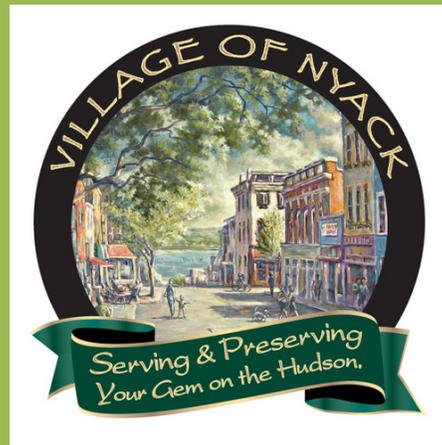


**VILLAGE OF NYACK  
RECREATION  
DEPARTMENT**

**WINTER  
PROGRAMMING**

**ADULT CLASSES**

**FEBRUARY 9 –  
MARCH 27**



The Village of Nyack Recreation classes are held over 6 weeks (with no classes the week of February 16-20) and at different locations within the Village.

Registrations close the day the programs begin but space is limited and classes could fill quickly!  
Register Now!

Questions: Melody Partrick, Recreation Director 914-629-9748 or  
Email: [recreation@nyack-ny.gov](mailto:recreation@nyack-ny.gov)

**\*\*\*ADULT CLASSES\*\*\***

Tuesday	<b>Fit for Life</b> with Beth Wnorowski - Strength and conditioning with resistance bands and small weights	1:00-2:00pm at the Nyack Center	Resident: \$60 Non-Res: \$72
Wednesday	<b>Intro to Guitar</b> with Rivertown Music - Learn basic music theory and how to play the guitar	1:00-2:00pm at Rivertown Music Studio	Resident: \$60 Non-Res: \$72
Thursday	<b>Intricate Paper Cut Art</b> with Jane Cowles - Use paper to create intricate works of art	1:00-2:00 at the Nyack Center	Resident: \$60 Non-Res: \$72
<b>Optional Days</b>	<b>Nyack Fitness group classes</b> - A 6 class punchcard allows you flexibility to choose from Vinyasa Yoga, Pilates, Spin and strength classes on the day and time that works for you.	Flexible class days and times. At Nyack Fitness	Resident: \$60 Non-Res: \$72

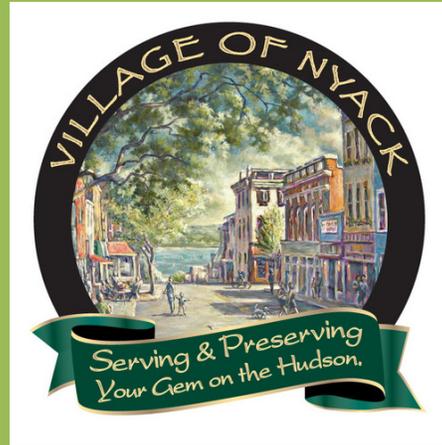
**DETAILED INFORMATION ABOUT EACH CLASS  
AND REGISTRATION FORMS AVAILABLE AT**  
[WWW.NYACK-NY.GOV](http://WWW.NYACK-NY.GOV)

**THE FINE PRINT:** If you live in Village of Nyack proper, you pay the Resident rate. If you live in Upper Nyack, South Nyack, Central Nyack, West Nyack or any other town or village, you are to pay Non-Resident rates for these programs. Must show proof of Village of Nyack residency by attaching a copy of a utility bill for participant's address.

**VILLAGE OF NYACK  
RECREATION  
DEPARTMENT**

**WINTER  
PROGRAMMING  
YOUTH CLASSES**

**FEBRUARY 9 –  
MARCH 27**



**\*\*\*YOUTH CLASSES\*\*\***

Monday	<b>Orangetown Police &amp; Kids Educational Program (4 weeks!)</b>	Grades 5-8	5:30-6:30pm	Nyack Center	Resident: FREE Non-Res: FREE
Tuesday	<b>Petite Soccer with UK Elite</b>	Ages 3-5	1:00-2:00pm	Nyack Fencing Academy	Resident: \$100 Non-Res: \$120
Tuesday	<b>Fencing</b>	Grades 1-3 Grades 4-6	4:00-5:00pm 4:00-5:00pm	Nyack Fencing Academy Nyack Fencing Academy	Resident: \$70 Non-Res: \$84
Tuesday	<b>Making Music Videos (4 weeks!) starts Feb 24</b>	Grades 6-9	5:30-6:30pm	Nyack Center	Resident: \$50 Non-Res: \$60
Wednesday	<b>Intricate Paper Cut Art</b>	Grades 6-8	5:30-6:30pm	Nyack Center	Resident: \$60 Non-Res: \$72
Wednesday	<b>Mix Media Art</b>	Grades K-2	5:30-6:30pm	Nyack Center	Resident: \$60 Non-Res: \$72
Thursday	<b>Intro to Piano</b>	Grades K-2	4:00-5:00pm	Rivertown Music Studio	Resident: \$70 Non-Res: \$84
Thursday	<b>Be Strong - Youth Strength &amp; Conditioning</b>	Grades 6-8	5:30-6:30pm	Nyack Center	Resident: \$60 Non-Res: \$72

**\*\*\*ONE TIME CLASSES\*\*\***

January 13 – 5:30-6:30pm	<b>Making Music Videos</b> – use a green screen, film, edit, write music, and make a video!	Grades 6-8 at the Nyack Center	Resident: \$8 Non-Res: \$10
January 22 – 5:30-6:30pm	<b>Be Strong- Youth Strength &amp; Conditioning</b> – balance, flexibility, strength and cardio in a fun game filled class	Grades 6-8 at the Nyack Center	Resident: \$8 Non-Res: \$10

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# Registration Form

## Village of Nyack - Winter 2015 Youth and Adult Recreation Programs

**\*\*Please submit separate Registration Forms for each participant\*\***

Participant Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Email \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_  
Emergency Contact and Phone \_\_\_\_\_

<b>Class</b> _____	<b>Time</b> _____	<b>Day</b> _____
<b>Class</b> _____	<b>Time</b> _____	<b>Day</b> _____
<b>Class</b> _____	<b>Time</b> _____	<b>Day</b> _____

### MEDICAL RELEASE FORM – ADULT AND MINOR

I consent to the participation of myself/my child in the Village of Nyack Recreation Department Activities. I understand that the activities in which I/my child may participate will include, but at not limited to (type of class) \_\_\_\_\_.

I certify that to the best of my knowledge, and subject to the limitations listed below, I am/my child is physically capable of participating in the activities described above and has the basic skills necessary to participate in the activities so that my/his/her participation will not pose any undue risk to my/his/her health or the health and safety of others.

I certify that I have/my child has the following health conditions which may limit or prevent my/his/her participation in the activities described above: \_\_\_\_\_.

In the event that all reasonable attempts have been made to contact me or the emergency contact at the phone numbers I have provided above have been unsuccessful, I give my consent to the administration of myself/my child of any medical treatment deemed necessary by a licensed health professional and the transfer of myself/my child to any hospital reasonably accessible. I understand and agree that the Village of Nyack does not assume responsibility for any damage which might arise out of or in connection with such authorized emergency medical treatment.

I certify that I will immediately inform the Village of Nyack Recreation Department if there is any change in the information provided above. I understand that this consent is valid unless revoked by me.

To the fullest extent permitted by law, I/we hereby agree to indemnify, release and hold harmless the Village of Nyack, its trustees, officers, employees, agents and servants from any and all loss, liability, claims, demands, actions, and causes of actions whatsoever arising out of any loss, damage or injury that may occur as a result of the referenced facility use requested herein.

Participant's Name \_\_\_\_\_ Date \_\_\_\_\_

Signature of Participant or Parent/Guardian \_\_\_\_\_

- Please consider me for a scholarship
- I am including \$\_\_\_\_\_ extra toward the scholarship fund.

Send Registration Form, Medical Release Form and Payment to:  
**Nyack Village Hall, 9 North Broadway, Nyack NY 10960 Attn. Recreation Department**  
Makes checks payable to: **Village of Nyack**