to Town of Hempstead parks at Point Lookout beach and Seamans Neck Park, highlighted by a NEW CO-ED ADULT LEAGUE. The 10-week, 6-on-6 league will take place at Pt. Lookout from 6 p.m. to dusk on Tuesdays, June 15 to August 17. All players will receive team t-shirts, and league winners will receive championship prizes. In addition, Sportime will conduct instructional clinics (both locations) for boys and girls, ages 6-16; co-ed junior leagues (Pt. Lookout) for ages 11-18; and separate boys and girls club programs (Pt. Lookout), ages 13-18. For all beach volleyball information and to register, go to: [www.sportimeny.com/vbchempstead](http://www.sportimeny.com/vbchempstead) or call (516) 731-4432.
Online registration for ALL CULTURAL ARTS programs begins on Thursday, May 20th at 9 a.m. at hempsteadtownparks.com. For further assistance or any questions please call (516) 292-9000, ext. 7255, 7480 or 7211.

**Cultural Arts**

**Classes at Baldwin Park, Baldwin**

**Contract Bridge**
Beginner Bridge – Defense
Fee: $120 (Senior/Veteran $60)
Program: June 2 through August 18
12 weekly sessions
Wednesdays: 9:45 to 11:45 a.m.

**Oil Painting (Beginner)**
Fee: $180 (Seniors/Veterans $90)
Program: June 7 through August 23
12 weekly sessions
Mondays: 1:00-4:00 p.m.

**Oil Painting (Inter/Advanced)**
Fee: $180 (Seniors/Veterans $90)
Program: June 7 through August 23
12 weekly sessions
Mondays: 9:00 a.m to 12 noon

**Classes at Bernard Brown Park, Uniondale**

**Beginner Watercolor**
Fee: $120 (Senior/Veteran $60)
Program: June 3 through August 19
12 weekly sessions
Thursdays: 1:00 to 3:00 p.m.

**Hand Applique**
Fee: $165 (Senior/Veteran $82.50)
Program: June 4 through August 20
11 weekly sessions - No class 7/30
Fridays: 10 a.m. to 1:00 p.m.

**Hand Quilting**
Intermediate/Advanced
Fee: $180 (Senior/Veteran $90)
Program: June 3 through August 19
12 weekly sessions
Thursdays: 9:00 a.m. to 12 noon

**Classes at Forest City Park, Wantagh**

**Watercolor - Levels II**
Prerequisite: Beginner Watercolor
Fee: $100 (Seniors/Veterans $50)
Program: June 2 through August 11
10 weekly sessions (No class 6/9)
Wednesdays: 2:00 to 4:00 p.m.

**Classes at Harold Walker Memorial Park, Lakeview**

**Drawing and Painting Workshop**
Fee: $210 (Seniors/Veterans $105)
Program: June 3 through August 19
12 weekly sessions
Thursdays: 9:00 a.m. to 12:30 p.m.

**Intermediate Watercolor Workshop**
Fee: $210 (Senior/Veteran $105)
Program: June 2 through August 18
12 weekly sessions
Wednesdays: 1:30 to 5:00 p.m.

**Advanced Watercolor Workshop**
Fee: $210 (Senior/Veteran $105)
Program: June 2 through August 18
12 weekly sessions
Wednesdays: 9:30 a.m. to 1:00 p.m.
Drive-In Movies

ALL MOVIES ARE HELD AT TOWN PARK, POINT LOOKOUT
SHOWTIME: 7 P.M.

Maleficent: The Mistress of Evil
June 3 • 7 p.m.

Star Wars: The Rise of Skywalker
June 4 • 7 p.m.

Love, Weddings and Other Disasters
June 5 • 7 p.m.

Patton
June 6 • 7 p.m.

Croods: A New Age
June 10 • 7 p.m.

The War with Grandpa
June 11 • 7 p.m.

A Dogs Journey
June 12 • 7 p.m.

I Am Ali
June 13 • 7 p.m.

My Big Fat Greek Wedding 2
June 17 • 7 p.m.

How to Train Your Dragon: The Hidden World
June 18 • 7 p.m.

Avengers: Endgame
June 19 • 7 p.m.

Selena
June 20 • 7 p.m.

FREE ADMISSION!

TOHLA
Town of Hempstead Lacrosse Academy

Youngsters Can Play with the Best Lacrosse Program in Town!

The Town of Hempstead Lacrosse Academy offers lacrosse instruction to Town of Hempstead girls and boys, ages 5 through 15. For information on all TOHLA programs, including one-on-one and small group instruction, contact academy director, Tim Murray at (516) 783-3208. To sign up now, go to hempsteadtown.com/parks to create an online account. If you need assistance creating an account or registering for a class, please contact Victor Sparaccio at (516) 292-9000, ext. 7245.

All participants must provide their own equipment. Boys and girls train separately. For a list of required equipment, go to: hempsteadny.gov/activities/lacrosse-academy/tohla-faq.

TOWN PARK, POINT LOOKOUT

Seamans Neck Park, Seaford
June 28 - July 1
9 a.m.-12 noon, ages 7-15, $77
9:30-11:30 a.m., ages 5-6, $66

Seamans Neck Park, Seaford
July 6 - July 9
6-9 p.m., ages 7-15, $77
6:30-8:30 p.m., ages 5-6, $66

Rath Park, Franklin Square
July 12 - July 15
6-9 p.m., ages 7-15, $77
6:30-8:30 p.m., ages 5-6, $66

Rath Park, Franklin Square
July 19 - July 22
9 a.m.-12 noon, ages 7-15, $77
9:30-11:30 a.m., ages 5-6, $66

Oceanside Park, Oceanside
July 26 - July 29
6-9 p.m., ages 7-15, $77
6:30-8:30 p.m., ages 5-6, $66

Speno Park, East Meadow
August 2 - August 5
6-9 p.m., ages 7-15, $77
6:30-8:30 p.m., ages 5-6, $66

Same week, additional family member discount: $55.
Register now at: hempsteadtown.com/parks

In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.
1) Courses will be held subject to a minimum registration of 15 people (except swim, which is 6 people). For information on programs or registrations, call (516) 292-9000: AQUATICS, ext. 7239 - ATHLETICS, ext. 7245 - CULTURAL ARTS, ext. 7480 and 7211, PHYSICAL FITNESS, ext. 7266, and YOUTH PROGRAMS, ext. 7544.

2) Proof of Town residency is required for registration and participation in all events and pool memberships. A current (less than three months old) telephone bill, electric bill, deed, lease or driver’s license with two forms of identification will serve as proof.

3) All registrations are online except where indicated.

4) Reduced registration fees and pool admission discounts extended to: current Military Service Personnel with proper military identification; Veterans with a copy of honorable discharge certificate, DD form 214, VA card or membership card from a recognized veteran’s organization; the Physically Challenged with a New York State Department of Parks and Recreation Access Pass or Nassau County Recreation and Parks Leisure Pass for the physically challenged; Senior Citizens (ages 60 and up); volunteer firefighters; volunteer ambulance corps members; auxiliary police officers; and children ages 5 to 9.

5) Children under 10 years of age MUST be accompanied by a parent or guardian during program participation.

6) For Cultural Arts - Adventure Tours and Performing Arts events (including lectures & children shows) - we encourage all patrons to purchase tickets in advance. NO discounts for children’s shows. Personal checks or money orders, payable to the Town of Hempstead, must include the name, address and telephone number of the person who is purchasing tickets. Mail to: Town of Hempstead Dept. of Parks and Recreation - 200 N. Franklin Street, Hempstead NY 11550. Please include a self-addressed stamped envelope with your check.

7) Programs will not be held on Town and certain religious holidays. Contact your course instructor for details.

8) The Town reserves the right to change a schedule, registration fees, and to cancel, reschedule or modify any course or program. The Town is not responsible for printing errors in this publication.

9) Hours of facility operation subject to change.

10) No refunds for programs, performances or admissions.

11) A family pool membership will consist of a married couple and any unmarried, dependent children, up to age 21, residing in the same household. Full-time college students may be included in a family pool membership. Proof that the individual is a full-time student must be submitted. The Department will also consider, on a case-by-case basis, unmarried couples residing at the same address who can establish they are the functional equivalent of a traditional family unit.

In accordance with NYS COVID-19 Guidelines, all participants and instructors must wear face masks during lessons. In addition, it is mandatory for all participants to complete a COVID-19 Waiver Form prior to taking part in the lessons. All participants must provide their own equipment.

Visit our website at hempsteadny.gov
Newbridge Arena

National Rink Management
2600 Newbridge Road, Bellmore
783-6181 (Rink Office-Skating School)
783-0215 (Pro Shop)
www.newbridgearena.com

Newbridge Arena offers year-round ice skating fun for the entire family with birthday parties, skate rentals, snack bar and a full service pro shop as well. Youth group, Scout troop and charter discounts are available by calling (516) 783-6181. Ice skating instruction, from beginner to freestyle and hockey lessons are taught as well. Freestyle skating instruction from the premier professionals on Long Island. Private lessons are available for all programs. All program dates, times and fees subject to change.

Summer Basic Skills Group Skating Lessons

A six-week, Learn to Skate program (beginner to advanced) for recreational, hockey and figure skaters. Pre-school through adults. Lessons are held on Wednesdays from 11:15 to 11:45 a.m., beginning July 11. Space is limited.

Registration: Begins at 12 noon on June 14.
Fee: $105 - ages 5 to adult
     $105 - pre-school
     $120 - Cubs
     $15 - skate rental

Summer Youth Hockey House League

For children ages 5 to 16, Mites - 10 & under, Others - 11 & up. Our youth league will consist of eight, one-hour sessions on Sunday mornings from July 8 to August 19. Dates & times subject to change.

Registration: Now in progress, space is available.
Call 783-6181, ext. 12 for details.

Public Skating Rates

Friday Nights, Weekends & Holidays

General Admission ........................................... $9.00
Town of Hempstead Resident ............................... $7.00
(with proof of residency)
Veterans, Current Military, Police, Firefighters &
Volunteer Ambulance .......................................... $5.00
Skate Rental ...................................................... $4.00

After School Special (Weekdays Before 6 p.m.)

General Admission ........................................... $6.00
Town of Hempstead Resident ............................... $4.00
(with proof of residency)
Veterans, Current Military, Police, Firefighters &
Volunteer Ambulance .......................................... $3.00
Non-Resident Seniors .......................................... $5.00
Children Under 5 (with paid adult) ...........FREE
Skate Rental ...................................................... $4.00

FREE Skating at Newbridge Arena

The only ice left from a long, cold winter is on the rink at beautiful Newbridge Arena. This summer, youngsters from 5 to 16 years of age can enjoy FREE skating and FREE skate rentals from 12 noon to 1 p.m. on Wednesday afternoons, July 11 to August 15. Beat the heat with an “ice” day at Newbridge Arena. Open to Town of Hempstead youngsters ONLY. Call (516) 783-6181 for more information. Residents only, no groups.

Fall/Winter Recreational Ice Hockey League

League activity consists of 22 hours of ice time, including single elimination playoffs. Each team will have approximately one hour of ice time per week. Distinctive team jersey and socks included. Division ages are: MITE - 5 & 6; SQUIRT - 7 to 9; PEE WEE - 10 to 12; and BANTAM - 13 to 16. All ages as of January 1, 2021.

Registration for current league members and Town of Hempstead residents (proof required) begins June 9 from 8 a.m. to 12 noon. Open registration begins July 5 for all others. IN PERSON registration by parent or legal guardian only. New participants must provide original proof of birth (birth certificate with seal or U.S. passport), proof of medical insurance and full payment. No refunds!

See Newbridge Arena website at www.newbridgearena.com for registration fees.

Visit the Pro Shop at Newbridge Arena for all of your hockey and figure skating needs. Specializing in custom fittings and sharpening. Call (516) 809-7147 for information.
Basketball Clinic for Boys and Girls

Basketball clinicians from the Long Island Nets will be making their return this summer. The one-day, 90-minute instructional sessions are geared for Town of Hempstead boys and girls, ages 6-13. This is a FREE clinic.

**Baldwin Park**
Sunday, June 13 • 10:30 a.m. to 12 noon
Veterans Memorial Park, East Meadow
Friday, August 6 • 6:00-7:30 p.m.

Registration is limited to one clinic per child. Class capacity is 40 children. Participants must bring their own basketball.

Registration begins on Tuesday, June 1 at 12 noon.
To sign up, go to hempsteadtownparks.com

High School Soccer Leagues

Summer soccer leagues for high school BOYS and GIRLS teams. Preference given to Town of Hempstead teams. Teams ONLY! Sorry, we do not place players on teams.

Evening games begin the first week of July.

**Cuomo Park, Wantagh**

Registration: For further information and a TEAM application, call 292-9000, ext. 7204

Fee: See application at hempsteadny.gov/activities/athletics

Program: Weeknights at 6 p.m.