

COED WEIGHT TRAINING & FITNESS

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

Participants: Ages 14-19
Site: Red Hook High School Wellness & Fitness Center
Time: Monday, Tuesday, Thursday, Friday 5 July to 12 August 8:00 – 9:30 a.m.
Cost: No Charge
Signups: Red Hook Town Hall 4 June and 11 June, 9:00 - 1:00 p.m. During Sessions All Summer!
Directors: 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.

Participants: Grades 6-8 at Linden Ave Middle School Grades 9-12 at Red Hook High School
Site One: Linden Avenue Middle School – Grades 6-8 Wellness Center –Climbing & Outdoor Activities Monday, Wednesday, Friday 6 July to 29 July 9:15-10:30 a.m. Director: Barb Murray 845-901-0343
Site Two: Red Hook High School – Grades 9-12 Red Hook Alumni to age 21 Wellness & Fitness Center Monday, Wednesday, Friday 6 July to 29 July 10:30 – 11:45 a.m. Director: Barb Murray 845-901-0343
Cost: No Charge
Signups: Red Hook Town Hall 4 June and 11 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.

Participants: Ages 8-12 – Parents Welcome!
Site: Red Hook Recreation Park Pool
Dates: Saturday, 16 July 2010
Time: 7:00 to 10:00 p.m.
Cost: No Charge
Signups: No permission slip required Sign the attendance list at the door.
Director: Andrew Makebish, 758-6364



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.

Participants: Ages 13 and over!
Site: Red Hook Recreation Park Pool
Dates: Saturday, 23 July 2010
Time: 7:00 to 10:00 p.m.
Cost: No Charge
Signups: No permission slip required Sign the attendance list at the door.
Directors: Andrew Makebish, 758-6364

SENIOR WALK PROGRAM

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

Participants: Senior Citizens
Site: Red Hook Recreation Park
Dates: Started 25 May 2011
Time: Wednesdays 10:00 a.m.
Cost: No Charge
Program: 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.
Director: 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.

Participants: Ages 6-15
Site: Red Hook Recreation Park
Dates: Season begins 10 September 2011
Time: Saturdays Games begin at 1:00 p.m. & 3:00 p.m.
Cost: \$60.00 per player \$110.00 for two players/family \$125.00 for three players/family
Registration: Registration is online: KnightsOfColumbus.nfflag.com Registration is open 1 June through 16 Aug.
Director: 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.

Participants: Open to Red Hook and Germantown boys and girls, 5-16 years of age
Site: Practices –Linden Ave Middle School Red Hook High School,
Home Games: Other Towns
Away Games: Other Towns
Time: 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
Registration: Online at: http://www.eteamz.com/redhookraiders/
Contact: Rich Schiafo, 757-1016 rich.schiafo@yahoo.com

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

Village of Tivoli at 1 Tivoli Commons
 845-757-3771 ~ On the Web at: http://tivoliblibrary.org/
Librarian: Bonnie Corrado
Library Hours: 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 Programs are planned! Call for more information! 845-757-3771

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/

Director: Sue Hoadley
Library Hours: 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

Basic Family Pass: \$365
Family Plus Pass: \$475
Single Member Pass: \$230 (Member must be at least 14 years old)

Senior (55 by 15 May 2011): \$65
Babysitter Pass: \$50
Early Morning Lap Swim: \$70
Swim Team Coach: Kevin Storrs 758-8424
Swim Lessons: Pool Members \$70 Non Pool Members \$100 All Additional Child Lessons \$60 and \$90 One-Week Session \$30 and \$45

Lesson Dates: Session I: 27 June to 8 July Session II: 11 July to 22 July Session III: 25 July to 5 August Session IV: 9 August to 13 August

Lesson Times: 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.*

*Baby/Toddler Lessons: Monday, Wednesday, Friday 27 June to 5 August

Swim Lesson Registration by Mail Only!

Registration forms are available at www.redhookpool.com
Pool President: Drew Brooks, 758-8424
Pool Phone #: 758-8424

2011 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.

Membership Options

Appointments must be made for 3, 6 or 12 month memberships. Please call Jamie Hooper at 845-758-7531 or email: hooper@bard.edu Visit www.bardathletics.com for more information.



TOWN OF RED HOOK RECREATION COMMISSION

2011 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 4 AND JUNE 11 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
 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

Web Site: 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
27 June to 29 July, 9:00 to 12:00 a.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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
6 July to 5 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
4 June and 11 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 5 July to 4 August

Advanced Tennis: 9:00 – 10:30 a.m.

Ultimate Frisbee: 10:30 – 12:00 a.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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
27 June to 29 July
1:30 - 3:30 p.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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: 28 June to 28 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
4 June and 11 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
28 June to 28 July 6:00 - 8:00 p.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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.
28 June to 28 July

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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: Grades 3-6

Site: Red Hook High School Gym

Time: Tuesday and Thursday
July 5, 7, 19, 21 26, 28, August 2, 4
10:00 - 11:30 a.m. Basketball

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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 7-12

Site: Red Hook High School Gym

Time: Tuesdays and Thursdays
July 5, 7, 19, 21 26, 28, August 2, 4
8:00 – 10:00 a.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 June, 9:00 - 1:00 p.m.
During Sessions All Summer!

Directors: Pam White, 914-466-0493

GIRLS' BEGINNER FIELD HOCKEY

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

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

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

Time: Thursdays, 7 July to 4 Aug. 5:00 - 6:30 p.m.

Cost: No Charge

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

Signups: Red Hook Town Hall
4 June and 11 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, 9, 10, 11, 12

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

Time: Thursdays, 7 July to 4 Aug. 6:30 – 8 p.m.

Cost: No Charge

Equipment: Mouth guard, shin guards,
Field Hockey Stick

Signups: Red Hook Town Hall
4 June and 11 June, 9:00 - 1:00 p.m.
During Sessions All Summer!

Director: Mary Hare, 758-6147

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: Mondays, June 27, July 11,18, 25, August 1
9:00-10:30 a.m. ~ Grades 8-12
10:30- 12:00 p.m. ~ Grades 5-7

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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!

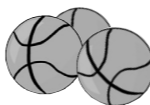
Site: Red Hook High School Fields

Time: Monday through Friday
8 August to 12 August, 8:00-10:00 a.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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
1 August to 5 August
8:00-10:00 a.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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

Please bring your own equipment!

Site: Red Hook High School

Time: Mondays
27 June to 25 July
6:00 - 7:30 p.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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: Tuesdays
5 July to 2 August
6:00 - 7:30 p.m.

Equipment: Girls' Lacrosse Stick, Mouth guard
Call Director with questions.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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: Monday, Tuesday, Wednesday, Thursday
27 June to 30 June
9:00-11:30 a.m.

Cost: No Charge

Equipment: Girls' Lacrosse Stick, Mouth guard
Call director with questions.

Signups: Red Hook Town Hall
4 June and 11 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, 7 May - 16 July
Game #1 ~ 9:00 a.m.
Game #2 ~ 10:30 a.m.

Cost: Team practices are held on weekday nights.
Fee for jersey only
Players must have their own equipment!

Signups: Program has already begun!
Signups are done in March!
For information about next year's program call the director.
Frank Fiore, 914-388-1284

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
27 June to 25 July
6:00 - 8:00 p.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 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
12 July through 16 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
Make Checks Payable to:
Town of Red Hook Tee Ball/Softball
Signup Forms on redhook.org site
Red Hook Town Hall
4 June and 11 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
5 July to 4 August, 1:00 - 2:30 p.m.

Cost: No Charge

Signups: Red Hook Town Hall
4 June and 11 June, 9:00 - 1:00 p.m.
During Sessions All Week!

Directors: Dave Jutton, 845-399-5480