



# CORTLANDT WINTER/SPRING PLANNER

**ACTIVITIES FOR ADULTS,  
SENIORS AND YOUTH!**

**Town Supervisor**  
Richard H. Becker, MD

**Town Board**  
James F. Creighton  
Cristin Jacoby

Robert E. Mayes  
Joyce C. White

*FEATURED THIS  
WINTER/SPRING:*

**SPRING YOUTH  
SOCCER LEAGUE**

**CORTLANDT SENIOR  
ACADEMY AWARDS  
AFTERNOON**

**ADULT DANCE  
CLASSES**

**YOGA FOR ALL AGES**

**EGG HUNT**

**5TH GRADE LUAU AT  
THE YOUTH CENTER**

**SPRING YOUTH  
ENVIRONMENTAL  
COURSES**



## Town of Cortlandt Recreation & Conservation Department

Cortlandt Town Hall  
1 Heady Street  
Cortlandt Manor, NY 10567-1241

- ☎ Phone: 914-734-1050
- 🌐 Website: [www.townofcortlandt.com](http://www.townofcortlandt.com)
- ✉ Email: [tocrec@townofcortlandt.com](mailto:tocrec@townofcortlandt.com)
- 📘 Facebook: [facebook.com/townofcortlandt](https://facebook.com/townofcortlandt)
- 📷 Instagram: [@townofcortlandt](https://instagram.com/@townofcortlandt)

*- Sponsored by the Town of Cortlandt -*

### TOWN SUPERVISOR

Richard H. Becker, MD

### TOWN BOARD

James F. Creighton | Cristin Jacoby | Robert E. Mayes | Joyce C. White

### PARKS, RECREATION, & CONSERVATION ADVISORY BOARD

Tino Martin, Chairman  
 Jeffrey Boudin  
 Jennifer Corrado  
 Pamela Bush Denenberg  
 Paul DiRoma  
 Michael Fleming  
 Nathan Palmer  
 Joseph Mintz  
 Joseph Ryan  
 Kelly LaVasseur Reilly  
 Paul Pacchiana

### ADVISORY BOARD HIGH SCHOOL STUDENTS

Kailee Fleming  
Emily Grace Ruvolo

### RECREATION & CONSERVATION DEPARTMENT

Kenneth Sherman, Director ..... 914-734-1058  
 Lesley Popkin, Deputy Director ..... 914-734-1057  
 Tim Fisher, Recreation Supervisor ..... 914-734-1056  
 Greg Kroohs, Recreation Supervisor ..... 914-734-1055  
 Dawn Mahoney, Director of Senior Services ..... 914-528-1572  
 Rebecca Ferguson, Assistant Director of Senior Services ..... 914-528-8377  
 Lindsey Luposello, Youth Center Director ..... 914-736-0498  
 Colleen Anderson, M.S., Ed, CPP, Coalition Coordinator ..... 914-734-1052

### OFFICE STAFF

Emma Giovinco | Janice LaFave

*The Town of Cortlandt gratefully acknowledges the cooperation extended by the Hendrick Hudson School District, Lakeland Central School District, Village of Buchanan, Village of Croton-on-Hudson, Cortlandt Town Center and to all other groups regarding the use of their facilities and to our business community for supporting our programs and teams.*

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<b>CORTLANDT TOWN HALL</b>	Main Telephone Number	914-734-1000
<b>DEPARTMENT OF ENVIRONMENTAL SERVICES</b>	<i>167 Roa Hook Road, Cortlandt Manor, NY 10567</i>	
Director	Steve Ferreira, P.E.	914-737-0100
Deputy Director	Christina Edwards	914-737-0100
Working Supt. Highway		914-737-0075
Highway & Parks Division		914-737-0075
Sanitation Division		914-737-0100
Water Division		914-734-1026
Water Division Billing Issues, Northern Westchester Joint Water Works		914-737-5380 EXT 114
<b>HOTLINE FOR INFORMATION AND EVENTS</b>		914-734-1000 EXT 28
<b>DIRECTOR OF OPERATIONS</b>	Claudia Vahey	914-734-1004
<b>JUSTICE COURT</b>	Judge Kimberly Ragazzo	914-734-1090
	Judge Maritza Fugaro-Norton	914-734-1090
<b>JUSTICE COURT CLERK</b>	Audrey Stewart	914-734-1090
<b>MURIEL H. MORABITO COMMUNITY CENTER</b>	<i>29 West Brook Drive, Cortlandt Manor, NY 10567</i>	
Office of the Aging Director	Dawn Mahoney	914-528-1464
Nutrition Site Manager & Assistant to Director	Rebecca Ferguson	914-528-8377
<b>DEPARTMENT OF PLANNING &amp; COMMUNITY DEVELOPMENT</b>		
Director	Christopher Kehoe	914-734-1080
Assistant Director	Rosemary Boyle-Lasher	914-734-1083
<b>PURCHASING DEPARTMENT/ CENTRAL SUPPLIES</b>		
Director of Purchasing	Jennifer Glasheen	914-734-1046
<b>RECEIVER OF TAXES</b>	Debra A. Carter	914-734-1030
<b>DEPARTMENT OF RECREATION AND CONSERVATION</b>		
Director	Ken Sherman	914-734-1058
Deputy Director	Lesley Popkin	914-734-1057
<b>SUPERVISOR</b>	Richard H. Becker, MD	914-734-1002
Secretary to the Supervisor	Judi Peterson	914-734-1002
Assistant to the Supervisor	Dianne Carroll	914-734-1101
Assistant to the Supervisor	Elvia Sinchi	914-734-1002
<b>DEPARTMENT OF TECHNICAL SERVICES- CODE ENFORCEMENT, ENGINEERING, AND PLANNING</b>		
Director D.O.T.S	Michael Preziosi, P.E.	914-734-1060
Deputy Director, D.O.T.S.	Artie D'Angelo, Jr., P.E.	914-734-1060
Director, Code Enforcement	Martin Rogers, P.E.	914-734-1010
Assistant Director, Code Enforcement	Holly Haight	914-734-1015
<b>TOWN ASSESSOR</b>	Denise Knauer	914-734-1040
<b>TOWN ATTORNEY</b>	Thomas Wood	914-736-0930
<b>DEPUTY TOWN ATTORNEY</b>	Michael Cunningham	914-736-0930
<b>TOWN COMPROLLER</b>	Patricia Robcke	914-734-1070
<b>TOWN CLERK</b>	Laroue Shatzkin	914-734-1020
<b>YOUTH &amp; RECREATION CENTER</b>	<i>3 Memorial Drive, Croton on Hudson, NY 10520</i>	
Youth Center Director	Lindsey Luposello	914-736-0498

Dear Cortlandt Resident:

We hope you enjoy looking through our new and improved Winter/Spring Planner. Inside you will find many excellent programs that offer a variety of recreational opportunities for our community.

Here are some highlights of events coming up this season:

**SYNTHETIC ICE-SKATING RINK AT OUR YOUTH CENTER- 3 MEMORIAL DRIVE, CROTON-ON-HUDSON**

The rink is opened for sessions: Friday (4:30 PM- 10:00 PM) Saturday and Sunday (12:30 PM- 8:00 PM) from November through March. **Skates are available for rent.** Skating lesson will be offered- please sign up in advance.

**FOR ADULTS**

Take a yoga class (beginner to experienced), learn to speak Japanese, join our volleyball program.

**FOR SENIOR CITIZENS**

Learn to paint, dance, use your smart phone and enjoy a movie- see inside for details.

**FOR YOUTHS**

Participate in a nature hike, become an art explorer and start learning to cook. Please join one of our many sport leagues.

**HUDSON RIVER EAGLEFEST**

Saturday, February 3rd at Cortlandt Waterfront Park and other locations in the town.

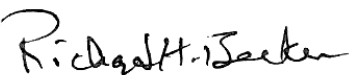
**EGG HUNT**

March 23rd, promptly at 1:00 PM, outside the Youth Center.

For more details on these programs and MANY others see inside to sign up. Please keep the Planner handy throughout this Winter/ Spring season to refer to for all town programs and events.

Did you know the Town of Cortlandt sends out weekly e-newsletter on Fridays to help keep our residents informed about everything Cortlandt? Learn about upcoming local events, community achievements, messages from the Desk of Supervisor Dr. Richard Becker and more! You can subscribe by visiting [www.townofcortlandt.com/alerts](http://www.townofcortlandt.com/alerts). Share this with your family and friends!

Sincerely,



Richard H. Becker, M.D.  
Supervisor, Town of Cortlandt





# STORM PREPAREDNESS

## TOWN OF CORTLANDT INFORMATION

### IMPORTANT RESOURCES AND LINKS

Con Edison  
800-752-6633 | [www.coned.com](http://www.coned.com)

Sign up for alerts on the Town of Cortlandt Website:  
[www.townofcortlandt.com/alerts](http://www.townofcortlandt.com/alerts)

### TOWN OF CORTLANDT, DES HIGHWAY DIVISION

914-737-0075  
[highway@townofcortlandt.com](mailto:highway@townofcortlandt.com)  
for downed trees and/or wires

### TOWN OF CORTLANDT TOWN HALL AND WEBSITE

914-734-1000  
[www.townofcortlandt.com](http://www.townofcortlandt.com)

### TOWN OF CORTLANDT FACEBOOK

[www.facebook.com/townofcortlandt](http://www.facebook.com/townofcortlandt)

### OPTIMUM CABLE, NY

**BRONX / BROOKLYN / WESTCHESTER**  
Residential Customer Service 718-860-3513  
[www.optimum.net](http://www.optimum.net)

### VERIZON FIOS

800-837-4966  
[www.verizon.com/home/fios/](http://www.verizon.com/home/fios/)

### NYS POLICE

Non-Emergency Phone 914-737-7171

### WESTCHESTER COUNTY POLICE

Non-Emergency Phone 914-864-7701

### EMERGENCY 911

### STORM PREPAREDNESS CHECKLIST

- Pay close attention to weather advisories and storm warnings



- Keep a flashlight and fresh batteries handy



- Refuel vehicles and ensure they are in good working condition



- Have a battery powered radio to keep informed of restoration efforts



- Have a plan to check on vulnerable neighbors and family members



- Stock water and packaged or canned foods that do not require refrigeration



- Have a phone that does not require an electric outlet to operate; Charge cell phones or have a car cell phone charger



- Ensure adequate supplies of medications, cash, and other necessities



- Stay at least 30 feet away from downed power lines, and lines that may be entangled and hidden in fallen trees. Assume a downed line is live.
- Avoid using candles for illumination.
- Never use outdoor gas or charcoal grills, indoors as they pose a fire hazard and, over time, can give off deadly carbon monoxide gas. Use these appliances outdoors only, with proper ventilation. Operate motor vehicles outdoors only, and never in the garage.

# CORTLANDT CONSOLIDATED WATER DISTRICT

## What's New with Water- What You Need to Know

Early next year, The Town of Cortlandt will be contacting you to make an appointment to visit your homes, to take care of two items simultaneously.

First, the EPA is requiring all communities to test for copper and lead. This must be done within the calendar year 2024 and it requires a visit to each and every home. Obviously, this is a good thing as it is important that all residents know whether or not they need to worry about these substances in their water.



Secondly, every home has a water meter that is used to determine the amount consumed. The initial meters were installed in the 2004 timeframe, and now that they are approaching 20 years old the batteries are rapidly failing. It is therefore necessary to replace these meters during the upcoming year and it seems best to perform both the water quality testing and meter replacements at the same time, necessitating only one home visit.

There is nothing to do now. This is just a heads up for plans for 2024.

Finally, billing through The Northern Westchester Joint Waterworks (NWJWW) is being updated, for better accuracy and simplicity. Accordingly, the billing cycles for you and your neighbors will be adjusted so that everyone in your area is on the same cycle. Some will receive their bill on time, but others will see a pause or delay in when their bill is delivered. Any adjustments for the delayed billing cycle will be made on the subsequent bill, and all subsequent bills will be on this new cycle.



**NORTHERN WESTCHESTER  
JOINT WATER WORKS**

For more information about these water updates, please visit [www.townofcortlandt.com/ccwd](http://www.townofcortlandt.com/ccwd).

Water Division (Maintenance) (914) 734-1026

NWJWW (Billing) (914)737-7676

SCAN ME 



# HOW TO REGISTER FOR RECREATION PROGRAMS ONLINE

**WINTER / SPRING 2024 ONLINE REGISTRATION WILL BEGIN ON:**

**FRIDAY, JANUARY 5, 2024, 8:30 AM**



To create a family account and register for programs, follow the instructions below or on the Community Pass site.

## **HOW TO CREATE A FAMILY ACCOUNT:**

1. Go to [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline)
2. From the Town of Cortlandt Community Pass login homepage click on the "Create an Account" tab.
3. On the next page complete the "Account Creation" fields and click on Create at the bottom of the page.
4. On the next page you will see the Community Pass Privacy Statement. After reading, click 'Accept.' Then click 'Finish.'
5. Please save your login and password for future use.

## **HOW TO REGISTER FOR PROGRAMS:**

1. Go to [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline) to log back into the system.
2. Log in using the permanent username and password for your account.
3. Click the 'Click Here to Register' button.
4. Select the applicable Catalog by clicking the 'Continue' button next to your choice.
5. Verify email. Click 'Continue.'
6. Select the person registering, then 'Continue.'
7. Select the program (s) you wish to attend.
8. When finished with selections, click 'Continue.'
9. Complete payment information.

If you have any questions concerning account activation, registration or payments, please contact us at:  
**914-734-1050** or [reconline@townofcortlandt.com](mailto:reconline@townofcortlandt.com)

### **— IMPORTANT REGISTRATION INFORMATION —**

- Registration can also be mailed to the Recreation office (PLEASE NOTE: Due to the popularity of our programming, and accessibility of online registration, mailing in your registration may result in waitlist);  
Office Hours 8:30 AM to 4:00 PM:  
**Town of Cortlandt Recreation & Conservation**  
**1 Heady Street**  
**Cortlandt Manor, New York 10567-1254**
- Use the appropriate registration form included in the back of this brochure for in office and/or mail in registrations.
- Include cash, a check, or a money order payable to THE TOWN OF CORTLANDT RECREATION for the total amount.
- Individual checks are necessary for separate courses and camp programs.
- There is a point when a program must be canceled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. Please register early!
- It is recommended that your registration be completed a minimum of two (2) weeks prior to the start of the program.
- If space is available in any program one week prior to the start of the program, nonresidents will be allowed to participate by paying a 20% surcharge of the higher fee.
- THE TOWN OF CORTLANDT RECREATION DEPARTMENT DOES NOT ACCEPT AMERICAN EXPRESS.

*The Town does not provide accident insurance • The Town is not responsible for typographical errors*



# TOWN OF CORTLANDT RECREATION PHOTO ID CARDS & HOLLOW BROOK GOLF STICKERS

The fees listed for programs differ for those participants with or without a Town of Cortlandt Recreation Photo ID Card. Note that all valid photo ID cards have expiration dates. Please check your card.

- Previously issued ID cards are NOT acceptable as current proof of residency.
- THE TOWN OF CORTLANDT RECREATION DEPARTMENT DOES NOT ACCEPT AMERICAN EXPRESS.
- Adult and Youth ID Card fee, \$7.00.
- Senior Citizen ID Card fee (60+, must provide identification), \$3.50.

## TOWN OF CORTLANDT RECREATION PHOTO ID CARDS VIA COMMUNITY PASS AND EMAIL

The fees listed for programs differ for those participants with or without a Town of Cortlandt Recreation Photo ID Card. Note that all valid photo ID cards have expiration dates. Please check your card.

1. Residents must first create an account through Community Pass (\*Please be sure to enter every household member into your family account that you would like to have registered for a Town of Cortlandt Recreation ID Card):
  - Go to [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline)
  - From the Town of Cortlandt Community Pass login homepage click on the "Create an Account" tab.
  - On the next page complete the "Account Creation" fields and click on Create at the bottom of the page.
  - On the next page you will see the Community Pass Privacy Statement. After reading, click 'Accept.'
  - Then click 'Finish.' Please save your login and password for future use.
2. Each adult resident in the household requesting an ID Card must submit two forms of proof of residency (Drivers license, current utility bill, current paystub, check with Town of Cortlandt address, car registration, etc. Previously issued ID cards are NOT acceptable as current proof of residency), via email to [recidcard@townofcortlandt.com](mailto:recidcard@townofcortlandt.com), along with the following.
  - Residents must also specify which family members in their account would like an ID Card
  - Residents must also submit photos of each family member requesting an ID Card
    - *In color*
    - *Taken within the past 6 months, showing current appearance*
    - *Use a clear image of your face. Do not use filters commonly used on social media.*
    - *Full face, front view with a plain background*
    - *Have someone else take your photo. No selfies.*
    - *Do not wear a hat or headgear*
    - *Do not wear sunglasses*
3. Office staff will then register each family member for their ID Cards.
4. Residents will be notified when their ID Cards are registered through Community Pass. **Families will not be eligible to register for any other program until the balance for their ID Cards is paid in full.**
5. Finally, office staff will print the physical ID Cards, and mail them to the address on the residents Community Pass account.

Residents may also get Town of Cortlandt Recreation Photo ID Cards in office at Town of Cortlandt Town Hall located at 1 Heady Street, Cortlandt Manor, Office #11; hours are Monday- Friday, 9:00 AM- 3:30 PM.

**\*TOWN OF CORTLANDT RESIDENTS WHO WISH TO USE HOLLOW BROOK GOLF COURSE MUST POSSES A TOWN OF CORTLANDT REC ID CARD & HAVE A HOLLOW BROOK GOLF STICKER FOR THEIR CAR. THAT IS AN ADDITIONAL \$12. FOR SPECIFIC HOLLOW BROOK GOLF INFORMATION, PLEASE SEE PAGE 67.**

*Buchanan and Croton residents may use their Village ID card to receive our ID card rate for all programs except our summer swim passes and summer swim lessons. If you have a Buchanan or Croton Village ID Card and wish to register for a program online, please contact the Town of Cortlandt Recreation Department at [recidcard@townofcortlandt.com](mailto:recidcard@townofcortlandt.com).*

# GENERAL TOWN OF CORTLANDT RECREATION DEPARTMENT INFORMATION

## CREDITS/ REFUNDS

- **A full refund will be issued for any program cancelled by the Recreation Department.**
- Any refund request because of illness or accident must be submitted in writing and be accompanied by a doctor's note. Refunds will be prorated based on the date received. **Requests must be made prior to the end of the program and will not be considered when a program is half over.** All requests must be submitted in writing.
- All other refund/credit requests (other than medical) must also be submitted in writing and will be assessed a \$15.00 processing fee and issued a prorated program credit based on the date received. The credit must be used within two years from the date and must be mailed in with your application to ensure proper credit towards your next program or league registration. The credit is not replaceable – original form must be submitted for credit.
- Whether the initial registration is paid via cash, check, or credit card, **all refunds** will be issued via check.

## SLIDING FEE SCALE AVAILABLE

It is the intention of the Town that no resident of the Town be denied the ability to participate in programs because of an inability to pay. Income Tax backup is necessary, unemployment information, and any other paper work is requested for financial help already received by any other agencies. The fee reduction can be used with any program registration, sports league or resident pass in the Recreation Division. Fee reduction applications are available in the Recreation Office through Emma Giovinco at [emmag@townofcortlandt.com](mailto:emmag@townofcortlandt.com) or 914-734-1054 or John Palmiotto, Director, Town of Cortlandt Recreation & Conservation at 914-734-1051.

## RECREATION "SUGGESTION BOX"

There may be an activity or program that you enjoy which is not presently offered by the Town of Cortlandt Recreation Department. You may also have ideas for new programs or constructive comments on the improvement of existing programs and services. In either case, the Town of Cortlandt Recreation Department encourages residents to express their ideas and concerns! Help us offer the best programs and services! Send all ideas and comments to [tocrec@townofcortlandt.com](mailto:tocrec@townofcortlandt.com).

## HANDICAPPED ACCESSIBILITY

Programs described in this brochure have been audited by our staff to determine general accessibility. All Town of Cortlandt facilities and Schools that are used to hold our programs are barrier free. For programs that are held outdoors please call the Recreation Department at 914-734-1050 for information.

*The winter weather is unpredictable, and inclement or dangerous conditions may warrant the cancellation of some programs on those days. Information on cancellations is available at our cancellation hotline, 914-734-1053. Programs cancelled due to inclement weather will be made up if the schedule permits. You may also be contacted via email directly through our online registration software, Community Pass, about cancellations. Please be vigilant to check your email, including your spam.*



*The Town is not responsible for typographical errors*

# LOOKING AHEAD

## Summer 2024 Camp Registration Important Dates and Reminders

**Thursday, March 28th 8:30 AM:** In-office and online registration for all Summer 2024 Recreation Programs begins.

**Friday, June 14th:** Deadline to register for camp (Day Camp, 5th/6th Grade Camp, and 7th/ 8th Grade) before the late registration fee is applied; a \$25 fee for each session, and a total of \$75 when registering for all three sessions.

**Tuesday, June 25th:** Deadline to register for Session I (Day Camp, 5th/6th Grade Camp, and 7th/ 8th Grade)

**Tuesday, July, 9th:** Deadline to register for Session II (Day Camp, 5th/6th Grade Camp, and 7th/ 8th Grade)

**Tuesday, July 23rd:** Deadline to register for Session III (Day Camp, 5th/6th Grade Camp, and 7th/ 8th Grade)

### Prospective Day Camp, 5th/6th Grade Camp, and 7th/ 8th Grade Information:

Session I July 1st- July 12th\* (No Camp on Thursday, July 4th)

Session II July 15th- July 26th\*

Session III July 29th- August 9th\*

Day Camp: Charles J. Cook Park

5th/ 6th Grade Camp: Hendrick Hudson High School\*

7th/8th Grade Camp: Blue Mountain Middle School\*

*\*All information above is subject to change based on Hendrick Hudson School District availability and scheduling.*



# WINTER & SPRING ADULT PROGRAMS



**PICKLEBALL  
TUNE-UP**

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**BEGINNER DANCE  
CLASSES: MAMBO/  
SALSA AND CHA-CHA**

---

**FOCUSED  
KARATE**

---

**INTRODUCTION  
TO LEARNING  
JAPANESE**

# YOGA CORE & STRETCH

**"I'VE TAKEN YOGA CORE & STRETCH TAUGHT BY KAREN LETT THROUGH THE TOWN FOR OVER THREE YEARS. IT IS A FANTASTIC CLASS! YOGA RELAXES ME AND SINCE THE CLASS IS IN THE EVENING, I CAN GO HOME AND REST THAT MUCH BETTER. THE LARGER BENEFITS OF YOGA IS THE ABILITY TO KEEP OUR BODIES, ESPECIALLY AS WE AGE, MORE LIMBER AND FLEXIBLE. KAREN TEACHES THE CORRECT WAY TO STRETCH, WHICH IS SO IMPORTANT. IS THE CLASS ALWAYS EASY?...NO! BUT, LIKE ANY EXERCISE CLASS, YOU GO HOME AND SAY- I'M GLAD I WENT!"**

**- DONNA D'AGOSTINO**



# Winter & Spring Adult Programs

Town of Cortlandt Seniors (residents only) ages 60 and over receive a 50% discount for recreation programs  
The 50% discount for recreation programs will also be offered to Town of Cortlandt Disabled Veterans and their spouses (proof required).

## **BADMINTON**

### **Sanjeeb Dash, Instructor**

This will be a non-league badminton program designed for adults. The program is for fun and exercise. Players of all skill levels are welcome to come for free play!

**Course Number:** 401-1W  
**Location:** Blue Mountain Middle School Gym (7 Furnace Woods Road, Cortlandt Manor)  
**Day/ Dates:** Tuesday, starting date: January 23 (8 Sessions)  
**Time:** 6:30 PM- 8:00 PM  
**Fee:** \$40 with ID/ \$45 without ID/ \$54 nonresident

**Course Number:** 401-1S  
**Location:** Blue Mountain Middle School (7 Furnace Woods Road, Cortlandt Manor)  
**Day/ Dates:** Tuesday, starting date: April 16 (8 Sessions)  
**Time:** 6:30 PM- 8:00 PM  
**Fee:** \$40 with ID/ \$45 without ID/ \$54 nonresident

## **BASKETBALL**

### **Steve Staiano, Director**

Free Play Basketball. Registration closed after third session.

**Course Number:** 400-1W (18 & Over)  
**Location:** Hendrick Hudson High School Gym (2166 Albany Post Road, Montrose)  
**Day/ Dates:** Tuesday, starting date: January 16 (16 sessions)  
**Time:** 8:00 PM- 10:00 PM  
**Fee:** \$55 with ID/ \$60 without ID/ \$72 nonresident

**Course Number:** 400-2W (30 & Over)  
**Location:** Blue Mountain Middle School Gym (7 Furnace Woods Road, Cortlandt Manor)  
**Day/ Dates:** Saturday, starting date: January 13 (16 sessions)  
**Time:** 10:00 AM- 12:00 PM  
**Fee:** \$55with ID/ \$60 without ID/ \$72 nonresident

## **DEFENSIVE DRIVING COURSE (6 HOURS TOTAL)**

### **B.J. Jani, Instructor**

This is an approved course by the Department of Motor Vehicles. On completion of this course the DMV will reduce points from the license and insurance company's gives discounts on the Liability and Collision portion of the automobile insurance premiums. It is a great course that helps you learn techniques to become a safer driver. PLEASE BRING YOUR DRIVERS LICENSE AND A PEN. Meet in High School front Lobby prior to first class.

**Course Number:** 403-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Tuesday & Wednesday; March 12, 13 (2 sessions)  
**Time:** 6:30 PM- 9:30 PM  
**Fee:** \$45 with ID/ \$50 without ID/ \$60 nonresident

**Course Number:** 403- 1S  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Tuesday & Wednesday; April 16, 17 (2 sessions)  
**Time:** 6:30 PM- 9:30 PM  
**Fee:** \$45 with ID/\$50 without ID/ \$60 nonresident

**BEGINNER DANCE CLASSES**

Come have fun learning how to social dance and get your Latin Mojo on! Classes are taught in an enjoyable, comfortable interactive environment for absolute beginners or those who wish to improve their skills. Learn the basics of Cuban Motion and a good vocabulary (dance steps) to get you out on the dance floor! Mambo & Cha-Cha have similar vocabularies so taking both classes helps to reinforce what you're learning and you'll know two dances! No experience or partner necessary. Instructor Liz Peterson has been teaching for 33 years and loves to share the joy of dancing.

\*Participants will receive a discount when registering for both courses \$150 with ID/ \$155 without ID/ \$174 nonresident.

**BEGINNER MAMBO/ SALSA**

**Course Number:** 406-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Date/ Dates:** Tuesday, starting date: January 16 (6 Sessions)  
**Time:** 6:30 PM- 7:30 PM  
**Fee:** \$90 with ID/ \$95 without ID/ \$114 nonresident

**BEGINNER CHA- CHA**

**Course Number:** 420-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Monday, starting date: January 16 (6 Sessions)  
**Time:** 7:45 PM- 8:45 PM  
**Fee:** \$90 with ID/ \$95 without ID/ \$114 nonresident

**FOREVER FIT (AGES 50 PLUS)*****Premier Personal Trainer***

Strength training, stretching and cardio exercise for strong bones, flexibility and lower resting heart rate. Just what you need.

**Course Number:** 405-1F  
**Location:** Premier Athletic Club (2127 Albany Post Road, Montrose)  
**Date/ Dates:** Mondays, starting date: February 5 (8 sessions)  
**Time:** 11:30 AM- 12:30 PM  
**Fee:** \$125 with ID/ \$130 without ID/ \$156 nonresident

**INTRODUCTION TO JAPANESE LANGUAGE (AGES 12 & OVER)*****Nick DeMauro, Instructor***

This course is designed to provide an introduction to spoken and written Japanese, aimed towards beginning to intermediate learners. Over the course of this 10 week session, students will learn the essentials of Japanese grammar, vocabulary, and writing. In addition, students will also receive an overview of Japanese culture and history in order to contextualize the language. Both adults and children welcome!

**Course Number:** 425-1S  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Date/ Dates:** Mondays, starting date: March 25 (10 sessions)  
**Time:** 7:30 PM- 8:30 PM  
**Fee:** \$150 with ID/\$155 without ID/ \$186 nonresident

**KARATE & ADVANCED KARATE (AGES 14 & OVER)****CLASS IS SUBDIVIDED BY AGE AND ABILITY*****Jeff Butler, Instructor***

This is a traditionally taught martial arts class that operates throughout the year. New participants should wear comfortable clothes that are appropriate to go to the gym. Returning students will wear the class uniforms. Belt ranks are given as people progress from one level to the next. Class activities include warm ups, stretching, basic techniques, heavy bag/focus mitts, single and partner drills as well as sparring and self-defense. Parents of youth members: Youth must initially be accompanied by an adult until the instructor gives parents permission to drop them off.

**Course Number:** 410-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Thursday, starting date: February 8 (16 sessions)  
**Time:** 6:00 PM- 8:00 PM  
**Fee:** \$65 with ID/ \$65 without ID/ \$78 nonresident

**KARATE BASICS (AGES 10 & OLDER)**

**Jeff Butler, Instructor**

This is for those with no experience or for those who have some previous training but want to get back into martial arts at a slower pace. Participants will learn basic techniques, stretching, and some focus mitts/ heavy bag.

- Course Number:** 456-1W
- Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)
- Day/Dates:** Saturday, starting date, February 10 (16 sessions)
- Time:** 9:00 AM- 10:00 AM
- Fee:** \$45 with ID/\$50 without ID/ \$60 nonresident

**FOCUSED KARATE (AGES 10 & OLDER)**

**Jeff Butler, Instructor**

This is for those who have completed Karate Basics or is an ongoing participant of the traditional Karate & Advanced Karate Course. Each week this class will rotate between forms practice, sparring/ self defense and focus mitts/ heavy bag.

- Course Number:** 457-1W
- Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)
- Day/Dates:** Saturday, starting date, February 10 (16 sessions)
- Time:** 10:00 AM- 11:00 AM
- Fee:** \$45 with ID/\$50 without ID/ \$60 nonresident



**PICKLEBALL 101 (AGES 14 & OVER)**

**Beth Shea, PPR Certified Professional Instructor**

This class will teach all participants the rules, scoring, strokes and strategy of this fun and increasingly popular sport. If you like ping pong, you will enjoy pickleball! Full games with scoring will take place in the last two classes. This class is appropriate for brand new players or those who have tried the sport a couple of times and want to learn the basics correctly. Equipment will be provided for the first session.

- Course Number:** 455-1W
- Location:** Premier Athletic Club Gymnasium (2127 Albany Post Road, Montrose )
- Days/Dates:** Tuesdays, Starting Date: January 23 (4 sessions)
- Time:** 4:30 PM- 5:30 PM
- Fee:** \$110 with ID/ \$115 without ID/ \$138 nonresident

- Course Number:** 455-2W
- Location:** Premier Athletic Club Gymnasium (2127 Albany Post Road, Montrose )
- Days/Dates:** Thursdays, Starting January 25 (4 sessions)
- Time:** 1:00 PM- 2:00 PM
- Fee:** \$110 with ID/ \$115 without ID/ \$138 nonresident

- Course Number:** 455-1S
- Location:** Premier Athletic Club Gymnasium (2127 Albany Post Road, Montrose )
- Days/Dates:** Tuesdays, Starting, March 5 (4 sessions)
- Time:** 4:30 PM- 5:30 PM
- Fee:** \$110 with ID/ \$115 without ID/ \$138 nonresident

- Course Number:** 455-2S
- Location:** Premier Athletic Club Gymnasium (2127 Albany Post Road, Montrose )
- Days/Dates:** Thursdays, Starting, March 7 (4 sessions)
- Time:** 1:00 PM- 2:00 PM
- Fee:** \$110 with ID/ \$115 without ID/ \$138 nonresident



## **PICKLEBALL BEGINNERS CLINIC (YOUTH & ADULTS AGE 14 AND OVER)**

***Beth Shea, PPR Certified Professional Instructor***

This clinic will teach all participants the rules, scoring, strokes and strategy of this fun and increasingly popular sport. If you like Ping-Pong, you will enjoy pickleball! Mini games with scoring will take place in the last thirty minutes. The clinic is appropriate for brand new players or who have tried the sport a couple of times and want to learn the basics correctly. Please bring a paddle, water bottle and sneakers.

**Course Number:** 454-1S  
**Location:** Croton Avenue Pickleball Courts (225 Croton Avenue, Cortlandt Manor)  
**Day/ Dates:** Saturday, May 18  
**Time:** 1:30 PM- 3:00 PM  
**Fee:** \$27 with ID/ \$32 without ID/ \$39 nonresident

## **SHARPEN YOUR SKILLS AT PICKLEBALL CLINIC (AGES 18 & OLDER)**

***Beth Shea, PPR Certified Professional Instructor***

Designed for players who know the rules, scoring and basics and have played several times, this smaller group class will offer feedback on how to improve each person's skill set and use better strategy. It will also include pointers about communication on the court and injury prevention.

**Course Number:** 460-1S  
**Location:** Croton Avenue Pickleball Courts (225 Croton Avenue, Cortlandt Manor)  
**Day/ Dates:** Saturdays, starting date: May 18 (1 sessions)  
**Time:** 12:00 PM- 1:00 PM  
**Fee:** \$25 with ID/ \$30 without ID/ \$36 nonresident

## **PICKLEBALL TUNE-UP (YOUTH & ADULTS AGES 14 AND OVER)**

***Beth Shea, PPR Certified Professional Instructor***

This class is for players who have played a few times and would like to improve their understanding of strokes, strategy, footwork, and communication on court. The first two weeks will fully review all of these important elements and each class will have increasing amounts of time spent playing games. Participants should bring a paddle, sneakers, and water bottle.

**Course Number:** 460-1S  
**Location:** Cortlandt Youth Center Pickleball Courts (3 Memorial Drive, Croton on Hudson)  
**Day/ Dates:** Thursdays, starting date: May 2 (5 sessions)  
**Time:** 12:00 PM- 2:00 PM  
**Fee:** \$98 with ID/ \$103 without ID/ \$123 nonresident



**INTRODUCTION TO SWORDSMANSHIP (AGES 12 & OVER)****Jeff Butler, Instructor**

A fun class that teaches martial arts swordsmanship with science fiction twist. Class includes warm ups, technique western fencing, drills, and fight choreography. Participants are encouraged to wear gym attire clothes so that they can stretch freely. This class is taught like a martial arts class and uses combat strength sabers for safety. Anyone under the age of 16 must have a parent or guardian present.

<b>Course Number:</b>	432-1W
<b>Location:</b>	Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)
<b>Day/ Dates:</b>	Sunday, starting date: February 4 (16 sessions)
<b>Time:</b>	4:30 PM- 6:00 PM
<b>Fee:</b>	\$65 with ID/ \$70 without ID/ \$84 nonresident

**ADVANCED SWORDSMANSHIP****(Participants must have completed beginner class to register)****Jeff Butler, Instructor**

<b>Course Number:</b>	432-2W
<b>Location:</b>	Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)
<b>Day/ Dates:</b>	Sunday, starting date: February 4 (16 sessions)
<b>Time:</b>	6:00 PM- 7:30 PM
<b>Fee:</b>	\$65 with ID/ \$70 without ID/ \$84 nonresident

**VOLLEYBALL ADVANCED****Joe Amarosa, Supervisor**

A non-league volleyball program designed for adults. This program is for fun and exercise. Come out and have a good time!

<b>Course Number:</b>	418-1W
<b>Location:</b>	Blue Mountain Middle School Gym (7 Furnace Woods Road, Cortlandt)
<b>Day/ Dates:</b>	Wednesday, starting date: February 28 (8 sessions)
<b>Time:</b>	7:00 PM- 9:00 PM
<b>Fee:</b>	\$32 with ID/ \$37 without ID/ \$50 nonresident

## **WOGA I**

### ***Ruane Edge, Instructor***

As we get older, our muscle mass decreases. Using one pound weights and yoga... we will increase muscles as well as stretch the body with yoga. There will be a 5 minute meditation at the end of class. Please bring yoga mat, 1 pound weight, and water to every class.

**Course Number:** 442-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Monday, starting date: January 22 (10 sessions)  
**Time:** 11:00 AM- 12:00 PM  
**Fee:** \$90 with ID/ \$95 without ID/ \$114 nonresident

**Course Number:** 442-1S  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Monday, starting date: April 15 (10 sessions)  
**Time:** 11:00 AM- 12:00 PM  
**Fee:** \$90 with ID/ \$95 without ID/ \$114 nonresident

## **WOGA II**

### ***Ruane Edge, Instructor***

Just like WOGA I... Only doing more reps with weights and more exercises. Ending class with a little Pilates and also a five minute meditation. Please bring yoga mat, 1 pound weight, and water to every class.

**Course Number:** 442-2W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Wednesday, starting date: January 24 (10 sessions)  
**Time:** 10:00 AM- 11:00 AM  
**Fee:** \$90 with ID/ \$95 without ID/ \$114 nonresident

**Course Number:** 442-2S  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Wednesday, starting date: April 17 (10 sessions)  
**Time:** 10:00 AM- 11:00 AM  
**Fee:** \$90 with ID/ \$95 without ID/ \$114 nonresident

## **GENTLE YOGA**

### ***Karen Lett, Instructor***

A nurturing practice for students who are new to yoga or prefer a slower pace. Decrease stress and increase strength, flexibility, balance, focus, and overall well-being. Special emphasis placed on posture and breath. Bring a yoga mat, water, and a large towel to class. Please also bring blocks and a strap if you have them.

**Course Number:** 450-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Monday, starting date: January 22 (9 sessions)  
**Time:** 6:15 PM- 7:30 PM  
**Fee:** \$81 with ID/ \$86 without ID/ \$103 nonresident

**Course Number:** 450-1S  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Monday, starting date: April 8 (9 sessions)  
**Time:** 6:15 PM- 7:30 PM  
**Fee:** \$81 with ID/ \$86 without ID/ \$103 nonresident

## **LITE YOGA**

### ***Ruane Edge, Instructor***

Have you ever wanted to learn yoga? Then this is the class for you. This class will take you step by step through poses and breathing to relax the whole body. There will be a 5 minute meditation at the end of the class. Please bring a yoga mat and water to every class.

**Course Number:** 451-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Monday, starting date: January 22 (10 sessions)  
**Time:** 9:30AM- 10:30 AM  
**Fee:** \$90 with ID, \$95 without ID/ \$114 nonresident

**Course Number:** 451-1S  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Monday, starting date: April 15 (10 sessions)  
**Time:** 9:30AM- 10:30 AM  
**Fee:** \$90 with ID, \$95 without ID/ \$114 nonresident

## **YOGA, CORE, AND STRETCH**

### ***Karen Lett, Instructor***

Deepen your yoga practice and nurture your body. Decrease stress and increase strength, flexibility, balance, focus, and overall well-being. Special emphasis placed on posture, core, and breath. Bring a yoga mat, water, and a large towel to class. Please also bring blocks and a strap if you have them.

**Course Number:** 449-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Wednesday, starting date: January 24 (9 sessions) No class March 13  
**Time:** 6:30 PM- 7:45 PM  
**Fee:** \$81 with ID/ \$86 without ID/ \$103 nonresident

**Course Number:** 449-1S  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Wednesday, starting date: April 10 (9 sessions) No class April 17  
**Time:** 6:30 PM- 7:45 PM  
**Fee:** \$81 with ID/ \$86 without ID/ \$103 nonresident

## **YOGA II**

### ***Ruane Edge, Instructor***

This class is for more experienced yoga people. More poses, and deepening breathing. There will be a 5 minute meditation at the end of class. Please bring yoga mat and water to every class.

**Course Number:** 452-1W \*some yoga experience required  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Tuesday, starting date: January 23 (10 Sessions)  
**Time:** 10:00 AM- 11:00 AM  
**Fee:** \$90 with ID/ \$95 without and ID/ \$114 nonresident

**Course Number:** 452-1S \*some yoga experience required  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Dates:** Tuesday, starting date: April 16 (10 Sessions)  
**Time:** 10:00 AM- 11:00 AM  
**Fee:** \$90 with ID/ \$95 without and ID/ \$114 nonresident



# WINTER & SPRING YOUTH PROGRAMS

PICKLEBALL  
FOR JUNIORS

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STORYBOOK  
COOKING

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SWIM  
INSTRUCTION

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YOGA  
FOR LITTLE  
LEARNERS





# SKYHAWKS SOCCERTOTS

**"MY SON LOOKED FORWARD TO THE PROGRAM [SKYHAWKS SOCCERTOTS] EVERY WEEKEND. I LOVED THAT YOU VARIED THE GAMES AND WE ARE ALREADY SIGNED UP FOR THE SPRING SESSION!" - MEGAN HALL**



# Winter & Spring Youth Programs

## **AFTER SCHOOL BOWLING (AGES 8- 15)**

This program is designed for the Town of Cortlandt Youth so that they can experience bowling in a league format with friends and schoolmates. Participants play 2 games of bowling, free shoe rental, trophies, and a year end party.

**Course Number:** 302-1W  
**Location:** Cortlandt Bowling Lanes (2192 Crompond Road, Cortlandt Manor)  
**Day/ Dates:** Friday, starting date: January 19 (10 sessions)  
**Time:** 4:00 PM- 5:30 PM  
**Fee:** \$125 with ID/ \$130 without ID/ \$156 nonresident

**Course Number:** 302-1S  
**Location:** Cortlandt Bowling Lanes (2192 Crompond Road, Cortlandt Manor)  
**Day/ Dates:** Friday, starting date: April 5 (10 sessions)  
**Time:** 4:00 PM- 5:30 PM  
**Fee:** \$125 with ID/ \$130 without ID/ \$156 nonresident

## **ALL ABOUT BIRDS NESTS (FOR CHILDREN AGES 3- 7)**

Have an "egg-citing egg-sperience" as we learn how different nests are constructed, make a nest-material station for birds, and even do an "egg-speriment". We might even try building a giant nest ourselves. Adult caregivers need not stay, but are welcome to join if children are more comfortable with their presence.

**Course Number:** 909-1S  
**Location:** Georges Island Park (Dutch Street, Montrose) - Look for sign at side of gatehouse for exact location  
**Day/ Dates:** Sunday, April 28  
**Time:** 1:00 PM- 2:30 PM  
**Fee:** \$10 with ID/ \$15 without ID/ \$18 nonresident

## **AMERICAN RED CROSS BABYSITTING COURSE (Ages 11- 15) See YC SPECIALTY PROGRAMS**

## **ART EXPLORERS (GRADES K- 3RD)**

***Cathy Carabee-Faiella, Instructor***

Enjoy elbow deep excitement experimenting with artist quality materials & techniques including 3D fun, painting, drawing, paper mâché, and collage in an encouraging supportive environment. Your young artist will stretch their imagination & observational skills to develop their own artistic voice while drawing inspiration from famous artists & art from around the world. Creative risk taking was never so much fun! NEW PROJECTS EACH SEASON!

**Course Number:** 300-1W  
**Location:** Cortlandt Youth Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Dates:** Monday, starting date: January 22 (7 sessions);  
No class February 19 & 26  
**Time:** 4:00 PM- 5:15 PM  
**Fee:** \$195 with ID/ \$200 without ID/ \$240 nonresident

**Course Number:** 300-1S  
**Location:** Cortlandt Youth Center, 3 Memorial Drive, Croton  
**Day/ Dates:** Monday, starting date: April 29 (7 sessions);  
No class May 27  
**Time:** 4:00 PM- 5:15 PM  
**Fee:** \$195 with ID/ \$200 without ID/ \$240 nonresident



## **ART QUEST (GRADES 4TH- 8TH)**

***Cathy Carabee-Faiella, Instructor***

Crazy art exercises will help free up that artist in each of us! Acrylic & Watercolor painting, drawing from still life, collage, and more 3D adventures will be covered. Creative risk taking and problem solving is encouraged. NEW PROJECTS EACH SEASON!

**Course Number:** 300-1W  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Dates:** Monday, starting date: January 22 (7 sessions); No Class February 19 & 26  
**Time:** 5:30 PM- 7:00 PM  
**Fee:** \$225 with ID/ \$230 without ID/ \$276 nonresident

**Course Number:** 301-1S  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Dates:** Monday, starting date: April 29 (7 sessions) No class May 27  
**Time:** 5:30 PM- 7:15 PM  
**Fee:** \$225 with ID/ \$230 without ID/ \$276 nonresident



## **BASKETBALL PROGRAM- YOUTH FREE PLAY (AGES 8-14)**

A supervised open gym basketball program on Saturdays. \*No registration fee required!

**Location:** Furnace Woods Elementary School Gym (239 Watch Hill Rd, Cortlandt Manor)  
**Day/ Dates:** Saturday, starting date: January 6 (8 sessions) (No free play Saturday, February 17)  
**Time:** 9:00 AM- 10:45 AM  
**Fee:** Free

## **BROADWAY ALL STARS (GRADES 2ND- 8TH)- See YC Specialty Programs**

## **BUMPER BOWLING (AGES 5- 8)**

An early developmental program designed for youths that are interested in exploring fundamentals of bowling with guaranteed fun and success. Participants play 2 games of bowling, free shoe rental, trophies and a year end party. Parents are encouraged to stay and help with scoring and supervision.

**Course Number:** 303-1W  
**Location:** Cortlandt Bowling Lanes (2192 Crompond Road, Cortlandt Manor)  
**Day/ Dates:** Friday, starting date: January 19 (10 sessions)  
**Time:** 4:00 PM- 5:30 PM  
**Fee:** \$125with ID/ \$130 without ID/ \$156 nonresident

**Course Number:** 303-1S  
**Location:** Cortlandt Bowling Lanes (2192 Crompond Road, Cortlandt Manor)  
**Day/ Dates:** Friday, starting date: April 5 (10 sessions)  
**Time:** 4:00 PM- 5:30 PM  
**Fee:** \$125 with ID/ \$130 without ID/ \$156 nonresident

## **CREATIVE COOKING I (GRADES K- 3RD)- See YC Specialty Programs**

## **CREATIVE COOKING II (GRADES 4TH-8TH)- See YC Specialty Programs**

## **DISCOVERY HIKE**

**(Not recommended for families with children younger than 5 years old; there may be steep hills)**

***Terry Kardos, Instructor***

Get all your five senses ready, then let's hike through the forest and discover what spring surprises nature offers.

**Course Number:** 914-1S  
**Location:** Georges Island Park (Dutch Street, Montrose) Look for sign at side of gatehouse for exact location  
**Day/ Date:** Sunday, May 5  
**Time:** 1:00 PM -2:30 PM  
**Fee:** \$10 with ID/ \$15 without ID/ \$18 nonresident



## **EXPLORING THE MCANDREWS ESTATE**

**(Not recommended for families with children younger than 5 years old; there may be steep hills.)**

The McAndrews Estate dates back to the early 1800s, and probably earlier. Though the houses no longer exist, there are still some interesting structures that remain (no spoilers here). Come explore them after enjoying an easy-to-moderate hike to reach the main area.

**Course Number:** 905-1S  
**Location:** Oscawana Island (Cortlandt Street)- Meet at parking area  
**Day/ Date:** Sunday, June 2  
**Time:** 1:00 PM -2:30 PM  
**Fee:** \$10 with ID/ \$15 without ID/ \$18 nonresident

## **HOME ALONE (GRADES 5TH- 8TH)- See YC Specialty Programs**

## **INTERVIEW SKILLS 101 (AGE 14- 18)- See YC Specialty Programs**

## **KARATE & ADVANCED KARATE (Ages 14 & Older) See Adult Programs**

## **KARATE BASICS (Ages 8 & Older) See Adult Programs**

## **FOCUSED KARATES (Ages 8 & Older) See Adult Programs**

## **MUSICAL THEATER WORKSHOP (GRADES 2ND-8TH)- See YC Specialty Programs**

## **PICKLEBALL FOR JUNIORS (AGES 11-14)**

***Beth Shea, PPR Certified Professional Instructor***

Pickleball is a lively sport that uses a paddle and wiffle ball and is played on a smaller tennis court. It is easy to learn and fun to play. The class will teach juniors the rules, how to keep score, all strokes, and how to play doubles games. Participants should wear sneakers and bring water bottles; paddles will be provided just the first week.

**Course Number:** 343-1S  
**Location:** Cortlandt Youth Center Pickleball Courts (3 Memorial Drive, Croton on Hudson)  
**Day/ Date:** Tuesdays, starting date: May 7 (5 sessions)  
**Time:** 4:00 PM- 5:00 PM  
**Fee:** \$98 with ID/ \$103 without ID/ \$123 nonresident

## **RESUMANIA (AGE 14- 18)- See YC Specialty Programs**

## **SKYHAWKS BASEBALL**

Learn the fundamentals of fielding, catching, throwing, hitting, and base running– all in a fun, positive environment! Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility.

### **Grades K & 1st**

**Course Number:** 339-1S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Saturday, starting date: April 13 (6 sessions)  
**Time:** 12:30 PM- 1:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

### **Grades 2nd & 3rd**

**Course Number:** 339-2S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Saturday, starting date: April 13 (6 sessions)  
**Time:** 1:30 PM- 2:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

### **Grades 4th & 5th**

**Course Number:** 339-3S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Saturday, starting date: April 13 (6 sessions)  
**Time:** 2:30 PM- 3:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

## **SKYHAWKS BASKETBALL**

This fun, skilled-intensive program, is designed for beginning to intermediate players. Using our progressive curriculum, we focus on the whole player, teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding, and defense through skill-based instruction and small-sided scrimmages.

### **Ages 3.5- 5**

**Course Number:** 336-1W  
**Location:** Blue Mountain Middle School Gym (7 Furnace Woods Road, Cortlandt)  
**Day/ Date:** Saturday, starting date: February 3 (6 sessions)  
**Time:** 12:00 PM- 1:00 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

### **Ages 6-7**

**Course Number:** 336-2W  
**Location:** Blue Mountain Middle School Gym (7 Furnace Woods Road, Cortlandt)  
**Day/ Date:** Saturday, starting date: February 3 (6 sessions)  
**Time:** 1:00 PM- 2:00 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

### **Grades K-2nd**

**Course Number:** 336-3W  
**Location:** Buchanan Verplanck Elementary School Gym (160 Westchester Avenue, Buchanan)  
**Day/ Date:** Monday, starting date: February 5 (6 sessions)  
**Time:** 4:30 PM- 5:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

### **Grades 3rd- 5th**

**Course Number:** 336-4W  
**Location:** Buchanan Verplanck Elementary School Gym (160 Westchester Avenue, Buchanan)  
**Day/ Date:** Monday, starting date: February 5 (6 sessions)  
**Time:** 5:30 PM- 6:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

### **Grades 3rd- 5th**

**Course Number:** 336-1S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Wednesday, starting date: April 10 (6 sessions)  
**Time:** 4:30 PM- 5:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

### **Grades 6th- 8th**

**Course Number:** 336-2S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Wednesday, starting date: April 10 (6 sessions)  
**Time:** 5:30 PM- 6:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

## **SKYHAWKS FLAG FOOTBALL**

Experience the excitement of football with Skyhawks Flag Football, fueled by USA Football. Using a curriculum developed by USA Football, coaches teach skills like passing, receiving, kicking, and flag pulling while gaining confidence and learning life lessons in a fun, positive environment!

### **Grades K- 2nd**

**Course Number:** 338-1S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Monday, starting date: April 8 (6 sessions)  
**Time:** 4:30 PM- 5:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

### **Grades 3rd- 5th**

**Course Number:** 338-2S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Monday, starting date: April 8 (6 sessions)  
**Time:** 5:30 PM- 6:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

## **SKYHAWKS SOCCERTOTS: LITTLE CUBS (AGE 2)**

**Course Number:** 218-1W  
**Location:** Blue Mountain Middle School Multi Purpose Room (7 Furnace Woods Road, Cortlandt Manor)  
**Day/ Date:** Saturday, starting date: February 3 (6 Sessions)  
**Time:** 10:00 AM-11:00 AM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**Course Number:** 218-1S  
**Location:** Van Cortlandtville Elementary School (3100 E Main Street, Mohegan Lake)  
**Day/ Date:** Sunday, starting date: April 21 (6 Sessions)  
**Time:** 9:30 AM-10:15 AM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

## **SKYHAWKS SOCCERTOTS: CUBS (AGE 3)**

**Course Number:** 219-1W  
**Location:** Blue Mountain Middle School Multi Purpose Room (7 Furnace Woods Road, Cortlandt Manor)  
**Day/ Date:** Saturday, starting date: February 3 (6 Sessions)  
**Time:** 11:00 AM-12:00 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**Course Number:** 219-1S  
**Location:** Van Cortlandtville Elementary School (3100 E Main Street, Mohegan Lake)  
**Day/ Date:** Sunday, starting date: April 21 (6 Sessions)  
**Time:** 10:30 AM-11:15 AM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

## **SKYHAWKS SOCCERTOTS: BEARS (AGE 4)**

**Course Number:** 220-1W  
**Location:** Blue Mountain Middle School Multi Purpose Room (7 Furnace Woods Road, Cortlandt Manor)  
**Day/ Date:** Saturday, starting date: February 3 (6 Sessions)  
**Time:** 12:00 PM- 1:00 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**Course Number:** 220-1S  
**Location:** Van Cortlandtville Elementary School (3100 E Main Street, Mohegan Lake)  
**Day/ Date:** Sunday, starting date: April 21 (6 Sessions)  
**Time:** 11:30 AM-12:15 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

## **SKYHAWKS SOCCERTOTS: GRIZZLIES (AGE 5)**

**Course Number:** 221-1W  
**Location:** Blue Mountain Middle School Multi Purpose Room (7 Furnace Woods Road, Cortlandt Manor)  
**Day/ Date:** Saturday, starting date: February 3 (6 Sessions)  
**Time:** 1:00 PM- 2:00 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**Course Number:** 221-1S  
**Location:** Van Cortlandtville Elementary School (3100 E Main Street, Mohegan Lake)  
**Day/ Date:** Sunday, starting date: April 21 (6 Sessions)  
**Time:** 12:30 PM-1:15 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident



**SKYHAWKS TENNIS**

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis! Our tennis programs focuses on skill and refinement, as well as practice and match play to develop consistent, well-rounded tennis players.

**Grades K-2nd**

**Course Number:** 340-1S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Tuesday, starting date: April 9 (6 sessions)  
**Time:** 4:30 PM- 5:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**Grades 3rd- 5th**

**Course Number:** 340-2S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Tuesday, starting date: April 9 (6 sessions)  
**Time:** 5:30 PM- 6:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**SKYHAWKS VOLLEYBALL**

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun filled program! All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting, and serving. This program is designed for the beginning to intermediate player.

**Grades 3rd- 5th**

**Course Number:** 337-1W  
**Location:** Blue Mountain Middle School Gym (7 Furnace Woods Road, Cortlandt)  
**Day/ Date:** Saturday, starting date: February 3 (6 sessions)  
**Time:** 12:00 PM- 1:00 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**Grades 3rd-5th**

**Course Number:** 337-1S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Thursday, starting date: April 11 (6 sessions)  
**Time:** 4:30 PM- 5:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**Grades 6th- 8th**

**Course Number:** 337-2W  
**Location:** Blue Mountain Middle School Gym (7 Furnace Woods Road, Cortlandt)  
**Day/ Date:** Saturday, starting date: February 3 (6 sessions)  
**Time:** 1:00 PM- 2:00 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident

**Grades 6th- 8th**

**Course Number:** 337-2S  
**Location:** Charles J. Cook Park (293 Furnace Dock Road, Cortlandt Manor)  
**Day/ Date:** Thursday, starting date: April 11 (6 sessions)  
**Time:** 5:30 PM- 6:30 PM  
**Fee:** \$109 with ID/ \$114 without ID/ \$137 nonresident



## **FOOD FUN (TWO YEAR OLD PROGRAM; NO KNIVES)**

### ***Shari Munitz, Instructor***

Come mix it up and be a real chef when you join us for some literary fun and creative cooking. We'll make it, bake it, stir it and cook up lots of good times and great food! This is an enthusiastic, safe, educational, entertaining kitchen class. Books, songs, math, science and other subjects will be integrated into the program. Not suggested for chefs with food allergies. Each week your child will make something different. Each session will teach new material.

**Course Number:** 224-1W  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Date:** Tuesday, starting date: January 23 (5 sessions- no class 2/20)  
**Time:** 9:15 AM- 10:00 AM  
**Fee:** \$90 with ID/ \$95 without ID/ \$110 nonresident

**Course Number:** 224-2W  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Date:** Tuesday, starting date: March 12 (5 sessions- no class 4/2)  
**Time:** 9:15 AM- 10:00 AM  
**Fee:** \$90 with ID/ \$95 without ID/ \$110 nonresident

## **STORYBOOK COOKING (AGES 3-6)**

### ***Shari Munitz, Instructor***

Come mix it up and be a real chef when you join us for some literary fun and creative cooking. We'll make it, bake it, stir it and cook up lots of good times and great food! This is an enthusiastic, safe, educational, entertaining kitchen class. Books, songs, math, science and other subjects will be integrated into the program. Not suggested for chefs with food allergies. Each week your child will make something different. Each session will teach new material.

**Course Number:** 642-1W  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Date:** Tuesday, starting date: January 23 (5 sessions- no class 2/20)  
**Time:** 10:30 AM- 11:30 AM  
**Fee:** \$100 with ID/ \$105 without ID/ \$120 nonresident

**Course Number:** 642-2W  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Date:** Tuesday, starting date: January 23 (5 sessions- no class 2/20)  
**Time:** 12:30 PM- 1:30 PM  
**Fee:** \$100 with ID/ \$105 without ID/ \$120 nonresident

**Course Number:** 642-1S  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Date:** Tuesday, starting date: March 12 (5 sessions- no class 4/2)  
**Time:** 10:30 AM- 11:30 AM  
**Fee:** \$100 with ID/ \$105 without ID/ \$120 nonresident

**Course Number:** 642-2S  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/ Date:** Tuesday, starting date: March 12 (5 sessions- no class 4/2)  
**Time:** 12:30 PM- 1:30 PM  
**Fee:** \$100 with ID/ \$105 without ID/ \$120 nonresident

## **SWIMMING INSTRUCTION (AGES 5- 10)**

**FIRST CLASS IS AN EVALUATION SESSION! Each session with be sub-divided by skill into Swim Levels 1, 2, & 3.**

<b>Course Number</b>	<b>Age</b>	<b>Time</b>	<b>Session</b>
319-1W	Ages 4 1/2 to 6 yrs. old	5:00 PM- 5:30 PM	Session A
319-2W	Ages 7 yrs. & 8 yrs. old	5:40 PM- 6:10 PM	Session B
319-3W	Ages 9 yrs. to 10 1/2 yrs. old	6:10 PM- 6:50 PM	Session C

**Location:** Premier Athletic Club (2127 Albany Post Road, Montrose)  
**Day/ Dates:** Friday, starting date: March 3 (10 sessions)  
**\* No class March 29th & April 5th\***  
**Fee:** \$180 with ID/ \$185 without ID/ \$227 nonresident



## **SURVIVING IN THE WOODS (FOR AGES 7 & OLDER)**

You've been hiking in the woods and you've lost your way. It will be dark soon, and it looks like you will have to spend the night in the woods. Or maybe you've been hiking up a mountain and an unexpected storm seems to be rolling in. What should you do first? What should you have brought on the hike that would be really helpful now? What might you have that will attract help? Through an interactive game and a hike to a site for a group activity, you will learn some of the skills of outdoor survival.

**Course Number:** 904-1S  
**Location:** Charles J. Cook Park (293 Furnace Oak Road, Cortlandt)  
**Day/ Date:** Sunday, June 9  
**Time:** 1:00 PM -2:30 PM  
**Fee:** \$10 with ID/ \$15 without ID/ \$18 nonresident

## **YC CLEAN UP (Grades 6th- 12th)- See YC Specialty Programs**

### **YOGA FOR LITTLE LEARNERS (AGES 3-5)**

***Lyndsay Roy, Instructor***

A fun and creative yoga class designed specifically for young children. This class will guide your child in developing age-appropriate skills to build a healthy foundation for life-long learning, while increasing confidence and coordination, patience and concentration, body awareness and emotional regulation, and so much more. Yoga mats will be provided or feel free to bring your own.

**Course Number:** 223-1W  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Date:** Thursday, starting date: January 18 (10 sessions)  
**Time:** 11:00 AM- 12:00 PM  
**Fee:** \$100 with ID/ \$105 without ID/ \$126 nonresident

**Course Number:** 223-1S  
**Location:** Community Room (CUE), (3131 East Main Street, Cortlandt Manor- Located in the Cortlandt Town Center)  
**Day/ Date:** Thursday, starting date: April 4 (10 sessions)  
**Time:** 11:00 AM- 12:00 PM  
**Fee:** \$100 with ID/ \$105 without ID/ \$126 nonresident



# WINTER & SPRING SPORTS, LEAGUES, & TEAMS (ADULT & YOUTH)

SPRING YOUTH  
SOCCER LEAGUE

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MEN'S  
SOFTBALL LEAGUE

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GIRLS YOUTH  
LACROSSE LEAGUE





# TRAVEL SOCCER

**"THE CORTLANDT TRAVEL SOCCER PROGRAM LITERALLY CHANGED OUR LIVES. WE HAVE MADE SUCH AMAZING FRIENDS AND MEMORIES THROUGHOUT THE PAST 5 YEARS. THE TRAINING PROGRAM THEY PROVIDE IS SECOND TO NONE. WE APPRECIATE ALL THE HARD WORK THAT GOES INTO RUNNING A QUALITY SOCCER CLUB AND PROUD WE WERE A PART OF IT!" - MIKE THOMPSON,  
CORTLANDT SC EAGLES BU15**





# Sports Leagues & Teams Adult and Youth

## **GIRLS LACROSSE LEAGUE (SPRING) (GRADES 1ST- 6TH)**

**Stephen Couch, Director**

**ONLINE REGISTRATION NOW AVAILABLE AT [WWW.TOWNOFCORTLANDT.COM/RECONLINE](http://WWW.TOWNOFCORTLANDT.COM/RECONLINE)**

Competitive Youth Lacrosse involving several local communities. Cortlandt will field teams for 1st & 2nd Grade Girls, 3rd & 4th Grade Girls, and 5th & 6th Grade Girls. Primary focus is on exposure to the sport and the growth of Lacrosse in our area. One to two practices per week, games on Monday - Sunday. There will be an additional fee for uniforms.

**There will be an additional fee for uniforms. All players must register with USLacrosse.org as well as with the**

**Town of Cortlandt Recreation Department.** The program requires full equipment. Limited supply of equipment provided.

**Coaches Needed!** Coaches should register online at [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline).

**Application deadline is March 9th.**

Parent Meeting: Sprout Brook Lacrosse All Purpose Field

Date: Saturday, March 9th

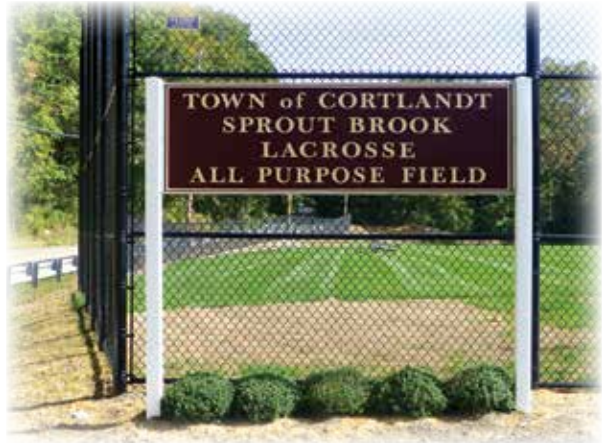
Time: 9:00 AM for all grades

Fee: (1st & 2nd Grade) \$50 with ID/ \$55 without ID/ \$66 nonresident

Late Fee: \$55 with ID/ \$60 without ID/ \$72 nonresident

Fee: (3rd- 6th Grade) \$90 with ID/ \$95 without ID/ \$114 nonresident

Late Fee: \$95 with ID/ \$100 without ID/ \$120 nonresident



## **BOYS LACROSSE LEAGUE (SPRING) (GRADES K- 8TH)**

***\*This league is not managed through the Town of Cortlandt Recreation Department, please note the contact information for registration below\****

The Sailors Youth Lacrosse Club will have four teams by grade: K-2nd Grade Boys, 3rd/ 4th Grade Boys, 5th/6th Grade Boys, 7th/8th Grade Boys. Practices will be two days a week (Tuesday/ Thursday evenings - times TBD) Games will be on Saturdays and occasionally during the week. Schedule will be available in February for all registered players. Equipment is needed. If you are a new player they will help you with equipment for the season.

**For more information on how to register, fees, and more please contact at [Sailors.Youth.Lacrosse@gmail.com](mailto:Sailors.Youth.Lacrosse@gmail.com)**

## **MENS SOFTBALL LEAGUE**

The Town of Cortlandt Recreation Department offers a Men's Softball League for residents. Softball games will take place Monday- Friday, beginning mid April at various fields within the Town of Cortlandt. A pre-season meeting will be held in late March for all interested coaches. Fees TBA.

For more information contact Recreation Supervisor, Tim Fisher at [timf@townofcortlandt.com](mailto:timf@townofcortlandt.com) or 914-734-1056.

*Anyone interested in umpiring in the Men's Softball League, please call Recreation Supervisor, Tim Fisher, at [timf@townofcortlandt.com](mailto:timf@townofcortlandt.com) or 914-734-1056.*



**CORTLANDT SOCCER LEAGUE (SPRING) (GRADES 1-6)**

**ONLINE REGISTRATION AVAILABLE AT [WWW.TOWNOFCORTLANDT.COM/RECONLINE](http://WWW.TOWNOFCORTLANDT.COM/RECONLINE)**

**DEADLINE for registration is Friday, March 1st.** All registrations are accepted on a first-come, first-serve basis. Any application received after March 1st will be charged a LATE FEE, and go on a wait list. Participants on the wait list are NOT guaranteed a spot in the league.

**\*\*GRADE IS FOR 2023/2024 SCHOOL YEAR\*\***

**BOYS**

1st & 2nd Grade Division\*  
3rd, 4th & 5th Grade Division\*

**GIRLS**

1st/ 2nd Grade Division\*  
3rd/ 4th & 5th Grade Division\*  
5th/ 6th Grade Division\*

**Registration Fee:**

\$60 with ID/ \$65 without ID/ \$76 nonresident

**Late Fee (After 3/4/24):**

\$70 with ID/ \$75 without ID/ \$90 nonresident



**EVALUATIONS**

**\*Only players that did not participate in the fall 2023 league MUST come for evaluations.** Players who do not attend evaluations will be **PLACED RANDOMLY** onto teams by the recreation division. Teams may remain the same from the fall season dependent upon the number of registrants and the fairness of each team and division. All new players will be placed on a team.

**Evaluations will take place at Blue Mountain Middle School (7 Furnace Woods Road, Cortlandt Manor) as follows:**

Monday, March 4th	1st/ 2nd Grade Boys	6:00 PM
Tuesday, March 5th	3rd- 5th Grade Boys	6:00 PM
Wednesday, March 6th	1st/ 2nd Grade Girls	6:00 PM
Thursday, March 7th	3rd/ 4th Grade Girls	6:00 PM
Friday, March 8th	5th/ 6th Grade Girls	6:00 PM



**TRAVEL SOCCER 2024/2025 SEASON**

Teams will participate in the Westchester Youth Soccer League (WYSL). The program requires two practices and one game per week. Practices will start in August. The fall season includes approximately 10 weeks of league play. Half of those games will be home, the other half will be away. The season will then continue in the spring with another 10-week schedule. It is a one-year commitment. Teams may participate in tournaments throughout the year. If your child played in 2023/2024 season they **MUST** attend tryouts. There are no guarantees that they will make the team again. You may not play in-house & travel soccer. Only 1 league is permitted at one time.

**Do not send fee until child is accepted on a team. Deadline for all applications is Monday, May 6, 2024.**

Fee: \$525.00



**TRAVEL SOCCER TRYOUT (BOYS & GIRLS)**

**TRYOUT DATE: SATURDAY, April 13, 2024**

**Rain date is Saturday, April 27th at Sprout Brook Lacrosse & Multi-Purpose Field.**

**DIVISION**

New - GIRLS U10/U11  
 New - BOYS U10/U11  
 BOYS U12  
 Girls U12  
 BOYS U13  
 GIRLS U13  
 BOYS U14

**TIME**

8:00 AM- 9:15 AM  
 9:30 AM- 10:45 AM  
 11:00 AM- 12:00 PM  
 1:15 PM- 2:15 PM  
 2:30 PM - 3:30PM  
 3:45 PM- 4:45 PM  
 5:00PM - 6:00 PM

**BIRTHDATE**

Birth Year: 2014 or 2015  
 Birth Year: 2014 or 2015  
 Birth Year: 2013  
 Birth Year: 2013  
 Birth Year: 2012  
 Birth Year: 2012  
 Birth Year: 2011

*U10/U11 tryouts will include children in both age groups. If numbers warrant, we will offer a team in each age group. If not, this will be a U11 team with younger & older players combined. Travel Soccer application located in the back of this brochure.*

**\*IF YOUR CHILD PARTICPATES ON A TRAVEL SOCCER TEAM, THEY WILL BE INELIGIBLE TO PARTICPATE IN THE TOWN OF CORTLANDT YOUTH SOCCER LEAGUE\***



**CORTLANDT AMERICAN LITTLE LEAGUE (C.A.L.L.)**

*This program is not run through the Town of Cortlandt Recreation Department, it is run by a board of volunteers.*

For more Information please contact: Cortlandt American Little League (C.A.L.L.)

Little League levels of play start at Age 5 up to 15 years old.

Providing little league baseball for youth in the following school districts: Lakeland, Yorktown, and Mahopac.

For more information, view their website at [www.callbb.org](http://www.callbb.org) or email [Cortlandtbaseball@gmail.com](mailto:Cortlandtbaseball@gmail.com)

**CORTLANDT NATIONAL LITTLE LEAGUE (C.N.L.L.) (HENDRICK HUDSON SCHOOL DISTRICT)**

Email: [cnll@cnllbaseball.org](mailto:cnll@cnllbaseball.org) Website: [www.cnllbaseball.org](http://www.cnllbaseball.org)

**CROTON LITTLE LEAGUE (C.L.L.) (CROTON SCHOOL DISTRICT)**

The Little League is open to boys and girls living within the Croton Harmon Union Free School District.

Email: [cll2018@gmail.com](mailto:cll2018@gmail.com) Website: [www.crotonlittleleague.com](http://www.crotonlittleleague.com)

**CORTLANDT SOFTBALL LITTLE LEAGUE**

Girls ages 5 - 12

Registration for Spring Season opens January 1st, 2024

For more information go to <https://www.cortlandtsoftball.info/home>

Email: [CSLLPresident@outlook.com](mailto:CSLLPresident@outlook.com) or [CSLLSecretary@outlook.com](mailto:CSLLSecretary@outlook.com)

Follow us on Facebook: <https://www.facebook.com/CortlandtGirlsSoftball>



*Picture of the Wally Blattman, Don & Sylvia Harfst Sprout Brook Little League Field located at Sprout Brook Park on Sprout Brook Road in northern Cortlandt. It is used by both Cortlandt American and Cortlandt National Little League Organizations.*

# WINTER & SPRING SENIOR SERVICES



10TH ANNUAL  
"CORTLANDT SENIORS  
ACADEMY AWARDS  
AFTERNOON"

CHARCOAL  
AND PASTEL  
PORTRAITURE

INTERACTIVE  
FITNESS &  
HEALTHY AGING  
WORKSHOP

SELF DEFENSE  
WITH GO NO SEN



# SENIOR SERVICES

**“OUR SENIOR CENTER IS THE BEST KEPT SECRET IN THE TOWN OF CORTLANDT. THERE ARE CLASSES FOR EVERYONE. THE STAFF IS KIND, CARING, AND COMPASSIONATE. THEY ARE ALSO EXTREMELY CREATIVE AND WILL MAKE ACCOMMODATIONS TO INCLUDE EVERYONE. WE ARE VERY LUCKY TO HAVE THE SENIOR CENTER IN OUR OWN BACKYARD. IT IS TRULY A BLESSING. THANKS FOR ALL YOU DO!”**

**- KATHLEEN NESTLER**





# Senior Services

## The Cortlandt Golden Connection

29 WESTBROOK DRIVE, CORTLANDT MANOR  
914-528-1572

[www.townofcortlandt.com/seniors](http://www.townofcortlandt.com/seniors)

**Director:** Dawn Mahoney | [dawnm@townofcortlandt.com](mailto:dawnm@townofcortlandt.com)  
**Assistant Director:** Rebecca Ferguson | [rebeccaf@townofcortlandt.com](mailto:rebeccaf@townofcortlandt.com)



To be ELIGIBLE to participate in any of the following Programs and Services you MUST be a TOWN OF CORTLANDT RESIDENT with proof of residency – a current Con Ed bill or telephone bill required. MUST be least 60+ years of age.



### CLUBS

The Nor-Cort/ Cortlandt Club meeting takes place at the Muriel H. Morabito Community Center on Westbrook Drive. Verplanck Club meets at the Verplanck Schoolhouse, 6th Street, Verplanck. Special events, information symposiums and socials are all part of club membership. To be a member of any of the above-mentioned clubs, you must be a resident of the Town of Cortlandt. Nor-Cort/Cortlandt Seniors' Club- Tuesday, meeting begins at 10:30 AM. Coffee and cake will be served.

### Ongoing Golden Connection Activities at the Muriel H. Morabito Community Center:

- Monday** 10:30 AM-11:30 AM Line Dance Exercise Class  
12:30 PM- 1:30 PM Ceramics Class
- Tuesday** 10:00 AM-1:00 PM Nor-Cort/Cortlandt Senior Club
- Wednesday** 10:00AM - 3:00PM Varies- Check monthly calendar
- Thursday** 10:30 AM-11:30 AM Chair Yoga Exercise Class  
10:00 AM-2:00 PM Verplanck Senior Club  
(Verplanck School House)
- Friday** 10:15 AM-11:15 AM Low Impact Exercise Class  
12:15 PM-1:00 PM Zumba Gold Exercise Class



**EXERCISE COURSE DESCRIPTIONS**

We offer a myriad of ongoing exercise classes throughout the year at no cost to Town of Cortlandt Seniors.

**Mondays - LINE DANCE**

**10:30 AM-11:30 AM**

**Instructor: Cameron Kelly**

Come Line Dance! Love to dance but don't have a partner! No problem! Come on over and burn some calories, get some exercise, have some laughs, and meet some great people who love to line dance.

**Thursdays - CHAIR YOGA**

**10:30 AM-11:30 AM**

**Instructor: Karen Lett**

The plan for the chair yoga class is to offer seniors health benefits by working on their physical activity. Seniors can find yoga to help their balance and stability. The participants will learn to work their breath, movement, and energy for balance and stress relief.

**Fridays - LOW IMPACT AEROBICS AND MUSCLE STRENGTHENING/FLEXIBILITY 10:15 AM-11:15 AM**

**Instructor: Lori Barr**

Come join this low-impact aerobics/muscle strengthening/flexibility class done to fun music in a safe, supportive, welcoming atmosphere. You'll burn fat, improve your heart health, build stronger muscles, and bones and increase your flexibility. This class is very appropriate for beginners and modifications will be demonstrated for several experience levels. All levels are welcome!

**Fridays - ZUMBA GOLD**

**12:15 PM-1:00 PM**

**Instructor: Suzi Tipa**

Perfect for our active older adults, Zumba Gold incorporates all of the energy, fun, and international rhythms of a traditional Zumba class, but at a lower intensity. Our class introduces easy-to-follow Zumba choreography focusing on balance, range of motion, and coordination. You can modify any of the movements to suit your personal fitness level and goals. Come ready to sweat, and prepare to leave feeling empowered, strong and energized!

*\*Non-resident senior rate available. Please call 914-528-1572 for more details/information\**





# *The following programs are funded under the Older Americans Act of 1965 as amended, through the cooperation of:*

**The Department of Health & Human Services New York State Office of the Aging  
Westchester County Department of Senior Programs & Services Town of Cortlandt**

**TOWN OF CORTLANDT SENIOR PROGRAM INFORMATION** - To assist seniors with other agency program information a Social Worker is available as needed. Call 914-528-8377 for referral.

## **SOCIAL WORKER / BEREAVEMENT SUPPORT**

The Town of Cortlandt along with Westchester Jewish Community Services offers assistance with benefits and entitlements to Town of Cortlandt seniors, family members, and caregivers, via telephone and /or email, and, whenever necessary, in home assessments to formulate a care plan. Bereavement support is also available to those who are grieving a recent death and provide a safe and supportive environment where people can verbalize feelings associated with a loss. *Please call 914-528-1572 for more information.*

## **BUS TRANSPORTATION TO THE MURIEL H. MORABITO COMMUNITY CENTER**

*Funded through the US Department of Health and Human Services-Administration on Aging (AoA), New York State Office for the Aging, Westchester County Department of Senior Programs and Services, and the Town of Cortlandt.* Transportation is available Monday thru Friday to the Muriel H. Morabito Community Center for lunch and/or senior programs. Seniors are picked up in the morning and returned back home in the afternoon. In order for the Bus Service to operate, **a minimum of 6 seniors are required.** The contribution for bus transportation to and from the center is \$3.00. For congregate meals and bus transportation call (914) 528-5164. Seniors must call the day before by 11:00 AM to secure lunch and/or transportation and some restrictions apply.

## **COMPUTER LAB AND TECH ASSISTANCE**

Community Center staff is available to assist with basic cell phone questions, i.e. Connect to Wi-Fi, create a contact, or even on how to take a selfie. The computers are available for daily use from 9:00 AM- 2:00 PM; except during pre scheduled computer classes.

## **NUTRITION PROGRAM**

An on-site and home delivery service that provides persons age 60+ with a nutritious and well- balanced noon-time meal. Anyone needing or knowing individuals that would benefit from the Home Delivered Service must call for eligibility requirements or for procedure to have lunch at the Muriel H. Morabito Community Center. The contribution for seniors who attend the Nutrition Program is \$3.00 and for Home Delivered Meals is \$4.00. For home delivered meals call (914)528-8377. Grab 'N' Go meal service will continue so that seniors can pick up a hot lunch and take it home. The cost for Grab 'N' Go is \$3.00 per meal.

## **OPERATION SNOWFLAKE**

The Town of Cortlandt Senior Services Division offers a snow shoveling service for eligible Senior Citizens who reside in the Town of Cortlandt based on availability. Seniors who are unable to shovel their walkway should call the Muriel H. Morabito Center at 914-528-8377 for eligibility and registration.

## **SENIOR CITIZENS MEDICAL & PHARMACY TRANSPORTATION**

This service offers transportation to area doctors, medical facilities, pharmacies and back home again to those eligible Town of Cortlandt Seniors. The Medical car runs on Monday, Thursday, and Friday. Transportation available to the following areas: Yorktown, Jefferson Valley, Lake Peekskill, Peekskill, Cortlandt Manor, Buchanan, Verplanck, and Croton on Hudson. For advanced reservations and information call Becky Ferguson at 914-528-8377. The contribution for the medical car is \$5.00. \*Some restrictions apply. Seniors must be independent and/or have a companion to ride/ assist.

## **SHOPPING**

The shopping bus will pick up Cortlandt Seniors at their home to go to the Cortlandt Town Center every Thursday and to the Jefferson Valley Mall on the 3rd Monday of the month. Seniors will be returned to their homes after shopping. The contribution for the shopping bus is \$3.00.

Every Thursday	Cortlandt Town Center, Rte. 6	10:00 AM- 1:30 PM
1st Monday of Month	Uncle Giuseppe's & Trader Joes (Yorktown)	10:30AM - 1:30PM
3rd Monday of Month	Jefferson Valley Mall	11:00 AM- 1:30 PM

(If the 3rd Monday is a holiday, the mall bus will run the following Monday.)

Call 914-528-5164 for reservations and information.

\*Some restrictions apply. In order for shopping bus to operate a minimum number of 6 seniors are required.

# Special Events & Classes

## **10TH ANNUAL "CORTLANDT SENIORS ACADEMY AWARDS AFTERNOON"**

Walk the Red Carpet... Vote on your Fav's... Be Voted Best Dressed... Enjoy A Catered Lunch...

Stop by the Center on March 5 for an afternoon of glam, glitz, goodies, and prizes! Gowns, suits, glamour and garb are encouraged! Walk the Red Carpet and strut your stuff.

**Location:** Muriel H. Morabito Community Center  
**Day/ Date:** Tuesday, March 5; Snow date Wednesday, March 6  
**Time:** 11:00 AM-2:00 PM; Doors open at 10:30 AM!  
**Fee:** \$7.00 in advance; make checks payable to Cortlandt Rotary Club  
**Registration:** Must RSVP to 914-528-1572 by February 27 with payment.  
For more information please call the Cortlandt Rotary at 914-246-0135.



## **BELLY DANCING with Sarah Bell**

Get Fit, Have Fun, Make Friends, while learning World Dance. Class is suitable for women of all age & size. Low aerobic exercise & fitness for the entire body, arms, abdomen, hips, thighs. Dance Styles include Bollywood, Turkish, Latin, Egyptian Pop..

**Location:** Muriel H. Morabito Community Center, (29 Westbrook Drive, Cortlandt Manor)  
**Day/ Date:** Wednesday, March 6, 13, 20, 27 (4 sessions)  
**Time:** 10:30 AM- 11:30 AM  
**Fee:** \$10; Register required no later than one week before.

## **BINGO AFTERNOON**

Join the staff for fun, friends and cash prizes! Pots vary.

**Location:** Muriel H. Morabito Community Center, (29 Westbrook Drive, Cortlandt Manor)  
**Day/ Date:** Tuesday, January 9, February 13, March 12, April 9 (4 sessions)  
**Time:** 12:30 PM- 2:30 PM  
**Fee:** \$7.00 cash entrance fee paid in advance which includes 1 card for each game.  
Additional cards, daubers, and bonus games may be purchased the day of the event.  
**Registration:** Pre-registration with payment is required to secure your spot. Call 914-528-1572 for more information.

## **CHARCOAL AND PASTEL PORTRAITURE**

### CHARCOAL AND PASTEL PORTRAITURE

Pastels are not wimpy! While the word conjures up soft and grayed colors, pastel paintings can be exceptionally vibrant and exciting. In this 6-week class with 3 hour sessions, we will focus on refining drawing skills and then adding color to the mix. At the end of the class, you will have a striking image, using photographic reference or a model. Class includes; Creating/choosing a reference photo, Lighting for photography or life models, Portraiture through the ages, and artists to study, Basic anatomy and drawing fundamentals for portraiture, Materials to create the portrait, and how to use them, Processes: Beginning and Refining, Demonstrations to show as well as tell, At-easel (or board) instruction and tips, Group critiques, How to store and frame your artwork. Materials will be included, and a resource list with links will be supplied.

**Location:** Muriel H. Morabito Community Center, (29 Westbrook Drive, Cortlandt Manor)  
**Day/ Date:** Monday, January 22, 29, February 5, 12, 26 & March 4 (6 sessions)  
**Time:** 12:00 PM- 3:00 PM  
**Fee:** \$100; checks payable to Town of Cortlandt  
**Registration:** Pre-registration required no later than 1 week before w/ payment.  
Minimum number to run the class is 8; max is 10. Call 914-528-1572 for more information.

## **COFFEE CLUB**

Held every Monday at 12:00 PM. Get to know your neighbors and other seniors in your community. Coffee is provided and you can bring your own snacks!

## **DRAWING AND PASTEL PAINTING CATS AND DOGS FROM PHOTOGRAPHIC REFERENCE**, Do

you have a beloved pet, or a loved one who would like a pet portrait? In this two-week class with 3-hour sessions we'll use charcoal and pastel, and cover these aspects of producing a beautiful artistic image of a cat, dog, bird or other animal: Creating choosing a reference photo, animal art through the ages, and artists to study, Basic anatomy of cats and dogs, Materials to create the portrait, and how to use them, Processes: Beginning and Refining, Demonstrations to show as well as tell, At-easel instruction and tips, Group critiques, How to store and frame your artwork. Materials will be included, and a resource list with links will be supplied. There will be photographic references for those who do not have their own.

**Location:** Muriel H. Morabito Community Center, (29 Westbrook Drive, Cortlandt Manor)  
**Day/ Date:** Monday, March 18 & 25 (2 sessions)  
**Time:** 12:00 PM- 3:00 PM  
**Fee:** \$30; checks payable to Town of Cortlandt  
**Registration:** Pre-registration required no later than one week before with payment.  
Minimum number to run the class is 8; max is 10. Call 914-528-1572 for more information

## **HORSE RACING**

Head over to the racetrack for an afternoon at Cortlandt Downs! This exciting horse-themed game is an active race towards the finish line. Six races in total. 50/50 and additional betting tickets will be available the day of the event.

**Location:** Cortlandt Raceway, Muriel Morabito Community Center, (29 Westbrook Drive, Cortlandt Manor)  
**Day/ Date:** Wednesday, April 17  
**Time:** Doors open at 12:00 PM, Races begin at 12:30 PM SHARP!  
**Fee:** \$5 entrance fee includes light refreshments and one bet.  
Payment is due at registration; no later than April 17th

## **AN INTERACTIVE FITNESS & HEALTHY AGING WORKSHOP**

Join the staff of M2 Speed, Strength and Performance, and Haven Physical Therapy for an interactive workshop that will equip you to live, work, and move better.

**Location:** Muriel H. Morabito Community Center, (29 Westbrook Drive, Cortlandt Manor)  
**Day/ Date:** Wednesday, March 13  
**Time:** 12:00 PM- 1:00 PM  
**Fee:** Free Pre-registration required no later than one week prior.  
Call 914-528-1572 for more information.

## **MINDFUL MOVEMENT & WELLNESS FOR YOUR INNER BEING**

Intro to chair yoga for the mind, body, and soul. Sessions will include: gentle, mindful movement, followed by sound bath and sealing the practice with aromatherapy offering.

**Location:** Muriel H. Morabito Community Center, (29 Westbrook Drive, Cortlandt Manor)  
**Day/ Date:** Wednesday, January 10, 17, 24, 31 (4 sessions)  
**Time:** 10:00 AM- 11:00 AM  
**Fee:** \$10; Pre-registration required no later than one week prior.

## **DROP IN PICKLEBALL**

Stop by the Muriel H. Morabito Community Center on designated Wednesday afternoons for some pickleball fun! Be sure to check out our monthly calendar for available times.



**PICKLEBALL FOR BEGINNERS with Paul**

Join us this February to learn the basics of pickleball! These sessions are for BEGINNERS or anyone who needs a refresher on the basics. These sessions will cover fundamental shots like the serve, return, ground stroke and volley. You'll also learn all about the non-volley zone or "kitchen," defense, basic strategy and more. At the end of the class, you'll walk away with a solid foundation in the rules and how to play, and be able to confidently join open play sessions.

- Location:** Muriel H. Morabito Community Center, 29 Westbrook Drive, Cortlandt Manor
- Day/ Date:** Wednesday, February 7, 14, 21, 28 (4 Sessions)
- Time:** 9:00 AM- 10:30 AM, 10:30 AM- 12:00 PM (2 Time Slots) Must include which session you are registering for.
- Fee:** \$20; Please make check payable to the Town of Cortlandt.
- Registration:** Pre-registration is due with payment; max is 10. Call 914-528-1572 for more information.

**PIZZA AND A MOVIE AFTERNOON**

Come join us for an afternoon matinee on our 70 inch flat screen.

- Location:** Muriel H. Morabito Community Center, 29 Westbrook Drive, Cortlandt Manor
- Day/ Date:**

Friday, Jan. 5	About My Father
Friday, Feb. 2	Love Again
Friday, March 1	Mack & Rita
Friday, April 5	Off the Rails
Friday, May 3	Belfast
- Time:** 1:00 PM-3:00 PM or until movie ends
- Fee:** \$5 (includes pizza, drink and dessert)
- Registration:** Pre-registration required with payment. Must register no later than 1 week before, maximum 20.

**MENS DISCUSSION GROUP**

Our men's discussion group is a place for all men aged 60 and over to meet each other in an informal, social environment to share their knowledge and experiences. Wednesdays at 12:00 PM for coffee and conversation.

**SALSA WITH SUZI**

Brush up on, or learn, your favorite Latin dance styles, including salsa, merengue, rumba, and bachata.

- Location:** Muriel H. Morabito Community Center, 29 Westbrook Drive, Cortlandt Manor
- Day/ Date:** Friday, January 19, February 16, March 15, April 19 (4 sessions)
- Time:** 1:15 PM- 2:00 PM
- Fee:** Free

**SELF DEFENSE WITH GO NO SEN**

Unleash your inner strength with Adam McCauley, the empowering force behind women's self-defense. With 30 years of experience as a 7th degree black belt and certified protection specialist, he has dedicated his life to equipping women of all ages with the skills and mindset needed to be victors, not victims. From working alongside law enforcement agencies to operating two karate schools and offering programs throughout Westchester County, his mission is clear: building better bodies and stronger minds. Join Adam on this trans-formative journey towards personal empowerment and unleash your true potential.

- Location:** Muriel H. Morabito Community Center, 29 Westbrook Drive, Cortlandt Manor
- Day/ Date:** Wednesday, January 10
- Time:** 11:30 AM- 12:30 PM
- Fee:** Free
- Registration:** Pre-registration required. Must register no later than one week before, maximum 20.

**SENIOR CRAFT AFTERNOONS**

Join staff from the Hendrick Hudson Library for a fun afternoon creating crafts and memories.

- Location:** Muriel H. Morabito Community Center, 29 Westbrook Drive, Cortlandt Manor
- Day/ Date:** Wednesday, February 7, April 3, June 5 (3 sessions)
- Time:** 12:00 PM- 2:00 PM
- Fee:** Free
- Registration:** Pre-registration required no later than one week prior. Minimum number to run the class is 6; max is 15. Call 914-528-1572 for more information

**SWING DANCE**

Instructor Cameron Kelly will teach the steps to various types of dance in the 1st half of class. The 2nd half, just dance and have fun!

- Location:** Muriel H. Morabito Community Center, 29 Westbrook Drive, Cortlandt Manor
- Day/ Date:** 1:30 PM- 3:00 PM
- Time:** Wednesday , January 31, February 28, March 27, April 24, May 29 (5 sessions)
- Fee:** Free - You must be a Town of Cortlandt resident, 60+. Please call 914-528-1572 to register.

## **TABLE GAME TIME**

All table games; Cards, Maj Jong, Canasta, Rummy Cube, Poker, Scrabble and much more!

**Location:** Muriel H. Morabito Community Center, 29 Westbrook Drive, Cortlandt Manor  
**Day/ Date:** Available for play on Thursdays  
**Time:** 12:00 PM- 3:00 PM  
**Fee:** Free

## **WII BOWLING**

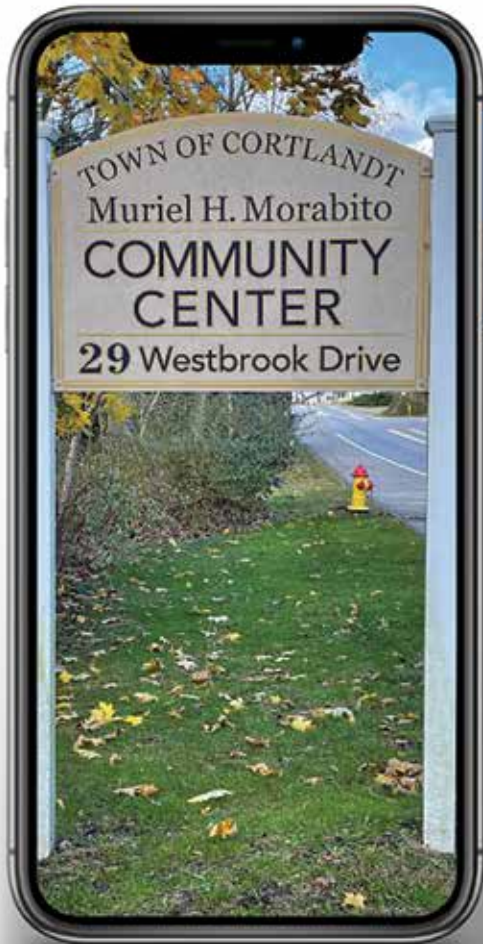
Play Wii Bowling on our large screen TV. New bowlers welcome!

**Location:** Muriel H. Morabito Community Center, 29 Westbrook Drive, Cortlandt Manor  
**Day/ Date:** Thursdays  
**Time:** 11:45 AM  
**Fee:** Free

## **YC GAMING**

Seniors are welcome to stop by the Youth Center and utilize the game tables including: ping pong, pool, air hockey, and foosball. Participants must provide two proofs of residency and complete a form their first day.

**Location:** Cortlandt Youth & Recreation Center, (3 Memorial Drive, Croton on Hudson)  
**Day/Date:** Tuesdays, January 9- April 23 (closed 2/20 & 4/2)  
**Time:** 11:00 AM- 1:00 PM  
**Fee:** Free



## Stay up to date about all things Town of Cortlandt Senior Services!

Interested in receiving our monthly calendar, specials, trip information, exercise links, and schedule changes?

Call 914-528-1572 to be added to our general email list, exercise email list, or both!

[TOWNOFCORTLANDT.COM](http://TOWNOFCORTLANDT.COM)

*Join other Veterans once a month for coffee and bagels for an informal meeting held, generally, on the last Wednesday of the month. (Call 914-528-1572 to check dates). The meeting is held at the Linda D. Puglisi Town Hall, 1 Heady Street, Cortlandt Manor at 11:00 AM. Come meet your fellow Veterans to find out what is happening at the V.A. and other important information pertaining to Veterans.*

# WINTER & SPRING YOUTH CENTER



**BROADWAY  
ALL STARS**

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**YC CLEAN UP**

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**5TH GRADE  
FUN CLUB AND  
5TH GRADE LUAU**

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**YC COOKING/  
BAKING WEEK**

# AMERICAN RED CROSS BABYSITTING

**"[THE AMERICAN RED CROSS  
BABYSITTING COURSE] IS PRETTY FUN!  
VERY GOOD LEARNING EXPERIENCE.  
WE GOT TO PRACTICE ON  
DOLLS. THIS COURSE PREPARES  
YOU FOR CHALLENGES THAT  
COULD HAPPEN WHEN YOU  
ARE BABYSITTING."**

**- EMMA LYNCH**





# Youth and Recreation Center

3 MEMORIAL DRIVE, CROTON-ON-HUDSON  
914-736-0498  
www.townofcortlandt.com/yc



**Director:** Lindsey Luposello | lluposello@townofcortlandt.com

The Interim Director is available to all young people in our town for conversation, information and referral. Cortlandt Recreation is committed to providing a variety of programs that are socially engaging, educational and fun for youth of all ages.



Banner By: Annalyse & Meg

## FREE DROP IN PROGRAM AT THE YC

Drop in activities include: table games - ping pong, pool, air hockey, arts and crafts, video games- Wii & Switch, TV, board games, learning lab, outside activities, basketball, pickle ball and more!

### HOURS OF OPERATION

\*Youth must be registered participant for the drop-in program.  
Visit [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline)

### GRADES 6TH-12TH

#### Drop Off

Mon- Thurs: 3:00 PM- 8:00 PM  
Friday: 3:00 PM- 9:00 PM  
Saturday: 4:00 PM- 9:00 PM  
Sunday: CLOSED

### GRADES 1ST-5TH

(WITH ADULT SUPERVISION)  
Saturday: 1:00 PM- 4:00 PM

## HOLIDAY HOURS GRADES 6TH - 12TH

### \*OPEN AT 1 PM

Tuesday, January 2	Monday, April 1
Monday, January 15	Tuesday, April 2
Monday, February 19	Wednesday, April 3
Tuesday, February 20	Thursday, April 4
Wednesday, February 21	Friday, April 5
Thursday, February 22	Monday, April 22
Friday, February 23	Tuesday, April 23
Friday, March 29	

### CLOSED

January 1  
May 10 (Open only to 5th Grade Luau Attendees;  
Rain Date: May 17)

## CORTLANDT COMMUNITY COALITION

**HELP US KEEP OUR COMMUNITY SAFE, HEALTHY, AND DRUG FREE**

Colleen Anderson, M.S., Ed, CPP, Coalition Coordinator  
Call 914-734-1052 for more information





# YC Programs: Grades 6th-12th

## Weekday Programs: January - April

**ALL PROGRAMS WILL START AT 3:30 PM**

While at the Youth Center youth are welcome to enjoy the drop-in activities in addition to the scheduled program.

Thursday, January 4: National Spaghetti Day  
 Monday, January 15: Milkshake Monday  
 Tuesday, January 23: National Pie Day  
 Wednesday, January 31: National Hot Chocolate Day  
 Monday, February 5: National Chocolate Fondue Day  
 Wednesday, February 14: Valentine's Day Celebration  
 Tuesday, February 27: National Cup Cake Day

Wednesday, March 6: National Oreo Cookie Day  
 Thursday, March 14: National Potato Chip Day  
 Monday, March 25: National Waffle Day  
 Thursday, April 11: Pickleball with a Senior  
 Thursday, April 18: National Animal Cracker Day  
 Monday, April 22: Milkshake Monday  
 Wednesday, April 24: National Pigs in a Blanket Day



# YC Programs: Grades 6th-12th

## School Breaks

**1:00 PM- 8:00 PM; PROGRAM AT 3:30 PM**  
 (Fridays close at 9:00 PM)

Monday, February 19: Milkshake Monday  
 Tuesday, February 20: Tournament Tuesday  
 Wednesday, February 21: Rock Wall Wednesday  
 Thursday, February 22: Trivia Thursday  
 Friday, February 23: Poppin Popcorn  
 Monday, April 1: Milkshake Monday  
 Tuesday, April 2: Tournament Tuesday  
 Wednesday, April 3: Rock Wall Wednesday  
 Thursday, April 4: Trivia Thursday  
 Friday, April 5: Poppin Popcorn



**Participants MUST be registered for the Youth Center to participate in these programs.**  
**To register please visit: [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline).**  
**Programs are subject to change, please visit [www.townofcortlandt.com/yc](http://www.townofcortlandt.com/yc) for updated programming**

# YC Programs: Grades 6th-12th

## Weekends: January - April

### FRIDAYS

**ALL PROGRAMS ARE FROM 6:45PM-8:45PM; UNLESS OTHERWISE NOTED**

While at the Youth Center youth are welcome to enjoy the drop-in activities in addition to the scheduled program.

January 5: Karaoke  
 January 12: Game Night-BINGO  
 January 19: Cornhole Tournament  
 January 26: Henna \*6pm-8pm  
 February 2: Karaoke  
 February 9: Disco Dance & Skate \*6pm-8:45pm  
 February 16: Pool Tournament  
 February 23: Cornhole Tournament  
 March 1: Game Night: BINGO

March 8: Flag Football  
 March 15: Henna \*6pm-8pm  
 March 22: Karaoke  
 March 29: Cornhole Tournament  
 April 5: Flag Football  
 April 12: Video Game Tournament  
 April 19: Pickleball Tournament  
 April 26: DJ Night \*6pm-8:45pm



### SATURDAYS

**ALL PROGRAMS WILL START AT 6:45PM-8:45PM**

While at the Youth Center youth are welcome to enjoy the drop-in activities in addition to the scheduled program.

January 6: Pool Tournament  
 January 13: Make Your Own-Pizza  
 January 20: Slime Making  
 January 27: Make Your Own- Chocolate Cupcake  
 February 3: Duct Tape Crafts  
 February 10: Valentine Cookie Decorating  
 February 17: Make Your Own- Ice Cream Sundae  
 February 24: Game Night- UNO  
 March 2: Make Your Own- Pizza

March 9: Karaoke  
 March 16: St. Patty's Day Celebration  
 March 23: Make Your Own- Chip & Dip  
 March 30: Game Night- Trivia  
 April 6: Duct Tape Crafts  
 April 13: Make Your Own- Pretzel  
 April 20: Slime Making  
 April 27: Corn Hole Tournament

**Participants MUST be registered for the Youth Center to participate in these programs.**

**To register please visit: [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline).**

**Programs are subject to change, please visit [www.townofcortlandt.com/yc](http://www.townofcortlandt.com/yc) for updated programming**

# YC Program Descriptions

## Grades 6th-12th



### **BILLIARDS (POOL) TOURNAMENT**

Join us for some competition as we set up a pool tournament! Team up or play as a single. We will set up brackets and prizes will be rewarded for the winner(s).

### **CORN HOLE TOURNAMENT**

Split into teams of two and compete in a bracket-style corn hole tournament. Prizes for the winning team!

### **DISCO DANCE & SKATES**

Come by the Cortlandt Youth Center at the Skate Rink for a night of skating, dancing and fun! Ice skating rentals and skating are FREE.

### **DJ NIGHT**

Enjoy the music styling of DJ Randy, dancing and contests with your friends! Lots of prizes!

### **DUCT TAPE CRAFTS**

We have a ton of different designs and projects for you to create using duct tape! Create wallets, bracelets, key chains and more!

### **FLAG FOOTBALL FRIDAYS**

Friday night lights at the YC. Come by for some flag football.

### **GAME NIGHT**

Join the YC staff as we play classic board games. We will rotate between BINGO, trivia and UNO! Prizes for winning teams.

### **HENNA**

The YC welcomes Margie from Making Faces Parties, a professional henna artist for a night of creativity and cultural fun as your hand becomes her canvas! Parental permission slip required in order to participate.

### **KARAOKE**

Grab the mic and sing your heart out to your new and old favorite tunes. You can even accompany the song with your best dance moves!

### **MAKE YOUR OWN**

Join the YC staff in baking/cooking. We will rotate in making pizza, ice cream sundaes, cup cakes, pretzels and more! And then enjoy your creations!

### **MILK SHAKE MONDAYS**

Youth will be able to make their own individualized milkshake. The perfect treat to enjoy on their day off from school!

### **NATIONAL ANIMAL CRACKER DAY**

Let's celebrate by eating yummy animal crackers!

### **NATIONAL CHOCOLATE FONDUE DAY**

We are setting up our Chocolate Fountain for this major food holiday.

### **NATIONAL CUPCAKE DAY**

We will be serving freshly baked cupcakes today!

### **NATIONAL HOT CHOCOLATE DAY**

Warm up from the cold with a cup of delicious hot chocolate. Top with marshmallows and whipped cream of course!

### **NATIONAL OREO DAY**

Oh! Oh! Oreo, let's celebrate milk's favorite cookie by enjoying some at the YC!



# YC Program Descriptions

## Grades 6th-12th



### **NATIONAL PIE DAY**

Enjoy a hot fresh slice of pie at the YC to celebrate pie day!

### **NATIONAL PIGS IN A BLANKET DAY**

Enjoy your mini hot dogs with mustard or ketchup to celebrate this appetizer's national food holiday

### **NATIONAL POTATO CHIP DAY**

Choose your favorite potato chip to enjoy at the YC!

### **NATIONAL WAFFLE DAY**

Candy, whipped cream, & maple syrup are just a few toppings we will have to put on your fresh waffle on this day.

### **PICKLEBALL TOURNAMENT**

Using our new pickleball courts in the roller hockey rink, we will play a bracket-style tournament of pickleball. Prizes for winning teams!



### **WITH A SENIOR**

Join a senior citizen from our Morabito Senior Center in learning the sport of Pickleball! This hybrid program integrates local youth and seniors together in learning something new.

### **POPPIN' POPCORN NIGHT**

We are firing up our popcorn machine and giving out FREE popcorn with lots of topping choices!

### **ROCK WALL WEDNESDAY**

Over winter & spring break, youth can come by for rock wall inspired competitions. These include rock wall races, a chance to get on our wall of fame and more. Parent permission slip must be on file to climb.



### **SLIME MAKING**

Experiment as we combine ingredients to create our very own slime!

### **SPAGHETTI DAY**

Celebrate this food holiday at the YC with rainbow colored spaghetti!

### **ST. PATRICK'S DAY CELEBRATION**

Wear green as we celebrate St. Patrick's Day at the YC! Celebrations will include Irish music, green decorations and a leprechaun scavenger hunt!

### **TOURNAMENT TUESDAYS**

Youth chose their tournament type! Video games, sports, or games, it's totally up to them. Stay all day and do all three.

### **VIDEO GAME TOURNAMENT**

The Nintendo Switch & Wii consoles are set-up and ready for a little friendly tournament. Participants choose the game(s) the day of!

### **VALENTINE'S DAY CELEBRATION**

Love is in the air! Let's celebrate with candy and treats for everyone!



### **VALENTINE COOKIE DECORATING**

Decorate heart shaped cookies with LOTS of yummy toppings. Icing, sprinkles, chocolate chips, marshmallows and more!

# YC Specialty Programs: Grades K - 12th

See each program for grades; programs listed in alphabetical order

Pre-registration required for all courses. Programs are on a first come, first serve basis.

Go to: [www.townofcortlandt.com/reonline](http://www.townofcortlandt.com/reonline) to register for these courses. Search by keywords.

## **AMERICAN RED CROSS BABYSITTING COURSE (AGES 11- 14)**

**Angela Reeve, Instructor**

The ARC Babysitter's Training course is designed to provide youth with the knowledge and skills necessary to safely & responsibly give care for children & infants in a fun and interactive way. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves & others safe, help children behave & learn about basic child care as well as basic first aid. Successful participants earn ARC Certification. Bring water & lunch or dinner.

**Course Number:** 600-1S  
**Location:** Cortlandt Youth & Recreation Center, (3 Memorial Drive, Croton on Hudson)  
**Day/Date:** Tuesday, February 20  
**Time:** 9:00 AM- 4:00 PM  
**Fee:** \$84 with ID/ \$89 without ID/ \$107 nonresident

**Course Number:** 600-2S  
**Location:** Cortlandt Youth & Recreation Center, (3 Memorial Drive, Croton on Hudson)  
**Day/Date:** Saturday, April 20  
**Time:** 12:30 PM- 7:30 PM  
**Fee:** \$84 with ID/ \$89 without ID/ \$107 nonresident



## **BROADWAY ALL STARS (GRADES 2ND-8TH)**

**Robyn Ferracane, Instructor**

Love to act or sing? This workshop is for everyone from the beginning student to the seasoned performer. Experience the fun of the theatrical games, audition and having a role in a live production! Taught by a professional actress/director, youth will enjoy nine working classes with a final Spring performance. Space is limited.

**Course Number:** 620-1W  
**Location:** Cortlandt Youth & Recreation Center, (3 Memorial Drive, Croton on Hudson)  
**Day/Dates:** Saturdays, January 20- March 16 (no class 2/24) (9 Sessions)  
**Performance:** March 30  
**Time:** 11:00 AM- 1:00 PM  
**Fee:** \$200 with ID/ \$205 without ID/ \$246 nonresident

## **CANTEEN (GRADES 6TH- 12TH)**

Come and join us two nights a week for open gym basketball! Open to Croton, Hendrick Hudson, Lakeland Middle and Panas High School Students or any middle/high school student who is a town resident. Youth must be registered to participant; sign-up forms are available at the program.

**Location:** Muriel H. Morabito Community Center (29 Westbrook Drive, Cortlandt Manor)  
**Days/ Times:** Tuesdays & Thursdays; 7:00 PM- 9:00 PM  
**Fee:** Free

**CREATIVE COOKING**

***Shari Munitz, Instructor***

Come mix it up and join us for some creative cooking. We'll make it, bake it, stir it, cut it and lots more "hot stuff" (and cold cooking, too)! We'll integrate themes, science, math and more along with many skills while expanding our taste palate and being introduced to some new ingredients and food combinations. Not suggested for chefs with food allergies. Each week your young chef will make something different. Each session will teach new material.

**GRADES K- 3RD**

**Course Number:** 643-1F  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/Dates:** Tuesday, January 23-February 27 (no class 2/20) (5 classes)  
**Time:** 4:00 PM- 5:00 PM  
**Fee:** \$100 with ID/ \$105 without ID/ \$120 nonresident

**Course Number:** 643-2F  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/Dates:** Tuesday, March 12- April 16 (no class 4/2) (5 classes)  
**Time:** 4:00 PM- 5:00 PM  
**Fee:** \$100 with ID/ \$105 without ID/ \$120 nonresident

**GRADES 4TH- 8TH**

**Course Number:** 643-3F  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/Dates:** Tuesday, January 23-February 27 (no class 2/20) (5 classes)  
**Time:** 5:45 PM-6:45 PM  
**Fee:** \$100 with ID/ \$105 without ID/ \$120 nonresident

**Course Number:** 643-4F  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/Dates:** Tuesday, March 12- April 16 (no class 4/2) (5 classes)  
**Time:** 5:45 PM-6:45 PM  
**Fee:** \$100 with ID/ \$105 without ID/ \$120 nonresident

**HOME ALONE (GRADES 5TH-8TH)**

This program will provide each child with the essentials needed when they are home without adult supervision. Discussion will cover first aid, telephone and door answering, activity plans, encountering emergencies and more!

**Course Number:** 612-1S  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/Date:** Saturday, March 9  
**Time:** 10:00 AM- 11:30 AM  
**Fee:** Free

**MUSICAL THEATER WORKSHOP (GRADES 2ND-8TH)**

***Robyn Ferracane, Instructor, Professional Actress & Teacher***

Attention: Singers and actors! Immerse yourself in the world of theater! This workshop is for everyone from the student acting for the first time, to the seasoned performer. This program takes youth from the audition process to a final performance everyone will enjoy. Not only will this workshop be a source of fun and excitement but it will also increase the skill level of every youth; whether their goal is to become a professional actor or use the workshop to have fun and develop life skills. The production is done with some costumes, props and minimal sets. All youth will have a role to play, will receive a script adapted to the students and will be taught the music they need to perform their role. The results will be a wonderful final performance for family.

**Course Number:** 610-1W  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Days/Dates:** Monday- Friday, February 19-23  
**Performance:** Friday, February 23  
**Time:** 9:00 AM- 3:00 PM  
**Fee:** \$200 with ID/ \$205 without ID/ \$246 nonresident



## **OPEN GYM AT HEN HUD HIGH SCHOOL**

For Hendrick Hudson School District Residents Only. Come and join us for some free play basketball! Youth must be registered as a participant of the Youth Center in order to participate.

**Location:** Hendrick Hudson High School Gym (2166 Albany Post Road, Montrose)  
**Day/Dates:** Mondays (No program when school is closed)  
**Time:** 7:30 PM- 9:30 PM  
**Fee:** Free

## **SEAPLANE 500**

Rowing is a great sport that can utilize our access to the beautiful Hudson River, build community, offer an alternative to sports that expose participants to concussive injury, and allows participants to gain fitness and compete at a high level well into their mature years. Join CCRA Rowing for the indoor rowing race!

**Location:** Cortlandt Youth & Recreation Center, (3 Memorial Drive, Croton on Hudson)  
**Day/ Date:** TBA; Keep an eye out for more information on the Town of Cortlandt website

## **ROCK WALL HOURS**

Youth must have permission slip to climb and proper sneakers/attire. Rock wall hours are subject to change. To ensure the rock wall is open, please call 914-736-0498.

**Location:** Hendrick Hudson High School Gym (2166 Albany Post Road, Montrose)  
**Day/Dates:** Monday-Thursday: 4:00 PM- 6:00 PM (Grades 6th-12th)  
Saturday: 1:00 PM- 3:00 PM (Grades 1st-5th) 5:00 PM- 7:00 PM (Grades 6th-12th)

## **YC BAKING/COOKING WEEK**

For Hendrick Hudson School District Residents Only. Come and join us for some free play basketball! Youth must be registered as a participant of the Youth Center in order to participate.

**Course Number:** 693-1S  
**Location:** Cortlandt Youth & Recreation Center  
(3 Memorial Drive, Croton on Hudson)  
**Day/Dates:** Monday-Friday, April 1-5  
**Time:** 1:00pm-4:00pm  
**Fee:** \$10 with ID/\$15 without ID



## **YC CLEAN-UP (GRADES 6TH-12TH)**

Join the Glashoffs in this unique program to help clean-up our town! Participants will be given supplies to help them pick-up litter and debris from local sites around the town. Youth will receive volunteer hours for community service. Parents will be responsible for dropping off and picking-up their child at the designated location.

**Course Number:** 652-1S  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/Dates:** Saturday, March 23  
**Time:** 3:00 PM—4:00 PM

**Course Number:** 652-2S  
**Location:** Cortlandt River Front (77 Riverview Avenue, Verplanck)  
**Day/Dates:** Saturday, April 13  
**Time:** 10:00 AM- 11:00 AM

# YC 5th Grade Fun Club

The 5th Grade Fun Club Program allows 5th grade youth in the Hendrick Hudson School District (Tuesdays, Wednesdays, and Thursdays) and 5th grade youth who are Town of Cortlandt residents in the Croton Harmon School District, Lakeland/ Panas Central School District, homeschooled children, etc. (Mondays- NO BUSSING TO THE YC) to participate in a safe and structured environment after school while challenging themselves with a variety of games, activities and special projects. During this time, youth get acclimated to the Town of Cortlandt Youth Center and everything the facility has to offer including but not limited to: indoor game tables, homework room & help if needed, art room, outdoor activities and LifeSkills lessons. Participants are bused on Tuesdays, Wednesdays and Thursdays from Furnace Woods Elementary School by the HHS to the YC. It is the Parent's responsibility to pick-up their child by 5:00 PM. **\*Pre-registration is required. To register go online to: [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline) and search by keywords.**

- You must register your child for this program prior to sending them. You can only register for one day per week.
- Registration is first come, first serve.
- Youth can only attend on the specific day you register them for. There is no switching days.
- If your child is being picked up by someone other than a parent or guardian please send them with a note or call the YC the day of Fun Club.
- There are vending machines for snacks and drinks. The machines take one and five dollar bills as well as quarters. The staff does NOT have change.
- Your child may bring their own snack to Fun Club.
- The YC is NOT RESPONSIBLE for any personal belongings brought to or left at the center during the program.
- No Fun Club when school is closed, has an early dismissal or during 5th grade overnight trip
- On Friday, May 10 there will be a Luau themed BBQ for all 5th Grade Graduates.
- Youth will be able to participate in the YC's regularly scheduled programming as "6th graders" starting June 25th

**Location:** Youth Center  
**Time:** School Dismissal- 5:00 PM  
**Fee:** Free  
**Ages:** 5th Graders in the Town of Cortlandt  
**More Info:** Contact Lindsey at [lluposello@townofcortlandt.com](mailto:lluposello@townofcortlandt.com) or 914-736-0498.

## Hendrick Hudson School District:

Bus provided from Furnace Woods to the Cortlandt Youth Center. Parents are responsible for PICK UP.  
**Day:** Tuesdays, Wednesdays or Thursdays  
**Dates:** February 6- May 9

## Croton, Lakeland/Panas, Homeschool, other:

NO BUS PROVIDED. Parents are responsible for PICK UP & DROP OFF.  
**Day:** Mondays  
**Dates:** February 5- May 6

**Programs are on a first come, first serve basis**  
**Go to: [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline) to register for the YC & 5th Grade Programs. Search by keywords.**



## YC 5th Grade Open House

All 5th Grade 2024 Graduates from the Hendrick Hudson, Lakeland (residents) and Croton Harmon School Districts or who are a Cortlandt resident with their parents are invited to come to the Youth Center to meet the staff, and see all the activities and programs the YC has to offer. Youth will then go outside to participate in group activities, while parents stay inside to learn how to register their children for the YC, learn about the BMMS Bus and get any and all of their questions answered. Light refreshments will be available to enjoy outside as you tour the facility.

**Day/Date:** Saturday, April 27  
**Time:** 1:00 PM- 2:00 PM  
 2:00 PM- 3:00 PM  
 3:00 PM- 4:00 PM  
**Fee:** Free  
**Registration:** Pre-registration for a time slot is required for youth & parent(s); search by keywords.

## YC 5th Grade Welcome Aboard LUAU

The YC will host a special LUAU themed DJ Night for 5th Grade Graduates to welcome them to the YC Family! There will be music, snacks, contests and prizes. The Luau is for all 5th Grade Graduates from the Hendrick Hudson, Lakeland (residents) and Croton Harmon School Districts or who are a Cortlandt resident. If your child has any allergies or individual concerns please speak with the YC Director at 914-736-0498. **All youth must be registered members of the Youth Center prior to registering for the Luau.**

**Day/Date:** Friday, May 10  
 (Rain date: Friday, May 17)  
**Time:** 6:30 PM- 9:00 PM  
**Fee:** Free  
**Registration:** Pre-registration required. Begins Saturday, April 22 and closes Wednesday, May 10th at midnight. Search by keywords.

## YC Family Programs: Grades 1st-5th (With Adult Supervision)

### FAMILY MINUTE TO WIN IT

It's challenge time; both mind and body! Teams will have a minute to complete each task to rack-up the most points to win.

**Course Number:** 603-1W  
**Location:** Youth Center  
**Day/Date:** Saturday, January 20  
**Time:** 1:00 PM- 2:00 PM  
**Fee:** Free  
**Registration:** Pre-registration required for each adult and youth participant

### FAMILY RELAY RACES

Split into teams and race in a few different types of relay races. Lots of prizes and fun to be had!

**Course Number:** 681-1S  
**Location:** Youth Center  
**Day/Date:** Saturday, April 13  
**Time:** 1:00 PM- 2:00 PM  
**Fee:** Free  
**Registration:** Pre-registration required for each adult and youth participant

### FAMILY VALENTINE'S DAY CREATIONS

It's time to get creative. Participants can decorate their own Valentine's Day cookies as well as make cards for the ones they love.

**Course Number:** 657-1W  
**Location:** Youth Center  
**Day/Date:** Saturday, February 10  
**Time:** 1:00 PM- 2:00 PM  
**Fee:** Free  
**Registration:** Pre-registration required for each adult and youth participant

### EGG HUNT

Come meet and take pictures with the Easter Bunny at our Ninth Annual Egg Hunt! Prizes are available for all participants! Age groups: 2-5 years old and 6 years old and over.

**Location:** Youth Center  
**Date:** Saturday, March 23  
**Rain Date:** Sunday, March 24  
**Time:** 1:00 PM, Promptly  
**Fee:** Free



# Youth Employment Services (Y.E.S.) : Ages 14-18

**WE'RE OPEN FOR BUSINESS:**

**CALLING ALL YOUTH, BUSINESS OWNERS & COMMUNITY MEMBERS**

Our mission is to provide a free service which seeks to connect youth ages 14-18 with local businesses and community members who have employment opportunities.

## REGISTER NOW!

**EMPLOYERS  
TEXT:  
HIRE**

**YOUTH  
TEXT:  
YESINFO**

**TO: 833-343-0298**



*By texting keyword, "yesinfo" or "hire" to 833-343-0298 you agree to receive a text message with more information about the YES program. Additional forms will be necessary to receive promotional automated messages. This agreement isn't a condition of any purchase. Msg & data rates may apply. To unsubscribe from the message, respond "STOP".*

## Youth Employment Services (Y.E.S.) Programs

### **RESUMANIA (AGES 14-18)**

Create your own resume. Learn what employers look for, proper formatting & additional tips to help you stand out!

**Course Number:** 630-1W  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/Date:** Saturday, January 27  
**Time:** 1:30 PM- 2:15 PM

### **INTERVIEW SKILLS 101 (AGES 14-18)**

Learn interview skills and tips to help land your dream job! Practice interview questions & what to expect in an interview. These skills will set you up for success!

**Course Number:** 631-1W  
**Location:** Cortlandt Youth & Recreation Center (3 Memorial Drive, Croton on Hudson)  
**Day/Date:** Saturday, January 27  
**Time:** 2:15 PM- 3:00 PM

## Prevention Programs

### **PROBLEM GAMBLING PREVENTION FOR PARENTS**

**Lindsey Luposello, Instructor**

Join us on Zoom as we educate parents on facts, warning signs and dangers of gambling in youth.

**Course Number:** 688-1W  
**Location:** Zoom  
**Day/Date:** Wednesday, January 24  
**Time:** 7:00 PM- 8:30 PM

### **ACTIVE PARENTING (4TH EDITION)**

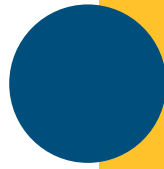
**Lisamaria Albanese, MSW, Instructor**

Lisamaria Albanese, MSW, Instructor

This workshop is great for anyone ages 16+ who is a caregiver or works with children. This evidence based workshop will provide you with effective ways to use non violent discipline, teaches responsibility and other positive character traits, stimulates independence, opens up lines of communication, teaches you ways to diffuse power struggles, helps with school success and helps prevent future problems with sex, alcohol and other drugs. Certificate will be given if participant stays for entire workshop. Bagged lunch is required.

**Course Number:**  
**Location:** Youth Center  
**Day/Date:** Saturday, January 6 OR March 2  
**Time:** 9:00 AM- 2:00 PM

# WINTER & SPRING SPECIAL EVENTS & ACTIVITIES



EGG HUNT

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TEATOWN  
HUDSON RIVER  
EAGLEFEST



# Special Activities and Events

## **COMMUNITY GARDEN**

Join us to Volunteer at our Town of Cortlandt Community Garden! A Town of Cortlandt resident with tremendous knowledge in gardening volunteers to coordinate this effort! Located at Lake Meahagh, Westchester Avenue, Verplanck, NY 10596. Cortlandt residents and groups (Scouts, Civic organizations, etc.) will take care of their defined areas with the coordinator's guidance. Contact the Town of Cortlandt Recreation Department at [tocrec@townofcortlandt.com](mailto:tocrec@townofcortlandt.com) or 914-734-1050.



## **CROSS COUNTRY SKIING AND ICE SKATING**

*\*This is not a Town of Cortlandt program/ activity.*

Enjoy Ice Skating or Cross Country Skiing at Blue Mt. Reservation located at Welcher Avenue in Peekskill. An ideal location for scenic outdoor cross country skiing and skating. Whether you prefer challenging trails through wooded areas of open spaces to traverse. You must provide your own equipment. No rentals are available. Conditions permitting cross country skiing is allowed seven days a week during daylight hours.

Blue Mt. Reservation is an ideal location for scenic outdoor skating. As with skiing you must bring your own skates. No rentals available. Ice is checked daily at all locations for safety and conditions. Look for sign posting safe conditions, ice skating is permitted seven days a week during daylight hours. For your own safety always check conditions before heading out to the park. For more information go to <https://parks.westchestergov.com/>. Free admission and free parking.

## **EGG HUNT**

Come meet and take pictures with the Bunny at our Town of Cortlandt Egg Hunt! Prizes are available for all participants!

Age groups: 2-5 years old and 6 years old and over.

- Location:** Youth Center, 3 Memorial Dr., Croton on Hudson (Off of Albany Post Road, just before the Cortlandt Train Station)
- Date:** Saturday, March 23; Rain Date: Sunday, March 24
- Time:** 1:00 PM, Promptly
- Fee:** Free



## **EARTH DAY HIKE**

Save the Date: Saturday, April 13th, more details to follow!

## **TEATOWN HUDSON RIVER EAGLEFEST**

Watch in awe as wintering bald eagles fly overhead at Teatown's Hudson River Eaglefest. Don't miss this opportunity to view our national symbol up-close and learn how conservation efforts have brought about the now vibrant bald eagle population in the Hudson Valley. Join us at Steamboat Dock River Park where guests can enjoy eagle viewing!

Visit [www.teatown.org/eaglefest](http://www.teatown.org/eaglefest) or email [info@teatown.org](mailto:info@teatown.org) for more information.

- Location 1:** Headquartered at Croton Point Park. Tickets Required and Tickets required for entry. For tickets & information visit [www.teatown.org/events/eaglefest](http://www.teatown.org/events/eaglefest)
- Location 2:** Steamboat Dock River Park for FREE viewing- No tickets required
- Date:** Saturday, February 3 (Snow Date, Sunday, February 4)
- Time:** 9:00 AM- 4:00 PM
- Fee:** Please contact Teatown Lake Reservation for 2024 Rates 914-762-2912





**Cortlandt Community Rowing proudly supports the Town of Cortlandt's commitment to helping outdoor recreation and wellness thrive in our community.**

**ROWING IS A LIFETIME SPORT FOR EVERY BODY!**

CCRA promotes health, fitness, and the benefits of team participation through rowing instruction to people of all ages, experience, and ability levels.



**CORTLANDT COMMUNITY ROWING**

**LEARN MORE:**

CortlandtRowing.com



Cortlandt Rowing



Viking\_Rowing



CortlandtRowing@gmail.com

CCRA is a non-profit 501(c)(3)

## *Van Cortlandville Historical Society*

The Van Cortlandville Historical Society welcomes people who are interested in learning more about the history of our community and sharing it with others. The society was founded in 1921 and has been headquartered in the historic Little Red Schoolhouse, 297 Locust Avenue, Cortlandt Manor, since 1972. A primary goal is hands-on education of children about life in the mid-19th century through such activities as the Early School Days program and the annual Colonial Fair, led by history enthusiasts in period clothing. Other activities include reenactments of local military events from the Revolutionary War, erection of roadside markers at local historic sites, annual memorial services, upgrading of Van Cortlandville Memorial Park and rehabilitation of the Van Cortlandt family plot in Hillside Cemetery.

The society welcomes appropriate memorabilia and genealogical records from local residents. The society's regular meetings, at 2 PM at the Schoolhouse on the third Saturday of most months, feature a variety of presentations that extend far beyond the primary emphasis on early-day education and the rich Revolutionary War history of the community. Visitors and new members are always welcome. Booklets for a self-guided walking tour are available, along with other literature about local historic sites. Most activities are open to everyone at no charge. For more information, or to schedule a visit, please call the Schoolhouse at 914-736-7868, visit [www.vancort.net](http://www.vancort.net) or email [society@vancort.net](mailto:society@vancort.net).



# Nor-West Regional Special Services

Providing therapeutic recreation programs for individuals with special needs to Cortlandt, Peekskill, Ossining and Yorktown residents since 1973

LOOKING FOR QUALITY RECREATION FOR A CHILD, TEEN, OR ADULT WITH A DEVELOPMENTAL DISABILITY?

Director, Wendy Greenfield  
Program Coordinator, Ed McKay



## **THERAPEUTIC PROGRAMS FOR INDIVIDUALS WITH DEVELOPMENTAL AND COGNITIVE IMPAIRMENTS**

Nor West Regional Special Services is a social service agency that provides community-based therapeutic recreation programs, respite and transportation services to persons with differing abilities residing in the northwestern portion of Westchester County. They serve ages 8-65 in a variety of community-based weekly programs and special events, designed primarily for individuals with developmental disabilities. Transportation is provided to catchment-area residents from central stops in Peekskill, Cortlandt, Yorktown, and Ossining. Individuals living at home and enrolled in the Home & Community Based Services Waiver do not pay registration fees.

## **PART-TIME EMPLOYMENT- SEASONAL**

Nor-West offers employment to students ages 16 and up, working with children and adults. Good working experience for persons interested in working in the Human Services or Special Education fields. Make your own work schedule, flexible hours. Call Nor-West for an application.

## **THERAPEUTIC RECREATION**

Are you looking for a local recreation program for a child with a developmental disability? Nor-West Regional operates three weekly youth programs during the Fall session, including Instructional Bowling, Afternoon Adventure Trips, and Instructional Swimming. Program is open to residents of Cortlandt, Peekskill, Ossining and Yorktown. Nominal venue fees apply. For additional information and registration materials, visit the Nor-West website.



[www.nor-west.org](http://www.nor-west.org) • 914-737-4797

Nor-West is a certified OPWDD respite provider

# Special Park Facilities

## FOR ALL TOWN OF CORTLANDT RESIDENTS:

Please remember that dogs must be leashed at all times and to pick up after your pets.

### **CROTON ARBORETUM**

The Jane E. Lytle Arboretum in Croton-on-Hudson NY provides a variety of walking trails, including a handicap-accessible trail, through wildlife habitats on 22 acres of woods and wetlands. Located at the end of Lounsbury/ Fox Road and following a short drive or walk across the Hudson National golf course, the Arboretum is open seven days a week, 365 days a year.

Managed by the Croton Arboretum and Sanctuary Inc., the Arboretum provides programs in conservation, education, and recreation. For directions and information, please visit

[www.crotonarboretum.org](http://www.crotonarboretum.org).



### **FURNACE DOCK LAKE**

The Town of Cortlandt acquired and saved the 100 year old Furnace Dock Lake in 2011.

#### **Rules and Regulations**

- All activities at your own risk
- Park is open dawn to dusk
- Keep pets leashed, clean up after them as well
- All garbage is to be taken out of the park
- Do not remove or destroy plants, wildlife, or artifacts

#### **The following is prohibited:**

- Hunting, firearms, alcohol, and camping
- Motorized vehicles and mountain bikes
- Fires, smoking, swimming, and dumping
- Feeding wildlife, metal detectors, and radios
- Fireworks, music, and loud noise



### **CORTLANDT DOG PARK**

The Dog Park is located at 130 Sprout Brook Road, Cortlandt Manor. There are two areas designated for small dogs and large dogs. For more information, please contact the Recreation Department at 914-734-1056.

#### **Dog Park Rules and Regulations**

##### **PARTICIPATION AGREEMENT AND ASSUMPTION OF RISK AND LIABILITY INSURANCE**

1. Dog Park closes at dusk daily.
2. No animals other than dogs may be brought into the fenced area.
3. All dogs must be leashed until safely inside the dog park and returned to a leash prior to exiting. Make sure gates are closed after entering and leaving the park.
4. Do not leave a leash on a dog in the park. Bring your leash into the park in case of emergency or altercation.
5. Dog owners must remain in the fenced area while their dogs are using the dog park. Owners must be in view of their dogs and have voice control at all times.
6. Children accompanying dog owners must be strictly supervised and at least twelve years old to be allowed inside unless accompanied by an adult.
7. Children under ten years old not allowed (some dogs see small dogs as prey) in large dog area.
8. Children under five years old not allowed in the park.
9. Spectators should remain outside the fenced area.
10. Aggressive dogs and dogs in heat are not allowed.
11. Owners must immediately leash and remove dogs from the dog park at the first sight of aggressive behavior.
12. Do not bring sick dogs to the park.
13. Owners must dispose of waste properly in the designated on-site containers.
14. Owners must prevent dogs from digging holes.
15. While small bite-sized training treats are permitted, food in bowls, long lasting chews, or glass containers are not allowed.
16. No Smoking and no food are allowed inside of the dog park.
17. No more than three dogs per person are allowed on any single visit.
18. Puppies less than four months old are not permitted in the park.
19. Dogs must be licensed and vaccinated for rabies and DHLPP. Current license and rabies tags must be worn on the dog's collar at all times.
20. Owners are liable for any injury or damage caused by their dog and are fully responsible for their dog's actions.
21. Trainers are not allowed to use the park to conduct business.
22. Any incident, problem etc. should be reported to the Cortlandt Recreation Department at 914-734-1050.
23. In the event of an emergency, call 911.

**I Understand That:** Permission from the Town to use the Dog Park is conditional on compliance with the above dog park rules.

**I Also Understand and Agree That:** The dog park is to provide a fenced-in area where dog owners may bring their dogs and permit them to run freely with other dogs, and that unleashing my dog (s) and being present in an area where there are other people, including children, and other unleashed dogs, poses risks to others and myself and to my dog (s) and the dogs and property of dogs, and I do hereby agree to assume such risks.

**I Further Agree To:** Release, discharge, hold harmless and indemnify the Town of Cortlandt and all of it's officials, agents, officers, employees and representatives from liability for any and all claims for injuries, damages and/or losses whatsoever to any person or animal (including but not limited to disability and death) or property which may arise out of, result from or be associated with the use of or presence on the dog park by myself and/or my dog (s).



## **HUDSON RIVER COMMUNITY BOAT LAUNCH**

Located at the Cortlandt Waterfront Park (Off Riverview Avenue and Broadway in the Hamlet of Verplanck)

Seasonal Use *ONLY* from April 1st through October 31st, Park Hours 7:00 AM to Dusk

### **Rules and Regulations**

- Town of Cortlandt, Village of Buchanan and Village of Croton residents only
- Use of the ramp for commercial purpose is strictly prohibited
- Town of Cortlandt Boat Launch Permit is required.
- Permit is available at the Cortlandt Town Hall in the Town Clerk's office at 1 Heady Street, Cortlandt
- Manor, New York 10567, the main phone number is 914-734-1020
- Clear Ramp area- Come in Slow- NO WAKE
- Seasonal use only from April 1st through October 31st
- Pull boat around to launching ramp as soon as space becomes available. Pull boat to the tie down zone and clear the ramp so others may use the boat launch
- Permit for ramp access **MUST** be in full view on the dash or mirror of your vehicle. If your permit is not in view, you will receive a summons and fines.
- Anyone driving over 5 MPH within 50 feet of the shore will forfeit their permit and be given a summons and fines.
- Boat size not to exceed 22 feet
- NO swimming, sunbathing
- Waterskiing or loitering in the launch area
- NO overnight parking



## **HOLLOW BROOK TRAIL**

Hollow Brook Trail was dedicated on October 20, 2016 the trail is part of 70 acres that was given to the Town several years ago. The trail was completed in August and is approximately 3 quarters of a mile long. The entrance to the trail is located at the bottom of Anton Place, in Lake Peekskill, Town of Cortlandt. The trail is adjacent to the Hollow Brook golf course.

## **HOLLOW BROOK GOLF COURSE**

### **For Cortlandt Residents**

*Public Access to the Hollow Brook Golf Course (off Oregon Road)*

The Hollow Brook Golf Club is a private/ public course with Town residents being able to reserve tee-times. The Town coordinates those rounds reserved for the exclusive use of Town residents (agreement on file), Tuesday through Sunday for public use. On Tuesday and Thursday, seven of the tee times are discounted at \$85.00 after 2:00 PM, Greens fees will be a total \$110.00 for all other tee times Tuesday, Wednesday and Thursday. On Fridays, Saturdays, Sundays and Holidays greens fees will be \$160.00 with no tee times before noon. Prices include greens fees and a cart. Range balls (only available when playing) for \$10.00. Reservations can be made five days in advance by calling 914-734-1500.

Residents will need to purchase a golf sticker (\$12.00) in the Town of Cortlandt Recreation Department of Town Hall located at 1 Heady Street in Cortlandt Manor. This sticker will be placed on the back of your Town of Cortlandt Recreation Photo ID card. If you do not currently have a valid Town of Cortlandt Recreation Photo ID Card, one can be purchased for an additional \$7.00 by providing two forms of proof of residency. For more information regarding Town of Cortlandt Recreation Photo ID Cards or Hollow Brook Golf Stickers, please contact the Recreation Department at [tocrec@townofcortlandt.com](mailto:tocrec@townofcortlandt.com) or 914-734-1050.

### **Rules and Regulations**

1. Tee Times can be made by phone only.
2. Tee Times can be made five (5) days in advance, after 10:00 AM i.e. Friday for Tuesday, Saturday for Wednesday, Sunday for Thursday, Monday for Friday, Wednesday for Saturday and Sunday.
3. Residents must have golf shoes with soft spikes, collared shirts, golf pants or Bermuda shorts- NO JEANS, CUTOFFS, SHORT SHORTS, and CARGO PANTS OR SHORTS.
4. Residents may bring one guest at town fees.
5. Residents can only make reservations for themselves and their guest and not another town resident.
6. Residents must show their Town of Cortlandt resident card with a golf sticker.
7. Residents cannot use the driving range or practice areas unless they are playing golf.
8. Additional fees will be charged for food and beverage.
9. Additional fees will be charged for the driving range-\$10.00
10. Residents will not be allowed on the tee before their Tee Time and do not have access to the Club House.





## **CHARLES J. COOK PARK**

For over half a century, the Town of Cortlandt has owned the piece of property off Furnace Dock Road now known as the Charles J. Cook Recreation Center. After a 1.5 million dollar renovation in 2000, this recreational facility became one of Cortlandt's most popular venues. This active sports complex offers residents a variety of leisure activities. With a concrete surface, drainage system, filtration system, splash park and as of 2021, a newly upgraded bathhouse. The Charles J. Cook Pool is open daily during the summer from 10:45 AM until 7:00 PM and until 8:00 PM on Friday evenings. Swim areas are staffed with lifeguards, and on-site management.

A water spray park was dedicated in 2016 with five additional features. During June and July, the Town of Cortlandt Swim and Dive Teams hold meets and practice at the Pool.

The Town's summer camp program allows children, grades K- 8th, to enjoy the pool as well as the Charles J. Cook Recreation Center's playground, all purpose ball field, two tennis courts, basketball courts, a fitness trail, and 9-hole miniature golf course.

The nature and fitness trail is approximately ½ mile and consists of an 8-ft wide rustic trail (natural) and twenty (20) pieces of fitness equipment. The miniature golf course opened in the spring of 2019; Each hole has a Town of Cortlandt inspired feature, such as the Little Red School House, Bear Mountain Bridge, and the Toll House. The course is open to both pool users and the general public during normal operating hours. The golf course will remain open spring, fall, summer, weather permitting.



For residents interested in exploring the natural environment, there are nature trails, the "Touch & Smell" Garden and the Bicentennial Garden. As a tribute to the 200th birthday of the Town of Cortlandt, the Bicentennial Garden includes a beautiful flower garden and a time capsule, containing over 100 items of importance in the Town's history.



## **CORTLANDT ICE RINK**

From mid November through to March 3rd, the Cortlandt Hockey Rink is converted to a synthetic ice rink! All attendees must have a Town of Cortlandt Recreation Photo ID Card, please visit page 10 for more information.



### **Hours of Operation:**

Fridays, 4:30 PM- 10:00 PM

*Skating Sessions:*

4:30 PM- 6:00 PM

6:30 PM- 8:00 PM

8:30 PM- 10:00 PM

Saturdays, 12:30 PM- 8:00 PM

*Skating Sessions:*

12:30 PM-2:00 PM

2:30 PM- 4:00 PM

4:30 PM- 6:00 PM

6:30 PM- 8:00 PM

8:30 PM- 10:00 PM

Sundays, 12:30 PM- 6:00 PM

*Skating Sessions:*

12:30 PM- 2:00 PM

2:30 PM-4:00 PM

4:30 PM- 6:00 PM

### **1/2 HOUR ICE MAINTENANCE AFTER EACH SESSION**

\*On days that schools are closed the rink will be open and follow a Sunday schedule.

Fees: (90 Minute Skating Session)

\$5.00 Adult

\$3.00 Youth

\$7.00 Guest (Must be accompanied by a Town of Cortlandt Resident)

Skates available at the rink to rent for a \$3.00 fee or you can use your own skates.



## **HUDSON HIGHLANDS GATEWAY PARK**

***Sprout Brook Road (Main), Doris Lee Drive, Cortlandt Manor***

Threatened twice by dense residential development, was protected in 1998 when a coalition of more than 35 groups representing homeowners, the homeowners, the community, government agencies and several environmental organizations united to preserve this 352-acre site. The Coalition to Preserve the Hudson Highlands Gateway raised \$6 million to buy the parcel. In May 2000, the Scenic Hudson Land Trust, the Town of Cortlandt and Westchester County purchased the property.

A network of trails in the park exposes visitors to woodlands, streams, steep slopes, bedrock outcroppings and meadows, revealing much human and natural history and providing spectacular river views. This park is ecologically significant because it is home to several; noteworthy ecosystems. The site's upland wetlands are crucial for many frogs and salamanders to survive. Several different snake species use the prominent, east-facing cliffs of the park to warm themselves in the sun. Also the park's Westchester County location is in one of the country's three major bird migration corridors. Come spring, hundreds of thousands of birds fly over the park where they stop to rest and feed.

Since the property was acquired, the Hudson Highlands Gateway Task Force, a group of concerned citizens - has been working with The Scenic Hudson Land Trust, the Town of Cortlandt and New York-New Jersey Trail Conference on issues including park improvements, illegal ATV use and assessing the park's natural resources.

Hudson Highlands Gateway Park is an ideal destination for an afternoon or all-day outing. Recreational activities abound, including hiking, birding, cross-country skiing, fishing and snowshoeing. Located at the southern end of the fabled Hudson Highlands, the park once served as a Revolutionary War lookout and now is open for public enjoyment.

### **Directions**

Two parking areas are available; one is temporarily shared with Sprout Brook Park, 0.3 miles from the intersection of Sprout Brook Road and Highland Avenue, just past and on the same side as the athletic. Cross road and enter park through the gap in guardrail. Universally accessible parking area is at the end of Doris Lee Drive. Park on gravel in front of fence.

### **Operating Hours**

Open year-round, from dawn to dusk.

### **Rules & Regulations:**

- The park is open dawn to dusk.
- Vehicles are permitted only in the designated parking areas.
- Stay within the posted property boundaries, and be considerate of other visitors and adjoining property owners.
- Keep pets leashed; please clean up after them.
- Do not remove or destroy plants, wildlife or artifacts.
- Always hike with a friend.

### **The following are prohibited**

- Motorized vehicles, camping, fires, alcohol, firearms, feeding wildlife, smoking, dumping, swimming, metal detectors, mountain bikes and radios.

### **Caution**

Deer ticks, which can transmit Lyme disease, are a growing problem. Take precautions and check for ticks after leaving.



Hudson Highlands Gateway Park has four trails, totaling more than 4.9 miles that traverse the 352-acre site. There are many meandering, wooded roads where one could easily get lost. Please stay on marked trails. The degree of difficulty for the hiking trails ranges from easy to moderate. Trail users should wear sturdy shoes and beware of loose rocks, holes and slippery surfaces.

### **(Red Trail)**

***Annsville Creek Trail 1 mile, approx. 1 hr.***

This trail starts at Doris Lee Drive and is universally accessible to the Pond Overlook. It travels by Annsville Creek, which contains breeding trout populations. Fishing is allowed. A sensitive wetland area surrounds the creek.

### **(Blue Trail)**

***Upland Trail 2 miles***

A steep ascent through a meadow and mixed woods forest brings visitors to a terrific view of the Hudson River. The remainder of the trail encompasses rolling terrain that passes by many historic stone walls.

### **(Yellow Trail)**

***Hudson Overlook Spur 0.6 miles***

Distinguished by its scenic overlook, this trail also crosses a small stream that is the outlet for a large wetland upslope.

### **(White Trail)**

***Vernal Pool Trail 1.6 miles***

Beginning from the northernmost point of the Upland Trail, this trail works its way up and along a ridgeline. As it descends it passes by a large vernal pool, through a wetland and contains a number of steep slopes. Be cautious of wet surfaces. The trail finishes along an old woods road and rejoins the Upland Trail.

## **YOUR VALLEY, YOUR VOICE, YOUR FUTURE**

We hope you enjoy visiting Hudson Highlands Gateway Park. This and other significant Hudson Valley landscapes are protected by the Scenic Hudson Land Trust with the support of the Lila Acheson and DeWitt Wallace Fund for the Hudson Highlands, created by the founders of Readers Digest Association, Inc. Scenic Hudson also gratefully acknowledges those who helped make this park a reality; Town of Cortlandt, Westchester County, New York-New Jersey Trail Conference, New York State and many dedicated individuals who donated their time, energy and financial support.

Scenic Hudson works to protect and restore the Hudson River and its majestic landscape as an irreplaceable national treasure and a vital resource for residents and visitors. A crusader for the valley since 1963, today they are the largest environmental group focused on the Hudson River Valley. Our team of experts combines land acquisition, support for agriculture, citizen-based advocacy and sophisticated planning tools to create environmentally healthy communities, champion smart economic growth, open up river fronts to the public and preserve the valley's inspiring beauty and natural resources.



## **LAKE MEAHAGH PARK**

*Westchester Avenue, Verplanck*

Lake Meahagh Park hosts a basketball court, walking path, and is the home of the Town of Cortlandt Community Garden. It is also a boat launch for the CCRA (Cortlandt Community Rowing Association).



## **OSCAWANA BOAT LAUNCH**

Oscawana boat launch is located on Cortlandt Street in Crugers. A launching area for kayak's and canoes; hiking trails that lead out to the Hudson River. It was dedicated on October 4, 2004 by former Cortlandt Town Supervisor Linda D. Puglisi and the Town Board.



## **SPROUT BROOK PARK**

130 Sprout Brook Road in Cortlandt Manor The park is over 22 acres and has two softball fields, a little league field (which includes a snack bar and bating cage), soccer field, an all purpose field, a pavilion available for renting, a playground, and a dog park.



## **STEVEN HEBERT MEMORIAL SKATE PARK**

*Muriel H. Morabito Community Center  
West Brook Drive, Cortlandt Manor, N.Y.*



## **PICKLEBALL COURTS**

With the increasing popularity of the growing paddle sport, Pickleball, the Town of Cortlandt has converted one tennis court at the Croton Community Recreation Area off of Croton Avenue (Down the road from Walter Panas High School) into four pickleball courts.



The Cortlandt Hockey Rink located next to the Cortlandt Youth Center (3 Memorial Drive, Croton on Hudson) has also been converted into five Pickleball Courts. The rink will be used for Pickleball until mid November, when it will be turned into the Cortlandt Ice Rink until the beginning of March.



## **THE TOLL HOUSE**

*Located on Bear Mt. Road, Cortlandt Manor, NY*

Toll House was dedicated on September 22, 2002 and is a visitor center with information about the Hudson Valley. It is opened seasonally from May to November.

## **CORTLANDT WATERFRONT PARK**

The Cortlandt Waterfront Park is located at 77 Riverview Avenue, Verplanck, NY 10596 and is located off of Riverview Avenue and Broadway in Verplanck. Come and enjoy the Park, which includes a gazebo, fishing, crabbing, playground, veterans memorial, walking path, small boat, kayak and canoe launch area, horseshoe pits (bring your horseshoes). All with a spectacular view of the Hudson River!



## **TENNIS COURTS**

Nets will be kept up weather permitting at the following locations around mid March:

- Charles J. Cook Tennis Courts 2 Courts  
*Furnace Dock Road, Cortlandt Manor*
- Lake Street Tennis Courts 6 Courts  
*Lake Street, Montrose*

## **RULES & REGULATIONS**

In order to accommodate as many residents as possible, use of the courts for over an hour and a half prohibited if the courts are full.

**TOWN OF CORTLANDT DEPARTMENT OF RECREATION AND CONSERVATION SEASONAL EMPLOYEE APPLICATION**  
**1 HEADY STREET, CORTLANDT MANOR, NY 10567**  
**914-734-1050 TOCREC@TOWNOFCORTLANDT.COM**

Last Name	First Name	Phone #	Date Available
Address	City/ Town	Zip	Email
Are you 18 years old or older? <input type="checkbox"/> Yes <input type="checkbox"/> No If not, what age? _____ DOB _____			
<b>Minimum age for hire:</b> CI: 14; Lifeguard, Maintenance/Cashier, Jr. Counselor, Playgrounds: 15; Intermediate Counselor: 16; Senior Counselor: 18			
EDUCATION (Name and Location of School)			DEGREE
High School			
College			
U.S. Military			
Other			
EMPLOYMENT HISTORY			
REF.			
From	To	Employer	Address
		Supervisor	Supervisor
		Phone No.	Phone No.
From	To	Employer	Address
		Supervisor	Supervisor
		Phone No.	Phone No.
PERSONAL REFERENCES			
REF.			
Name	Address		Phone No.
Name	Address		Phone No.
CERTIFICATIONS		RECREATION EXPERIENCE	
<input checked="" type="checkbox"/>	Expiration Date	<input checked="" type="checkbox"/>	Expiration Date
CPO	CPR		
LGT	1st Aid/ RTE		
WSI	Waterfront		
Positions applied for in order of preference			
1.		3.	
2.		3.	
Applicants Signature:		Date	Interviewed by:
Recommended for employment		Title	Date
Yes <input type="checkbox"/> No <input type="checkbox"/>		Location	Salary
Practical Exam		Comment	

**FOR FULL TIME EMPLOYMENT APPLICATIONS, PLEASE CONTACT TOWN OF CORTLANDT HUMAN RESOURCES AT 914-734-1004.**



# ADULT PROGRAM ACTIVITY REGISTRATION FORM

**Online registration available for Cortlandt Recreation Programs: [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline)**

PLEASE PRINT CLEARLY; APPLICATION MUST BE COMPLETELY FILLED IN

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_ PO Box \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Work Phone # \_\_\_\_\_ Home Phone # \_\_\_\_\_

Cell Phone # \_\_\_\_\_ Cell Phone Mobile Provider \_\_\_\_\_

- Yes, I would like to receive marketing emails from the Cortlandt Recreation Department about new programs, upcoming events, and town news.
- Yes, I would like to receive text message alerts from the Cortlandt Recreation Department. \*By checking this box, I understand that standard text messaging rates may apply.

**INJURY RELEASE:** I agree, or agree on behalf of my minor child, to assume: (i) all risk of personal injury or loss; (ii) bodily injury; and (iii) damage to, loss of, or destruction of any personal property resulting from or arising out of participation in the designated activity. I also release, waive, indemnify, hold harmless, and discharge the Town of Cortlandt from all claims, damages, and injuries arising out of my or my minor child's activities, including my or my minor child's use of equipment and facilities provided by the Town of Cortlandt. By checking "I Accept" line below, you are signing this Agreement.

**COVID-19 RELEASE:** By participating in any programs sponsored by the Town of Cortlandt, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by my participation. I agree that if I am exposed to or infected by COVID-19 during my participation in any programs sponsored by the Town of Cortlandt, then my heirs, successors, assigns, and I have waived any right to maintain a lawsuit against the Town of Cortlandt, volunteer coaches, employees, and hired independent contractors, for exposure to COVID-19, and my heirs, successors, assigns, and I shall hold the Town of Cortlandt harmless with respect to any damages incurred from contracting COVID-19. Every participant should bring a mask as players on the sideline will be required to wear masks. I acknowledge that I have read and fully understand the terms and conditions. By checking "I Accept" line below, you are signing this Agreement.

**PHOTO RELEASE:** I grant permission to the Town of Cortlandt, on behalf of its agents or employees, to use photographs taken of me on the date and at the location listed below for use in town publications such as brochures and magazines, and to use the photographs on display boards, and to use such photographs in electronic versions of the same publications or on the Town of Cortlandt web site. I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from the related to the use of the photograph. I hereby agree to release, defend, and hold harmless the Town of Cortlandt and its agents or employees, including any firm publishing and/or distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including but not limited to any misuse, distortion, blurring, alterations, optical illusion or use in composite form, either intentionally or otherwise, that may occur or be produced in taking, processing, reduction or production of the finished product, its publication or distribution. By checking "I Accept" line below, you are signing this Agreement. I Accept \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Course#	Participants Name		Sex	DOB	Activity Name	Total Fee
	Last Name	First Name				
<b>Total Fee</b>						<b>\$</b>

NONRESIDENT S: 20% SURCHARGE TO HIGHER RATE FOR ALL PROGRAMS REGISTERED FOR.  
NONRESIDENT S ARE ONLY ACCEPTED TO FILL UP PROGRAMS 1 WEEK PRIOR TO START OF PROGRAM.

THE TOWN OF CORTALNDT DOES NOT PROVIDE ACCIDENT INSURANCE.  
SEPARATE CHECKS FOR ALL PROGRAMS.

MAKE CHECKS PAYABLE TO AND MAIL TO: TOWN OF CORTLANDT RECREATION DEPARTMENT  
1 HEADY STREET, CORTLANDT MANOR, NY 10567

**FOR OFFICE USE ONLY**

TR Receipt # \_\_\_\_\_

CC Receipt # \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_

Date Deposited \_\_\_\_\_





# PRE-SCHOOL/ YOUTH PROGRAM ACTIVITY REGISTRATION FORM

**Online registration available for Cortlandt Recreation Programs: [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline)**

PLEASE PRINT CLEARLY; APPLICATION MUST BE COMPLETELY FILLED IN

RPG Last Name \_\_\_\_\_ RPG First Name \_\_\_\_\_ RPG DOB \_\_\_\_\_  
(Registered Parent/ Guardian)

Street Address \_\_\_\_\_ PO Box \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Work Phone # \_\_\_\_\_ Home Phone # \_\_\_\_\_

Cell Phone # \_\_\_\_\_ Cell Phone Mobile Provider \_\_\_\_\_

- Yes, I would like to receive marketing emails from the Cortlandt Recreation Department about new programs, upcoming events, and town news.
- Yes, I would like to receive text message alerts from the Cortlandt Recreation Department. \*By checking this box, I understand that standard text messaging rates may apply.

**INJURY RELEASE:** I agree, or agree on behalf of my minor child, to assume: (i) all risk of personal injury or loss; (ii) bodily injury; and (iii) damage to, loss of, or destruction of any personal property resulting from or arising out of participation in the designated activity. I also release, waive, indemnify, hold harmless, and discharge the Town of Cortlandt from all claims, damages, and injuries arising out of my or my minor child's activities, including my or my minor child's use of equipment and facilities provided by the Town of Cortlandt. By checking "I Accept" line below, you are signing this Agreement.

**COVID-19 RELEASE:** By participating in any programs sponsored by the Town of Cortlandt, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by my participation. I agree that if I am exposed to or infected by COVID-19 during my participation in any programs sponsored by the Town of Cortlandt, then my heirs, successors, assigns, and I have waived any right to maintain a lawsuit against the Town of Cortlandt, volunteer coaches, employees, and hired independent contractors, for exposure to COVID-19, and my heirs, successors, assigns, and I shall hold the Town of Cortlandt harmless with respect to any damages incurred from contracting COVID-19. Every participant should bring a mask as players on the sideline will be required to wear masks. I acknowledge that I have read and fully understand the terms and conditions. By checking "I Accept" line below, you are signing this Agreement.

**PHOTO RELEASE:** I grant permission to the Town of Cortlandt, on behalf of its agents or employees, to use photographs taken of me on the date and at the location listed below for use in town publications such as brochures and magazines, and to use the photographs on display boards, and to use such photographs in electronic versions of the same publications or on the Town of Cortlandt web site. I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from the related to the use of the photograph. I hereby agree to release, defend, and hold harmless the Town of Cortlandt and its agents or employees, including any firm publishing and/or distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including but not limited to any misuse, distortion, blurring, alterations, optical illusion or use in composite form, either intentionally or otherwise, that may occur or be produced in taking, processing, reduction or production of the finished product, its publication or distribution. By checking "I Accept" line below, you are signing this Agreement. I Accept \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Course#	Participants Name		Grade	Sex	DOB	Activity Name	Total Fee
	Last Name	First Name					
<b>Total Fee</b>							<b>\$</b>

NONRESIDENT S: 20% SURCHARGE TO HIGHER RATE FOR ALL PROGRAMS REGISTERED FOR.  
 NONRESIDENT S ARE ONLY ACCEPTED TO FILL UP PROGRAMS 1 WEEK PRIOR TO START OF PROGRAM.

THE TOWN OF CORTALNDT DOES NOT PROVIDE ACCIDENT INSURANCE.  
 SEPARATE CHECKS FOR ALL PROGRAMS.

MAKE CHECKS PAYABLE TO AND MAIL TO: TOWN OF CORTLANDT RECREATION DEPARTMENT  
 1 HEADY STREET, CORTLANDT MANOR, NY 10567

**FOR OFFICE USE ONLY**

TR Receipt # \_\_\_\_\_

CC Receipt # \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_

Date Deposited \_\_\_\_\_



# TOWN OF CORTLANDT 2024 SPRING BOYS YOUTH SOCCER

**Fee:** \$60 with Town of Cortlandt ID Card  
\$65 without Town of Cortlandt ID Card  
\$76 nonresident  
**Late Fee:** \$70 with Town of Cortlandt ID Card  
(After 3/1) \$75 without Town of Cortlandt ID Card  
\$90 nonresident

**ONLINE REGISTRATION AVAILABLE AT  
WWW.TOWNOFCORTLANDT.COM/RECONLINE**

If you would like to register by mail, please return this form and fee to: Town of Cortlandt Recreation Department, 1 Heady Street, Cortlandt Manor, NY 10567

EVALUATIONS WILL TAKE PLACE AT BLUE MOUNTAIN MIDDLE SCHOOL ONLY FOR PLAYERS THAT DID NOT PARTICIPATE IN THE FALL 2023 LEAGUE.

**1ST & 2ND GRADE BOYS**  
Monday, March 4th - 6:00 PM

**3RD, 4TH & 5TH GRADE BOYS**  
Tuesday, March 5th - 6:00 PM

*\*ALL PLAYERS MUST PROVIDE THEIR OWN SHORTS AND HARD SHELL SHINGUARDS\**

Child's Name \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Pertinent medical information (Allergies, medications, etc.) \_\_\_\_\_

Has your child played soccer with the Town of Cortlandt before? **Yes / No** If your child has played soccer in the past, what team did they play on? \_\_\_\_\_

Does your child have any conflict, which could prevent him/ her from attending games on Sunday afternoons or practices on weeknights and Saturdays? (Circle One) **Yes / No** If yes, what? \_\_\_\_\_

Shirt Sizes (Please select one):

Youth: **Youth Medium** (8-10) **Large** (14-16) / Adult: **Small** (34-36) **Medium** (38-40) **Large** (42-44) **X-Large** (46-48)

RPG (Registered Parent/Guardian) \_\_\_\_\_

Street Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Home # \_\_\_\_\_ Work or Cell # \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency # \_\_\_\_\_

**INJURY RELEASE:** I agree, or agree on behalf of my minor child, to assume: (i) all risk of personal injury or loss; (ii) bodily injury; and (iii) damage to, loss of, or destruction of any personal property resulting from or arising out of participation in the designated activity. I also release, waive, indemnify, hold harmless, and discharge the Town of Cortlandt from all claims, damages, and injuries arising out of my or my minor child's activities, including my or my minor child's use of equipment and facilities provided by the Town of Cortlandt.

**COVID-19 RELEASE:** By granting permission for my minor child to participate in any programs sponsored by the Town of Cortlandt, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that this child may be exposed to or infected by COVID-19 by his or her participation. I agree that if he or she is exposed to or infected by COVID-19 during his or her participation in any programs sponsored by the Town of Cortlandt, then my heirs, successors, assigns, and I have waived any right to maintain a lawsuit against the Town of Cortlandt, volunteer coaches, employees, and hired independent contractors, for exposure to COVID-19, and my heirs, successors, assigns, and I shall hold the Town of Cortlandt harmless with respect to any damages incurred from my child contracting COVID-19. Every participant should bring a mask as players on the sideline will be required to wear masks. I acknowledge that I have read and fully understand the terms and conditions.

**PHOTO RELEASE:** I grant permission to the Town of Cortlandt, on behalf of its agents or employees, to use photographs taken of me on the date and at the location listed below for use in town publications such as brochures and magazines, and to use the photographs on display boards, and to use such photographs in electronic versions of the same publications or on the Town of Cortlandt web site. I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from the related to the use of the photograph. I hereby agree to release, defend, and hold harmless the Town of Cortlandt and its agents or employees, including any firm publishing and/or distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including but not limited to any misuse, distortion, blurring, alterations, optical illusion or use in composite form, either intentionally or otherwise, that may occur or be produced in taking, processing, reduction or production of the finished product, its publication or distribution. **I Accept** \_\_\_\_\_

By signing up for a program through Community Pass and the Town of Cortlandt Recreation Department, you will automatically be enrolled to receive future communications from the Town of Cortlandt. You may opt of these future communications by clicking unsubscribe.

I understand that my child agrees to play on any team assigned, obey all rules and to attend practice showing fair play and sportsmanship at all times.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**THE TOWN OF CORTLANDT DOES NOT PROVIDE ACCIDENT INSURANCE.**

**COACHES AND SPONSORS NEEDED**

***If you are interested in coaching, please go to [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline) to register or call 914-734-1056 for more information. If you are interested in sponsoring a team, please call 914-734-1056. PLEASE NOTE, registering to be a coach through Community Pass does not guarantee you a coaching position. You will be contacted by the Recreation Supervisor with more information if you are selected.***

**FOR OFFICE USE ONLY:**

**TR Receipt # \_\_\_\_\_ CC Receipt # \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_ Date Deposited \_\_\_\_\_**

**YOUTH SOCCER REGISTRATION DEADLINE: MARCH 1, 2024**  
**Participants placed on the waitlist are not guaranteed a spot in the league**

# TOWN OF CORTLANDT 2024 SPRING GIRLS YOUTH SOCCER

**Fee:** \$60 with Town of Cortlandt ID Card  
\$65 without Town of Cortlandt ID Card  
\$76 nonresident  
**Late Fee:** \$70 with Town of Cortlandt ID Card  
(After 3/1) \$75 without Town of Cortlandt ID Card  
\$90 nonresident

**ONLINE REGISTRATION AVAILABLE AT  
WWW.TOWNOFCORTLANDT.COM/RECONLINE**

If you would like to register by mail, please return this form and fee to: Town of Cortlandt Recreation Department, 1 Heady Street, Cortlandt Manor, NY 10567

EVALUATIONS WILL TAKE PLACE AT BLUE MOUNTAIN MIDDLE SCHOOL ONLY FOR PLAYERS THAT DID NOT PARTICIPATE IN THE FALL 2023 LEAGUE.

**1ST & 2ND GRADE GIRLS**

Wednesday, March 6th- 6:00 PM

**3RD, 4TH & 5TH GRADE GIRLS**

Thursday, March 7th- 6:00 PM

**5TH & 6TH GRADE GIRLS**

Friday, March 8th- 6:00 PM

*\*ALL PLAYERS MUST PROVIDE THEIR OWN SHORTS AND HARD SHELL SHINGUARDS\**

Child's Name \_\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Pertinent medical information (Allergies, medications, etc.) \_\_\_\_\_

Has your child played soccer with the Town of Cortlandt before? **Yes / No** If your child has played soccer in the past, what team did they play on? \_\_\_\_\_

Does your child have any conflict, which could prevent him/ her from attending games on Sunday afternoons or practices on weeknights and Saturdays? (Circle One) **Yes / No** If yes, what? \_\_\_\_\_

Shirt Sizes (Please select one):

Youth: **Youth Medium** (8-10) **Large** (14-16) / Adult: **Small** (34-36) **Medium** (38-40) **Large** (42-44) **X-Large** (46-48)

RPG (Registered Parent/Guardian) \_\_\_\_\_

Street Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Home # \_\_\_\_\_ Work or Cell # \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency # \_\_\_\_\_

**INJURY RELEASE:** I agree, or agree on behalf of my minor child, to assume: (i) all risk of personal injury or loss; (ii) bodily injury; and (iii) damage to, loss of, or destruction of any personal property resulting from or arising out of participation in the designated activity. I also release, waive, indemnify, hold harmless, and discharge the Town of Cortlandt from all claims, damages, and injuries arising out of my or my minor child's activities, including my or my minor child's use of equipment and facilities provided by the Town of Cortlandt.

**COVID-19 RELEASE:** By granting permission for my minor child to participate in any programs sponsored by the Town of Cortlandt, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that this child may be exposed to or infected by COVID-19 by his or her participation. I agree that if he or she is exposed to or infected by COVID-19 during his or her participation in any programs sponsored by the Town of Cortlandt, then my heirs, successors, assigns, and I have waived any right to maintain a lawsuit against the Town of Cortlandt, volunteer coaches, employees, and hired independent contractors, for exposure to COVID-19, and my heirs, successors, assigns, and I shall hold the Town of Cortlandt harmless with respect to any damages incurred from my child contracting COVID-19. Every participant should bring a mask as players on the sideline will be required to wear masks. I acknowledge that I have read and fully understand the terms and conditions.

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I understand that my child agrees to play on any team assigned, obey all rules and to attend practice showing fair play and sportsmanship at all times.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**THE TOWN OF CORTLANDT DOES NOT PROVIDE ACCIDENT INSURANCE.**

**COACHES AND SPONSORS NEEDED**

***If you are interested in coaching, please go to [www.townofcortlandt.com/reconline](http://www.townofcortlandt.com/reconline) to register or call 914-734-1056 for more information. If you are interested in sponsoring a team, please call 914-734-1056. PLEASE NOTE, registering to be a coach through Community Pass does not guarantee you a coaching position. You will be contacted by the Recreation Supervisor with more information if you are selected.***

**FOR OFFICE USE ONLY:**

**TR Receipt # \_\_\_\_\_ CC Receipt # \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_ Date Deposited \_\_\_\_\_**

**YOUTH SOCCER REGISTRATION DEADLINE: MARCH 1, 2024**  
**Participants placed on the waitlist are not guaranteed a spot in the league**

# TOWN OF CORTLANDT TRAVEL SOCCER 2024/2025

Teams will participate in the Westchester Youth Soccer League. The program, requires two practices and one game per week. Practices will start in August. The fall season includes approximately 10 weeks of league play, (five home games and five away games). The season will then continue in the Spring with another 10-week schedule. It is a one-year commitment. Teams may participate in tournaments throughout the year. If your child played in 2023/2024 they **MUST** attend tryouts. There are no guarantees that they will make the team again.

**ELIGIBILITY:** Town of Cortlandt Residents, and those attending a Hendrick Hudson & Lakeland School Districts

**DEADLINE:** Friday, May 6

**FEE:** \$525.00 per child

(You do not have to make payment at this time, only if child makes the team)

Fee includes cost of tryouts, training sessions, officials for home games, equipment & uniforms.

**MAIL TO:** Town of Cortlandt Recreation & Conservation Department

1 Heady Street

Cortlandt Manor, NY 10567

Attention: Lesley Popkin

For questions, please contact Lesley Popkin at [lesleyp@townofcortlandt.com](mailto:lesleyp@townofcortlandt.com).

## TRAVEL SOCCER TRYOUT (BOYS & GIRLS)

**TRYOUT DATE: SATURDAY, April 13, 2024**

Rain date is Saturday, April 27th at Sprout Brook Lacrosse & Multi-Purpose Field

New - GIRLS U10/U11	8:00 AM- 9:15 AM	Birth Year: 2014 or 2015
New - BOYS U10/U11	9:30 AM- 10:45 AM	Birth Year: 2014 or 2015
BOYS U12	11:00 AM- 12:00 PM	Birth Year: 2013
Girls U12	1:15 PM- 2:15 PM	Birth Year: 2013
BOYS U1	3 2:30 PM – 3:30PM	Birth Year: 2012
GIRLS U1	3 3:45 PM- 4:45 PM	Birth Year: 2012
BOYS U1	4 5:00PM - 6:00 PM	Birth Year: 2011

**Please fill out completely or your child will NOT be registered for tryouts.**

**Please Circle:**      GU10/GU11      BU10/BU11      GU12      BU12      GU13      BU13      BU14

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_ PO Box \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Work Phone # \_\_\_\_\_ Home Phone # \_\_\_\_\_

Cell Phone # \_\_\_\_\_ Cell Phone Mobile Provider \_\_\_\_\_

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Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

### FOR OFFICE USE ONLY:

Deposited \_\_\_\_\_ Date Deposited \_\_\_\_\_

**TRAVEL SOCCER REGISTRATION DEADLINE: APRIL 5, 2024**





# TOWN OF CORTLANDT GIRLS LACROSSE LEAGUE 2024

**Fee (1st & 2nd):** \$50 with ID Card  
\$55 without ID Card  
\$66 nonresident

**Late Fee (1st & 2nd):** \$55 with ID Card  
\$60 without ID Card  
\$72 nonresident

**Fee (3rd-6th):** \$90 with ID Card  
\$95 without ID Card  
\$114 nonresident

**Late Fee(3rd- 6th):** \$95 with ID Card  
\$100 without ID Card  
\$120 nonresident

**Parents Meeting**  
March 9th at Lacrosse All Purpose Field, 9:00 AM

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Cortlandt Manor, NY 10567

## CHECK DIVISION BELOW

1ST/ 2ND GRADE GIRLS LACROSSE \_\_\_\_\_

3RD/ 6TH GRADE GIRLS LACROSSE \_\_\_\_\_

Child's Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ D.O.B. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Pertinent medical information (Allergies, medications, etc.) \_\_\_\_\_

Has your child played lacrosse before? **Yes / No**

Name of Team \_\_\_\_\_

RPG (Registered Parent/Guardian) \_\_\_\_\_

Street Address \_\_\_\_\_

Town \_\_\_\_\_ Zip \_\_\_\_\_

Home # \_\_\_\_\_ Work or Cell # \_\_\_\_\_

Email \_\_\_\_\_

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**LACROSSE REGISTRATION DEADLINE: MARCH 9, 2024**



Town of Cortlandt  
Department of Recreation & Conservation  
1 Heady Street  
Cortlandt Manor, NY 10567-1254

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PLEASE DELIVER PROMPTLY**

**POSTAL PATRON**



Sign up to receive monthly email newsletters  
and weekly updates from the desk of Supervisor  
Dr. Richard H. Becker at  
[www.townofcortlandt.com/alerts](http://www.townofcortlandt.com/alerts).

This will help keep you, our residents, informed  
about everything Cortlandt!

**CORTLANDT**  
Where life works.

Interested to learn more about what the  
Town of Cortlandt has to offer?  
Scan the codes and visit us on our website or social!



Website



Facebook



Instagram