

## COED WEIGHT TRAINING & FITNESS

*Individualized program designed to improve strength, flexibility, endurance, and speed*

<b>Participants:</b>	Ages 14-19
<b>Site:</b>	Red Hook High School Wellness & Fitness Center
<b>Time:</b>	Monday, Tuesday, Thursday, Friday 5 July to 13 August 10:30 – 12:00 a.m.
<b>Cost:</b>	No Charge
<b>Signups:</b>	Red Hook Town Hall 5 June and 12 June, 9:00 – 1:00 p.m. During Sessions All Summer!
<b>Directors:</b>	Bill Stutz, 845-518-8996

## Coed Wellness, Life Style, Fitness, Nutrition, Cross Training Program

*A program designed to incorporate concepts of wellness, fitness, cross training, and nutrition into a comprehensive format. Sessions will include workouts in the Wellness Centers on the Rock Wall, or Outdoor Cross Training, and Game Days.*

<b>Participants:</b>	Grades 3-5 at Mill Road School Grades 6-8 at Linden Ave Middle School Grades 9-12 at Red Hook High School Mill Road School – Grades 3-5 Wellness Center Monday, Wednesday, Friday 5 July to 30 July 9:15 – 10:30 a.m. Director: Andrea Christiansen 845-707-0019
<b>Site One:</b>	Wellness Center
<b>Site Two:</b>	Linden Avenue Middle School – Grades 6-8 Wellness Center – Climbing & Outdoor Activities Monday, Wednesday, Friday 5 July to 30 July 9:15-10:30 a.m. Director: Patrick Caltabiano 845-758-2241 Ext. 3209
<b>Site Three:</b>	Red Hook High School – Grades 9-12 Wellness & Fitness Center Monday, Wednesday, Friday 14 July to 11 August 9:00 – 10:30 a.m. Director: Nicole Couse 845-532-3780
<b>Cost:</b>	No Charge
<b>Signups:</b>	Red Hook Town Hall 5 June and 12 June, 9:00 – 1:00 p.m. During Sessions All Summer! Contact Site Directors for more information!

## Youth Pool Party at Red Hook Pool

*A one-night summer event of swimming and music at the Red Hook Pool with free pizza and cold beverages served to all.*

<b>Participants:</b>	Ages 8-12 – Parents Welcome!
<b>Site:</b>	Red Hook Recreation Park Pool
<b>Dates:</b>	Saturday, 10 July 2010
<b>Time:</b>	7:00 to 10:00 p.m.
<b>Cost:</b>	No Charge
<b>Signups:</b>	No permission slip required Sign the attendance list at the door.
<b>Director:</b>	Wendy Brisley, 758-1086

## Teen Pool Party at Red Hook Pool

*A one-night summer event of swimming and music at the Red Hook Pool with free pizza and cold beverages served to all.*

<b>Participants:</b>	Ages 13 and over!
<b>Site:</b>	Red Hook Recreation Park Pool
<b>Dates:</b>	Saturday, 17 July 2010
<b>Time:</b>	7:00 to 10:00 p.m.
<b>Cost:</b>	No Charge
<b>Signups:</b>	No permission slip required Sign the attendance list at the door.
<b>Directors:</b>	Wendy Brisley, 758-1086

## SENIOR WALK PROGRAM

*In cooperation with the Recreation Commission, the Red Hook Senior Services Committee announces a walking program for seniors.*

<b>Participants:</b>	Senior Citizens
<b>Site:</b>	Red Hook Recreation Park
<b>Dates:</b>	Started 5 May 2010
<b>Time:</b>	Wednesdays 10:00 a.m.
<b>Cost:</b>	No Charge
<b>Program:</b>	Senior citizens and their guests are invited for a one-hour walk around the Recreation Park! Dogs must be on a leash! Occasional refreshments will be served! Meet at the Pavilion at the north end of the Recreation Park – Enter at Fruitbud Drive. In the event of rain, the program will be canceled for that day and continue the following Wednesday.
<b>Director:</b>	Irene Rock, 845-758-6240

## OTHER PROGRAMS & OPPORTUNITIES OFFERED IN RED HOOK

### KNIGHTS OF COLUMBUS FLAG FOOTBALL

*A program of practicing and playing flag football games. Learn the fundamentals and basic tactics of football. Practices are held weekday evenings; Games are on Saturdays.*

<b>Participants:</b>	Ages 5-15
<b>Site:</b>	Red Hook Recreation Park
<b>Dates:</b>	Season begins 11 September 2010
<b>Time:</b>	Saturdays Games begin at 1:00 p.m. & 3:00 p.m.
<b>Cost:</b>	\$60.00 per player \$110.00 for two players/family \$125.00 for three players/family
<b>Registration:</b>	Registration is online: KnightsOfColumbus.nfflag.com Registration is open 1 June through 16 Aug.
<b>Director:</b>	John Reilly j_reilly@Culinary.Edu

These programs are supported in part by funding from the New York State Office of Children and Family Services through the Dutchess County Youth Bureau.

These are not Red Hook Central School District sponsored programs. Brochure Distribution Only.

## POP WARNER TACKLE FOOTBALL & CHEERLEADING

*A program to teach youth the fundamentals of tackle football and cheerleading, and the importance of education all while having a good time. Practices are held weekday evenings and games are on Saturday or Sundays.*

<b>Participants:</b>	Open to Red Hook and Germantown boys and girls, 5-16 years of age
<b>Site:</b>	Practices –Linden Ave Middle School
<b>Home Games:</b>	Red Hook High School,
<b>Away Games:</b>	Other Towns
<b>Time:</b>	Season: August 1- Nov 30 Practice- Weekday evenings 6-8pm Games – Saturday or Sunday afternoons One Participant - \$140.00 Two Participants - \$250.00 Three or more Participants - \$325.00
<b>Registration:</b>	April-July Contact Directors for Registration Form Forms can be downloaded at: www.eteamz.com/redhookredraiders/ or www.popwarner.com Ron Morrissey 756-5656 ronbo6@frontiernet.net Rich Schiafo, 757-1016 rich.schiafo@yahoo.com
<b>Cost:</b>	
<b>Directors:</b>	

## TIVOLI FREE LIBRARY

*Programs and services offered to the community and its youth every week of the year!*

The Library is in the historic Watts-DePeyster Firehouse at 1 Tivoli Commons in the heart of Tivoli. Village offices and court are upstairs in the same building. Tivoli Bay Visitors Center is located across the hall

<b>Librarian:</b>	Village of Tivoli at 1 Tivoli Commons 845-757-3771 ~ On the Web at: <a href="http://tivoliblibrary.org/">http://tivoliblibrary.org/</a> Bonnie Corrado
<b>Library Hours:</b>	Monday: 2:00-8:00 p.m. Tuesday: 10:00-8:00 p.m. Wednesday 10:00-8:00 p.m. Thursday: 10:00-8:00 p.m. Friday: 2:00-8:00 p.m. Saturday: 10:00-2:00 p.m.



**Summer Library Themes:**  
Make a Splash with Pooh!

**Summer Reading Kick-Off Event With Uncle Rock:**  
Saturday, 26 June, 1:00 – 3:00 p.m.

**“The Little Read: Winnie-The-Pooh” Family Book Discussions**  
Tuesdays at 7:00 p.m. 16 July to 10 August

**Preschool Story Hour:**  
Wednesdays at 10:30 a.m. 7 July to 11 August

**Wild Wednesdays:** 4:15p.m.

**Family Canoe Trip at Tivoli Bays**  
14 July – 4:00 – 6:00 p.m.

**Teen Canoe Trip at Tivoli Bays**  
16 July 16 – 4:00 – 6:00 p.m.

**Potluck & Pooh** 13 August – 5:00 - -8:00 p.m.

**Other Summer Programs are planned! Call for more information! All Programs are Free and Open to the Public!**

## RED HOOK PUBLIC LIBRARY

*The Red Hook Public Library is located in an historic octagonal building at 7444 South Broadway in the Village of Red Hook. Phone: 845-758-3241  
On the Web at: <http://www.redhook.lib.ny.us/>*

<b>Director:</b>	Sue Hoadley
<b>Library Hours:</b>	Monday: 10:00 - 8:00 p.m. Tuesday: 10:00 - 8:00 p.m. Wednesday: 10:00 - 8:00 p.m. Thursday: 10:00 - 8:00 p.m. Friday: 10:00 - 8:00 p.m. Saturday: 10:00 - 4:00 p.m. Sundays & Major Holidays: Closed



Schedules of all summer events can be picked up at the library after June 1. Computer Internet access is available! Call for details!

## RED HOOK RECREATION PARK POOL

*Information for subscription plans & swimming lessons*

<b>Basic Family Pass:</b>	\$365
<b>Family Plus Pass:</b>	\$475
<b>Single Member Pass:</b>	\$230 <i>(Member must be at least 14 years old)</i>
<b>Senior (55 by 15 May 10):</b>	\$65
<b>Babysitter Pass:</b>	\$50
<b>Swim Team Coach:</b>	Kevin Storrs 758-8424
<b>Swim Lessons:</b>	Pool Members \$70 Non Pool Members \$100 All Additional Child Lessons \$60 One-Week Session \$30 and \$45

<b>Lesson Dates:</b>	
Session I:	28 June to 9 July
Session II:	12 July to 23 July
Session III:	26 July to 6 August
Session IV:	9 August to 13 August

<b>Lesson Times:</b>	
Ages 10-15:	9:30-10:10 a.m.
Ages 6-9:	10:20-11:00 a.m.
Ages 3-5:	11:10-11:50 a.m.
Ages 9mo-2	12:00-12:30 p.m.*
<b>*Baby/Toddler Lessons:</b>	Monday, Wednesday, Friday 28 June to 6 August

**Swim Lesson Registration by Mail Only!**

**Registration forms are available at**

**[www.redhookpool.com](http://www.redhookpool.com)**

<b>Pool President:</b>	Drew Brooks, 758-8424
<b>Pool Phone #:</b>	758-8424

## 2010 RECREATIONAL OPPORTUNITIES AVAILABLE AT BARD COLLEGE

The Stevenson Gymnasium at Bard College contains a main gym with basketball, volleyball, badminton, and indoor recreation areas; a six-lane, 25-yard swimming pool; men's and women's locker rooms with saunas; an aerobics studio; a fitness center with strength and cardio-vascular training equipment; four glass-backed squash courts; recreational areas for table tennis and other games. Adjacent to the facility are six lighted tennis courts, soccer field, softball field, miles of groomed cross-country running and Nordic skiing trails, a sand volleyball court, and multipurpose fields.

There are MANY membership options available. Please call Jaime Hooper, Community Membership Coordinator, at 845-758-7531.

Appointments must be made for membership registration.



## TOWN OF RED HOOK RECREATION COMMISSION

# 2010 Summer Programs

**The Town of Red Hook offers recreation programs to the youth who live within the Red Hook Central School District.**

**SIGNUPS FOR ALL PROGRAMS WILL BE HELD AT THE RED HOOK TOWN HALL ON SATURDAY JUNE 5 AND JUNE 12 9:00 – 1:00 P.M.**

*Programs with fewer than twenty Participants will not be offered!*

**NO ONE MAY PARTICIPATE IN ANY PROGRAM WITHOUT A COMPLETED PERMISSION SLIP!**

TOWN OF RED HOOK RECREATION COMMISSION

Chairman: Doug Strawinski  
Hollis Cochran • Barbara Fiore  
Tom Gilbert • Shannon Miller  
Charlie Nugent • Yvonne Turchetti

Town Board Town Board Liaison: Harry Colgan  
Tivoli Village Liaison: Bryan Cranna

Recreation Director: John Kuhn  
Assistant Director: Brian Moore  
Park Maintenance: Don Whipple  
Jeff Tremper • Howie Callies  
Red Hook Town Hall: 758-4606  
Red Hook Village Hall: 758-1081  
Tivoli Village Hall: 757-2021  
Recreation Park Pool: 758-8424  
Recreation Director: 758-4625 • 758-5786 • 399-3585  
Assistant Recreation Director: 758-6376

**Web Site: [www.redhook.org](http://www.redhook.org)**

## RED HOOK SUMMER RECREATION PLAYGROUND

*Arts, crafts, games, sports, educational activities*

**Participants:** Girls and Boys Ages 6–12  
All must have completed any level of kindergarten.

**Site:** Red Hook Recreation Park Pavilion

**Time:** Monday through Friday  
28 June to 30 July, 9:00 to 12:00 a.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Johanna Moore, 758-8175

## COED TENNIS INSTRUCTION

*A program designed to teach fundamentals to beginners*

**Participants:** Ages 6-12+

**Site:** Red Hook Recreation Park Tennis Courts

**Time:** Monday, Wednesday, Friday  
5 July to 6 August

**Beginners (Age 8+):** 9:00-10:00

**Adv Beginners (Age 10+):** 10:15-11:15

**Novices (Ages 6-7):** 11:30-12:00

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Dave Jutton, 845-399-5480

## ADVANCED TENNIS INSTRUCTION & ULTIMATE FRISBEE

*Advanced tennis instruction is designed for the more advanced tennis player who wishes to raise his/her tennis skill level and to develop match strategies. Learn to play Ultimate Frisbee!*

**Participants:** Ages 10-16+

**Site:** Red Hook Recreation Park Tennis Courts

**Time:** Tuesday and Thursday 6 July to 5 August  
9:00 – 10:30 a.m.

**Advanced Tennis:** 10:30 – 12:00 a.m.

**Ultimate Frisbee:** No Charge

**Cost:** Red Hook Town Hall

**Signups:** 5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Dave Jutton, 845-399-5480

## COED CITY GAMES

*Activities designed for hot weather & enclosed areas - Scully, Whiffle Ball, Frisbee Golf, Stick Ball*

**Participants:** Ages 6-14

**Site:** Red Hook Recreation Park

**Time:** Monday, Wednesday, Friday  
28 June to 30 July  
1:30 - 3:30 p.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

Director: Jerold Reichman, 758-0052

## COED SPORTS CAMP

*Focuses on kickball, basketball, etc. and an every day swim at the Rec Park Pool*

**Participants:** Girls and Boys Ages 9-14

**Site:** Red Hook Recreation Park

**Time:** 29 June to 29 July Tues. and Thurs.  
1:00 - 3:00 p.m. = Sports  
3:00 - 4:00 p.m. = Swim

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Andrew Makebish, 758-6364

## BOYS' BASKETBALL - I

*Play Basketball!! Supervised games for fun and skill improvement*

**Participants:** Ages 12-18

**Site:** Red Hook High School Gym

**Time:** Tuesday and Thursday  
29 June to 29 July 6:00 - 8:00 p.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Directors:** Andrew Makebish, 758-6364

## BOYS' BASKETBALL - II

*Play Basketball!! Supervised games for fun and skill improvement*

**Participants:** Ages 8-12

**Site:** Red Hook High School

**Time:** Tuesdays and Thursdays  
4:00 to 6:00 p.m.  
29 June to 29 July

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Directors:** Ryan Butch, 845-616-8730

## GIRLS' BASKETBALL - I

*Basketball instruction for girls who seriously wish to improve their skills. Includes game competition!*

**Participants:** Ages 13-18

**Site:** Red Hook High School Gym

**Time:** Tuesday and Thursday  
6 July to 29 July  
8:00 - 10:00 a.m. Basketball

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Pam White, 914-466-0493

## GIRLS' BASKETBALL - II

*Basketball instruction for girls who seriously wish to improve their skills Includes game competition!*

**Participants:** Ages 8-12

**Site:** Red Hook Middle School Gym

**Time:** Tuesdays and Thursdays  
6 July to 29 July 10:00 – 11:30 a.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Directors:** Pat Caltabiano, 758-2241 Ext. 3134

## GIRLS' BEGINNER FIELD HOCKEY

*An instructional program of individual fundamentals, basic skills, and team concepts*

**Participants:** Girls Ages 9-14

**Site:** Red Hook High School Fields  
(Field Behind High School)

**Time:** Mondays, 5 July to 2 Aug. 5:30 - 7 p.m.

**Cost:** No Charge

**Equipment:** Mouth guard, shin guards,  
Field Hockey Stick (if available)

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Yvonne Turchetti, 914-466-3451

## GIRLS' FIELD HOCKEY

*A program for individuals who have played the game of field hockey. This program will consist of advanced skills, team concepts, and scrimmages.*

**Participants:** Girls entering grades 8 - 12

**Site:** Red Hook High School Fields  
(Field Behind High School)

**Time:** Tuesdays, 6 July to 3 Aug. 5:30 – 7 p.m.

**Cost:** No Charge

**Equipment:** Mouth guard, shin guards,  
Field Hockey Stick

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Diane Zduniak, 758-9195

## GIRLS' VOLLEYBALL

*Receive a comprehensive volleyball education! Skills necessary to develop as a player will include: forearm pass, setting, serving, spiking, blocking, rules, and protocol of the game. Team and individual tactics and strategies will also be taught.*

**Participants:** Girls entering 5th grade through 12th grade

**Site:** Red Hook High School Gym

**Time:** Tuesdays, July 6, 13, 20, 27, August 3  
10:00-11:30 a.m. ~ Grades 9-12  
11:30- 1:00 p.m. ~ Grades 5-8

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Directors:** Kelly Drier, 758-5594

## SUMMER YOUTH FOOTBALL CAMP

*This "No Contact" program focuses on football conditioning and agility. Provides basic instruction on positions, stances, throwing, running, and catching.*

**Participants:** Boys - Grades 5-8

Players placed in appropriate groups!

**Site:** Red Hook High School Fields

**Time:** Monday through Friday  
26 July to 30 July, 8:00-10:00 a.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Week!

**Director:** John Kravic, 758-3245



## RAIDER FOOTBALL CAMP

*This "No Contact" program focuses on football conditioning and agility. Provides basic instruction on positions, stances, throwing, running, and catching.*

**Participants:** Boys - Grades 9-12

Players placed in appropriate groups!

**Site:** Red Hook High School Fields

**Time:** Monday through Friday  
26 July to 6 August  
8:00-10:00 a.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Week!

**Director:** Bill Stutz, 845-518-8996

## BOYS' SUMMER LACROSSE

*Introduction to Lacrosse - background, history. Basic skills of passing, catching, scooping, and shooting*

**Participants:** Boys

Entering Grades 6, 7, 8, 9

**Site:** Red Hook High School

**Time:** Mondays  
28 June to 26 July  
6:00 - 7:30 p.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Richard Saulino, 914-474-6608

## GIRLS' SUMMER LACROSSE

*An instructional program of individual fundamentals, basic skills (cradling, catching, etc.) and team concepts.*

**Participants:** Girls Entering Grades 4, 5, 6, 7, 8, 9

**Site:** Red Hook High School Fields

**Time:** Thursdays  
8 July to 5 August  
5:00 - 6:30 p.m.

**Equipment:** Lacrosse stick (girl's preferable),  
Mouth guard  
Call Director with questions.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Summer!

**Director:** Yvonne Turchetti, 914-466-3451

## GIRLS' LACROSSE CAMP

*An introduction to girls' lacrosse, consisting of instruction of individual fundamentals, basic skills (cradling, passing, catching, etc), and team concepts.*

**Participants:** Girls entering grades 4, 5, 6, 7, 8, 9

**Sites:** Red Hook High School Fields

**Time:** Tuesday, Wednesday, Thursday  
29 June to 1 July  
9:00-11:30 a.m.

**Cost:** No Charge

**Equipment:** Lacrosse stick (girl's preferable),  
Mouth guard  
Call director with questions.

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.

**Director:** Yvonne Turchetti, 914-466-3451

## ROLLER HOCKEY

*A program of practice & team competition in a supervised environment*

**Participants:** Girls and Boys

**Ages:** 7 – 18

**Site:** Red Hook Recreation Park Roller Rink

**Time:** Saturdays, 1 May - 17 July  
Game #1 ~ 9:00 a.m.  
Game #2 ~ 10:30 a.m.

Team practices are held on weekday nights.  
Fee for jersey only  
Players must have their own equipment!  
Program has already begun!  
Signups are done in March!  
For information about next year's program call the director.  
Frank Fiore, 914-388-1284

**Cost:**

**Signups:**

**Director:**

## GIRLS' SOFTBALL

*Games and instruction to provide experience & basic skill development*

**Participants:** Grades 3-5  
Grades 6-8  
(Ages 8-14)

**Site:** Red Hook Recreation Park

**Time:** Monday Nights  
28 June to 26 July  
6:00 - 8:00 p.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June  
9:00 - 1:00 p.m.  
During Sessions All Week!

**Director:** Tom Gilbert, 757-2575

## COED TEE BALL AND SOFTBALL

*Team competition in tee ball and softball*

**Participants:** Girls and Boys ~ Ages 4-14

Wednesday - Tee Ball ~ Ages 4-7  
Tuesday - Softball ~ Ages 8-14

**Site:** Red Hook Recreation Park

**Time:** Tuesday and Wednesday  
6 July through 11 August  
Tuesdays: 6:00 ~ 8:00 p.m.  
Wednesdays: 6:00 ~ 8:00 p.m.

**Cost:** Fee for shirt and hat only  
\$15.00 per player; \$25.00 per family

**Signups:** Mail Signup Form and Payment to:  
Lynda Boryk  
65 Fraleigh St., Red Hook, NY 12571  
Signup Forms on redhook.org site  
Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.

**Director:** Lynda Boryk, 845-758-5280  
Lyndaboryk@gmail.com

## COED SOCCER

*Instructional program for secondary students Focusing on individual skills and small-sided games*

**Participants:** Grades 7-12

**Site:** Red Hook High School Practice Fields

**Time:** Tuesday and Thursday  
6 July to 6 August, 6:00 - 7:30 p.m.

**Cost:** No Charge

**Signups:** Red Hook Town Hall  
5 June and 12 June, 9:00 - 1:00 p.m.  
During Sessions All Week!

**Directors:** Dave Jutton, 845-399-5480

