

SPRING into SUMMER 2024



Carmel Recreation

Classes

Activities

Events

& More

— Registration begins in March - check page 4 for specific dates —

CARMEL RECREATION & PARKS DEPARTMENT

Address: Sycamore Park, 790 Long Pond Road, Mahopac, NY, 10541
 Phone: (845) 628-7888
 Fax: (845) 628-2820
 Email: carmelrecreation@ci.carmel.ny.us
 Web: www.carmelny.org/recreation
 Facebook: facebook.com/carmelrecreation
 Instagram: instagram.com/carmelrec

RECREATION STAFF

Nina Kallmeyer..... Senior Recreation Leader
 Carmela SpanoSenior Citizen Coordinator
 Nancy Slattery.....Principal Office Assistant
 Brendan Griffin..... Maintenance Staff
 Jason Hoppe Maintenance Staff
 Joseph Mercurio..... Maintenance Staff
 Robert Erickson.....Part-Time Maintenance Staff

RECREATION & PARKS COMMITTEE

Dave Furfaro Chairman
Joyce Picone Vice-Chairperson

Michael Mongon • Megan Fleming
 Nick Mucciarone • David Wilder

The Recreation & Parks Advisory Committee meets on the first Thursday of every month, 7:30 p.m. at Sycamore Park. There will be an “Open Meeting” on April 4th at Sycamore Park. All residents and representatives of interested organizations are invited to attend the open meeting. The purpose is to obtain views from the community on ways to improve and strengthen Recreation Department programs. **The meeting will not be limited to a formal agenda as the Advisory Committee would like to hear from the community on matters affecting recreation.**



TOWN BOARD

Michael Cazzari.....Town Supervisor
 Frank Lombardi.....Deputy Supervisor / Councilman
 Robert Kearns..... Councilman
 Suzanne McDonough..... Councilwoman

Town Board meetings are held on Wednesdays at 7:00 p.m. at the Carmel Town Hall - Check Town of Carmel Calendar or call 845-628-1500 for specific dates.

PROGRAM SUGGESTIONS

The Recreation Department is always looking for new and innovative programs for the community. If there is a class you would like to instruct, please download an employment application from our website and submit it to the Recreation Department with a brief outline of your proposed class. Applications accepted year round.

PARTY & EVENT RENTALS

Looking for a place to hold your event? The Richard F. Gennaro Recreation Center, pavilions, barbecue areas, ballfields, and courts at all parks are available! A Certificate of Insurance, Security Deposit, and Rental Fee must be included with the use form which is available on our website using the Registration Forms and Applications tab. Call the Recreation Office for date availability.

STAY CONNECTED WITH CARMEL RECREATION

Lets get Social! Follow us on Facebook & Instagram or sign up to receive rec news emails regarding programs, special events and camp on community pass.

Facebook @CarmelRecreation



Instagram @CarmelRec



	Baseball Field - 90'	Baseball Field - 60'	Soccer Field	Football Field	Inline Hockey	Skate Park	Tennis Courts	Basketball Courts	Handball Court	Volleyball Court	GAGA Pit	Walking/Jogging Trail	Swimming	Small Boating	Playground	Open Meadow	Benches/Sitting Area	Picnic Tables	BBQ Area	Pavilion	Garzebo	Recreation Building	Restroom	Concession Stand	Dog Park	Parking Area
Airport Property																										
Baldwin Meadows																										
Camarda Park																										
Jimmy McDonough Park																										
Mahopac Chamber Park																										
Michael Geary Rink																										
Red Mills Park																										
Sycamore Park																										
Volz Park																										

RESIDENT

A Resident is defined as one who resides within the town limits and pays their **property taxes** to the Town of Carmel (Carmel, Mahopac, and Mahopac Falls).

NON-RESIDENT

Non-residents are allowed to register by paying the non-resident fee.

REGISTRATION FOR SPRING/SUMMER CLASSES

Spring Class Registration will begin on Tuesday March 19th at 9 a.m. Summer Class Registration will begin on Monday May 6th at 9 a.m. All registrations are to be done ONLINE! All classes are held at Sycamore Park, unless otherwise noted in class description.

Please be sure to register early! Nothing cancels a program more than waiting until the last minute to sign up! (Please be aware that programs may be cancelled if there is not enough interest. PLEASE be sure to register for classes as EARLY as possible.)

ONLINE REGISTRATION

The Recreation Department will continue to use CommunityPass online registration software to register for all recreation programs.



Please proceed to page #4 for brief instructions on how to access the online system.

CANCELLATIONS & CLOSINGS

You can find information regarding class cancellations or of office closings by logging onto our website: www.carmelny.org/recreation, or via posts on our Facebook page @CarmelRecreation, and our Instagram page @CarmelRec. Generally, programs are not held when school is not in session. You may also call the Recreation Department at (845) 628-7888.

PROGRAM AGE REQUIREMENT

It is required that your child must be the appropriate age by the start of the program.



SUMMER EMPLOYMENT OPPORTUNITIES

We are accepting applications for responsible, mature, and enthusiastic counselors, lifeguards, park maintenance, leadership staff 16 and older for our 2024 Summer Staff! We are also accepting CIT applications, MUST be 15 by 6/30/2024. Fill out our writable application on our website, print it, attach two recommendation letters, and bring it into our office at Sycamore Park as soon as possible.

SUMMER CAMP REGISTRATION

Summer Camp registration begins March 26th at 12:00 p.m.

All registrations are to be done ONLINE! You will need to upload a copy of your child's immunization record into Community Pass during registration. NO mail-in registrations are accepted for Summer Camp. Please continue to page 12 for more information.

FORMS OF PAYMENT

We accept credit cards online (Visa and MasterCard), or cash and checks in the Recreation Office, as forms of payment. Checks should be made payable to: CARMEL RECREATION.

REFUND POLICY

Cancellation Due to Lack of Enrollment: If a program does not have a sufficient number of participants registered, the program may be cancelled by the Recreation Department. A full refund will be issued.

Refund Policy: If a participant becomes ill or injured and is unable to attend the remaining sessions of a program, a prorated refund will be issued to the customer's account. A doctor's note is required and the request must be received in writing to Carmel Recreation within a week of the injury/illness. Please email all requests to carmelrecreation@ci.carmel.ny.us. If a participant wishes to withdraw from a program prior to the program's start date, the request must be made in writing a minimum of (5) days before the start of the program to receive a FULL refund. If a participant wishes to withdraw from a program LESS than (5) days prior to the start date, the request must be made in writing and a 25% cancellation fee will be accrued on the total program fee paid. Withdrawal requests can be emailed to carmelrecreation@ci.carmel.ny.us. NO REFUNDS will be considered on or beyond the program start date. There will be NO REFUND if participant is picked up early or asked to leave in the event of a discipline problem. NO REFUNDS will be given if a makeup class or additional class date cannot be attended by the participant. All class dates are subject to change.

INSURANCE

The Town of Carmel carries a Standard Liability Insurance Policy, which does not cover medical costs for anyone injured during normal course of participation in any Recreation Department program or facility. All persons participate at their own risk.

FUTURE CLASSES, WORKSHOPS AND DEMOS

Check out our website and socials for more information regarding future classes, workshops and demos this Spring & Summer!!





ONLINE REGISTRATION INFORMATION



ONLINE REGISTRATION

Registration for programs offered by the Town of Carmel Recreation and Parks Department can only be done online via CommunityPass online registration system. Please use CommunityPass to register for all Spring and Summer classes and programs.

Registration Opening Dates:

- **Spring Classes - March 19th at 9 a.m.**
- **Summer Camp - March 26th at 12 p.m.**
- **Summer Classes - May 6th at 9 a.m.**



To login, register, and pay online please scan the QR code.



<https://register.communitypass.net/CarmelTownof>
Payment can be made ONLINE with one of the following credit cards: Visa and Mastercard. Cash and Check payment available, must make this payment in the Sycamore Park Office.

If you pay your land taxes to the Town of Carmel you are considered a resident and will receive the resident rate. If you create your account and it says you are out of town but you DO pay your land taxes to the Town of Carmel please call the office at (845) 628-7888 so we can make the correction.



REGISTER EARLY! NOTHING CANCELS A PROGRAM MORE OFTEN THAN WAITING UNTIL LAST MINUTE TO SIGN UP!

CLASSES FOR YOUNG CHILDREN

Infant-6

••• ALL CLASSES THAT DO NOT REACH THE MINIMUM BY 4/10/2024 WILL BE CANCELED •••

TINY TOTS

This class allows young children to socialize in a fun & safe environment with their caregivers while making new friends! Tiny tots will consist of free play, socialization (for children and parents), playing skills, music and parachute time (depending on age group)! This program is funded by Putnam County and New York State OCFS.

- FOR:** **Group 1:** 1 - 2 Years
Group 2: 2 - 3 Years
- PLACE:** Sycamore Park – RFG Building
- FEE:** Free to Residents, \$35/Non-Residents
- DATES:** **Group 1:**
Mondays: 10:30 a.m. – 11:15 a.m.
Wednesdays: 9:30 a.m. - 10:15 a.m.
Group 2:
Mondays: 9:30 a.m. – 10:15 a.m.
Fridays: 11:30 a.m. - 12:15 p.m.

- Mondays** 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 6/3
Wednesdays 4/17, 4/24, 5/1, 5/8, 5/15, 5/22
Fridays 4/19, 4/26, 5/3, 5/10, 5/17, 5/24

OPEN PLAY

Come play in a fun & safe environment. Parents can chat & socialize while children play in the indoor play gym, create arts & crafts or bring in their own toys to play with and share.

- FOR:** Ages 1 - 6 years
- PLACE:** Sycamore Park – RFG Building
- FEE:** \$35/Residents, \$70/Non-Residents
- DATES:** **Thursdays 12:30 p.m. - 2:30 p.m.**
4/18, 4/25, 5/2, 5/9, 5/16, 5/23

PEEWEE PICASSO

To imagine is everything! Come out to meet new friends and playmates. The children will enjoy a variety of activities including arts & crafts, stories and occasional free play.

- FOR:** **Group 1:** 2 - 3 Years
Group 2: 3 - 5 Years
- PLACE:** Sycamore Park – RFG Building
- FEE:** \$65/Residents, \$100/Non-Residents
- DATES:** **Group 1:**
Mondays: 11:30 a.m. -12:15 p.m.
Wednesdays: 10:30 a.m. - 11:15 a.m.
Group 2:
Wednesdays: 11:30 a.m. - 12:15 p.m.
Fridays: 9:30 a.m. - 10:15 a.m.

- Mondays** 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 6/3
Wednesdays 4/17, 4/24, 5/1, 5/8, 5/15, 5/22
Fridays 4/19, 4/26, 5/3, 5/10, 5/17, 5/24

BABY TIME

This class will consist of “free play” as a way for babies to learn how to use their growing and developing bodies. Parents will have time to share tips and tricks amongst each other that they have learned with their littles. Activities from Tummy Time, adult/baby stretches, and moving to music. A great way for adults and babies to socialize in a fun and safe environment. This program is funded by Putnam County and New York State OCFS.

- FOR:** Babies NB - 12 months
- PLACE:** Sycamore Park – RFG Building
- FEE:** Free to Residents, \$35/Non-Residents
- DATES:** **Wednesdays 12:30 p.m. - 1:15 p.m.**
4/17, 4/24, 5/1, 5/8, 5/15, 5/22



CLASSES FOR YOUNG CHILDREN

Infant-6



••• ALL CLASSES THAT DO NOT REACH THE MINIMUM BY 4/10/2024 WILL BE CANCELED •••

PARENT ASSISTED T-BALL SQUIRTS



Embark on an exciting T-Ball adventure tailored to match your child's development and pace. Your child will dive into the world of baseball and softball, nurturing essential T-Ball skills such as throwing, hitting, running, and catching, all with the support and guidance of a parent.

FOR: Ages 3 - 4 Years
PLACE: Sycamore Park – Upper Field
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Sundays 8:30 a.m. – 9:15 a.m.**
4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

PARENT ASSISTED SQUIRTS MULTI-SPORTS



Open the door to the thrilling world of sport with this exciting program, paving the way for your child's exploration & development. Your child will experience a variety of sports, including Lacrosse, Soccer, T-Ball, and Track & Field, all with the support and guidance of a parent.

FOR: 2.5 - 3.5 Years
PLACE: Sycamore Park – Upper Field
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Sundays 8:30 a.m. – 9:15 a.m.**
4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

SUMMER SESSION

FEE: \$149/Residents, \$184/Non-Residents
DATES: **Sundays 8:30 a.m. – 9:15 a.m.**
7/14, 7/21, 7/28, 8/4, 8/11, 8/18

T-BALL SQUIRTS



T-Ball Squirts is the perfect class for introducing a child to baseball or softball. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. This class encourages players to develop motor skills and basic t-ball techniques in hitting, throwing, catching, base running, fielding, and more. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success.

FOR: Ages 3.5 - 5 Years
PLACE: Sycamore Park – Upper Field
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Sundays 9:20 a.m. – 10:05 a.m. OR 10:10 a.m. – 10:55 a.m.**
4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

PARENT ASSISTED SQUIRTS SOCCER



Discover a unique and dynamic soccer experience designed to celebrate your child's individual journey into the exciting world of soccer. Your child will develop core fundamental soccer skills, such as kicking, dribbling, and shooting, all with the support and guidance of a parent.

FOR: Ages 2.5-3.5 Years
PLACE: Sycamore Park - Ballfield
FEE: \$149/Residents, \$184/Non-Residents
DATES: **Saturdays 8:30 a.m. - 9:15 a.m.**
7/13, 7/20, 7/27, 8/3, 8/10, 8/17



PARENT & ME SOCCER SQUIRTS



Embark on a soccer adventure in a nurturing, non-competitive setting. Guided by their parents, young participants will acquire essential movement and soccer skills through dynamic games and activities designed to enhance kicking, dribbling, and shooting abilities. All of this is done with the support of a parent by their side.

FOR: Ages 1.5 - 3.5 Years
PLACE: Sycamore Park – Ballfield
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Saturdays 8:30 a.m. – 9:10 a.m. OR 10 a.m. - 10:40 a.m. OR 10:45 a.m. - 11:25 a.m.**
4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15

SQUIRTS MULTI-SPORTS



The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. In addition to emphasizing the fundamentals of each sport, each activity is designed to improve hand-eye coordination, balance, agility, and movement. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success.

FOR: Ages 3 - 5.5 Years
PLACE: Sycamore Park – Upper Field (Sun)
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Sundays 9:20 a.m. - 10:05 a.m. OR 10:10 a.m. - 10:55 a.m.**
4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

SUMMER SESSION

FEE: \$149/Residents, \$184/Non-Residents
DATES: **Sundays 9:20 a.m. - 10:05 a.m. OR 10:10 a.m. - 10:55 a.m.**
7/14, 7/21, 7/28, 8/4, 8/11, 8/18

SOCCER SQUIRTS



Soccer Squirts is the perfect class for introducing a child to soccer. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Players will learn the fundamental skills of soccer, including dribbling, passing, shooting, and defending. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success.

FOR: Ages 3 - 5.5 Years
PLACE: Sycamore Park - Ballfield
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Saturdays 8:30 a.m. - 9:15 a.m. OR 9:20 a.m. - 10:05 a.m. OR 10:10 a.m. - 10:25 a.m.**
4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15

SUMMER SESSION

FEE: \$149/Residents, \$184/Non-Residents
DATES: **Saturdays 9:20 a.m. - 10:05 a.m. OR 10:10 a.m. - 10:55 a.m.**
7/13, 7/20, 7/27, 8/3, 8/10, 8/17





CLASSES FOR YOUNG CHILDREN

Infant-6



... ALL CLASSES THAT DO NOT REACH THE MINIMUM BY 4/10/2024 WILL BE CANCELED ...

SENIOR SQUIRTS MULTI-SPORTS



Players will have the opportunity to try Lacrosse, Soccer, T-Ball, & Track & Field. They will learn the basic principles of each sport and will be encouraged to apply these skills to a series of fun challenges, structured activities, and scrimmages.

FOR: Ages 5.5 - 7 Years
PLACE: Sycamore Park – Upper Field
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Sundays 11:00 a.m. - 11:45 a.m.**
4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

SUMMER SESSION

FEE: \$149/Residents, \$184/Non-Residents
DATES: **Sundays 11:00 a.m. - 11:45 a.m.**
7/14, 7/21, 7/28, 8/4, 8/11, 8/18

INCLUSIVE PLAY-DATES AT THE PARK

Looking to meet new friends and families at our parks? This inclusive weekly gathering for families will help foster new friendships and socialization in a safe and supportive environment. We will visit a few of our parks during our 6 week session. Opportunity for parents to learn from each other as well as learn about resources for your child. Community Habilitation workers welcome. Please contact us with questions regarding Self-Direction reimbursement. This is not a drop off program.

FOR: Ages 4 - 11 Years
PLACE: Sycamore Park
FEE: \$40/Residents, \$75/Non-Residents
DATES: **Sundays 10:00 a.m. - 11:00 a.m.**
4/21, 4/28, 5/5, 5/12, 5/19, 6/2

ATOMS CLINIC ROLLER HOCKEY

It's never too early to get your kids on skates to learn how to play hockey! Great for beginners. Children will learn skating and hockey fundamentals.

FOR: Ages 3 - 6 Years
PLACE: Michael Geary Memorial Hockey Rink
FEE: \$65/Residents, \$100/Non-Residents
DATES: **Season begins April 20 at 11 a.m.:** Contact League Organizer at latasa@aol.com for more information



SENIOR SOCCER SQUIRTS



This class will introduce beginners and those with some experience to the fundamentals of soccer. Our professional soccer coaches will ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Each session will focus on developing a particular skill or technique including dribbling, passing, ball control, moves & turns, shielding the ball, positioning, and more.

FOR: Ages 5.5 - 7 Years
PLACE: Sycamore Park – Ballfield
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Saturdays 11:00 a.m. - 11:45 a.m.**
4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15

SUMMER SESSION

FEE: \$149/Residents, \$184/Non-Residents
DATES: **Saturdays 11:00 a.m. - 11:45 a.m.**
7/13, 7/20, 7/27, 8/3, 8/10, 8/17

SENIOR T-BALL SQUIRTS



T-ball Senior Squirts classes introduce beginners and those with some experience to the fundamentals of baseball. Our professional T-ball coaches will ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Players will focus on learning the rules and enhancing techniques for hitting, throwing, base running and fielding. Players will learn the basic principles of T-ball and will be encouraged to apply these skills to structured game scenarios, challenges, and scrimmages.

FOR: Ages 5.5 - 7 Years
PLACE: Sycamore Park - Upper Field
FEE: \$189/Residents, \$224/Non-Residents
DATES: **Sundays 11:00 a.m. - 11:45 a.m.**
4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16

MUSIC TOGETHER

Music Together is an early childhood music and movement program. We sing 12 songs with a wide array of different keys and tonalities from that semester's musically rich and varied song collection. In each class we used different age-appropriate rhythm instruments such as egg shakers, rhythm sticks, drums, and jingle bells as well as props like scarves, play balls and a parachute to support musical development.

FOR: Birth – 5 Years and their parent(s)/caregivers
PLACE: Sycamore Park – RFG Building
FEE: \$135/ Residents; \$170/Non-Residents
DATES: **Tuesdays 1:00 p.m. – 1:45 p.m.**
4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28





CLASSES FOR YOUTH, TEENS AND ADULTS



*** ALL CLASSES THAT DO NOT REACH THE MINIMUM BY 4/10/2024 WILL BE CANCELED ***

PICKLEBALL PICK UP LEAGUE

Come out and learn the fastest growing sport in the US. We welcome all players to come and join us this spring to play some PICKLEBALL! Join the group on TeamReach App - Group Code 10541 for updates and additional games.

FOR: Ages 16 and Older
PLACE: Sycamore Park - Tennis Courts
FEE: Free
DATES: **Tuesday and Thursday**
9:00 a.m. – 11:00 a.m. & 4:30 p.m. – 7:00 p.m.
March - June

DANCE4FIT

Get it all in this class!! Incorporating simple dance moves with sculpting, cardio and stretches with a variety of music. This class is easy on your knees. You are guaranteed to GROOVE, MOVE and SOOTHE your body and have a good time. **Instructor: Christine Hamilton**

FOR: Ages 12 and Older
PLACE: Sycamore Park - RFG Building
FEE: \$90/Residents, \$125/Non-Residents
DATES: **Wednesdays 5:30 p.m. – 6:30 p.m.**
4/17, 4/24, 5/1, 5/8, 5/15, 5/22

SUMMER SESSION

PLACE: Airport Park - Building
DATES: **Tuesdays 7:00 p.m. – 8:00 p.m.**
7/2, 7/9, 7/16, 7/23, 7/30, 8/6

FULL BODY STRENGTH & HIIT

Looking for a powerhouse workout but in a short period of time. You will be in and out in under 45 minutes, but feeling stronger and more powerful with every session. Using resistance bands and body weight you will feel transformed. **Instructor: Lindsey O'Connell**

FOR: Ages 18 and Older
PLACE: Sycamore Park - RFG Building
FEE: \$70/ Residents, \$105/ Non-Residents
DATES: **Mondays 6:00 p.m. - 6:45 p.m.**
4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 6/3

TENNIS LESSONS

Whether you are just learning the game or want to enhance your skills, these lessons will afford you the opportunity to have fun while learning and competing with your peers. Classes missed due to inclement weather may be made up on select Sundays.

FOR: **Group 1:** 6 - 9 Years, **Group 2:** 10 - 14 Years,
Group 3: 15 to Adult
PLACE: Sycamore Park – Tennis Courts
FEE: \$100/Residents, \$135/Non-Residents
DATES: **Saturdays**
Group 1: 9:00 a.m. – 10:00 a.m.
Group 2: 10:00 a.m. – 11:00 a.m.
Group 3: 11:00 a.m. – 12:00 p.m.
4/5, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1



IN-LINE ROLLER HOCKEY - YOUTH LEAGUE

Michael Geary In-Line Roller Hockey League. Grab your skates and head to the rink for exciting roller hockey action whether you're a beginner or a seasoned player!

FOR: Ages 6 - 17 Years
PLACE: Michael Geary Memorial Hockey Rink
FEE: \$85/Residents, \$120/Non-Residents
DATES: **Season begins Mid April; contact League Organizer at latasa@aol.com for more information**

INCLUSIVE FRIEND ZONE

Music! Games! Conversation! This inclusive weekly gathering for teens and young adults helps foster new friendships and mentorship in a safe and supportive environment. Caring volunteers guide participants to encourage socialization; through meaningful activities and free time to just hangout with friends. Community Habilitation workers welcome. Please contact us with questions regarding Self-Direction reimbursement.

FOR: Ages 12 - 22 Years
PLACE: Sycamore Park - RFG Building
FEE: \$65/Residents; \$100/Non-Residents
DATES: **Thursdays 5:00 p.m. - 6:00 p.m.**
4/18, 4/25, 5/2, 5/9, 5/16, 5/23

HORSEBACK RIDING

Horseback riding lessons are given in a fun and safe indoor environment. Classes are comprised of a forty-minute riding lesson and twenty-minute discussion/demonstration. Classes are taught at Beginner and Intermediate levels and have a maximum of five students per class.

FOR: Ages 7 to Adult
PLACE: Zeyphr Farm, 219 Watermelon Hill Road, Mahopac
FEE: \$365/Residents, \$400/Non-Residents
DATES: **Mondays: Beginner 4:30 p.m. – 5:30 p.m.**
OR Intermediate 5:30 p.m. – 6:30 p.m.
4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 6/3

MORNING MELTDOWN

Kickstart your day with a 30-minute, dynamic workout designed to energize your body and mind. This high-intensity, bodyweight-only class will guide you through a series of challenging exercises that target all major muscle groups, combining cardiovascular and strength training to maximize calorie burn. Whether you're a fitness enthusiast or just starting out, 'Morning Meltdown' is the ideal way to ignite your morning routine and set a positive tone for the rest of your day. **Instructor: Lindsey O'Connell**

FOR: Ages 18 and Older
PLACE: Sycamore Park- RFG Building
FEE: \$75/ Residents, \$110/ Non-Residents
DATES: **Wednesdays 7:00 am - 7:30 a.m.**
4/17, 4/24, 5/1, 5/8, 5/15, 5/22
Thursdays 8:00 a.m. - 8:30 a.m.
4/18, 4/25, 5/2, 5/9, 5/16, 5/23





CLASSES FOR YOUTH, TEENS AND ADULTS



... ALL CLASSES THAT DO NOT REACH THE MINIMUM BY 4/10/2024 WILL BE CANCELED ...

INTRO TO PICKLEBALL

Join our "Introduction to Pickleball for Beginners" class and discover the exciting world of pickleball. An intro program that covers the fundamentals, including rules, scoring, equipment, and basic techniques like serving, volleying, and strategy. Our instructors will guide you through the journey, providing hands-on instruction and practical play to boost your confidence and skills. **Instructor: A1 Athletics**

FOR: Group 1: Grades 6th - 8th, Group 2: 18 and Older
PLACE: Sycamore Park - Tennis Courts
FEE: \$109/ Residents, \$144/ Non-Residents
DATES: Mondays Group 1: 6:00 p.m. - 7:00 p.m., Group 2: 7:00 p.m. - 8:00 p.m. 4/29, 5/6, 5/13, 5/20

SELF DEFENSE FROM THE GROUND UP

Get ready to break a sweat and learn how to defend yourself in a high-energy setting! In this class, our instructors will teach you how to defend yourself while on the ground and figure out how to get up to escape, how to develop a fighting mindset, ignite your Fight or Flight Mentality, and build up your self-confidence. This class will be based on Jiu-Jitsu principles and Police defense tactics. **Instructor: John Dearman**

FOR: Ages 16 and Older
PLACE: Fit Body Solutions
FEE: \$90/ Residents, \$125/ Non-Residents
DATES: Wednesdays 6:30 p.m. - 7:30 p.m. 4/17, 4/24, 5/1, 5/8, 5/15, 5/22



YOGA & MINDFULNESS CLASSES



... ALL CLASSES THAT DO NOT REACH THE MINIMUM BY 4/10/2024 WILL BE CANCELED ...

YOGA & MINDFULNESS FOR CHILDREN

This is a playful course in which yoga and mindfulness is taught through engaging children in stories, music, games and crafting. Children will learn to access their inner resources through mindfulness and breathwork, while engaging in activities that enhance memory and focus. They will also practice using their breath and bodies to regulate emotions and build self-awareness. Basic yoga poses and principles are taught, as well as routines that provide a sense of consistency in an ever-changing world. Children will also make their own mind jars to take home. Our teacher has certifications in both Kidding Around Yoga and Little Flower Yoga.

Instructor: Justine Yula Potenzo RCYT, RYT, MS ED.
FOR: K - 2nd Grade
PLACE: Sycamore Park- RFG Building
FEE: \$70/ Residents, \$105/ Non-Residents
DATES: Saturdays 9:30 a.m. - 10:30 p.m. 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1

EVENING MEDITATION

Take a moment of calm...just for you. Have you wanted to learn to meditate but just don't know where to start? Or perhaps you already meditate, but want to strengthen your practice? Then this class is for you! In this class, Unplug Meditation teacher will not only teach you HOW to meditate (yes, even those that swear they can't do it!), you'll get to try different styles of meditation so you can find the right one for you! There's a reason nearly all the world's leaders, celebs, business tycoons and millions of others meditate. Come find out for yourself! Unplug, take time for yourself, relax and feel recharged.

Instructor: Lindsey O'Connell
FOR: Ages 18 and Older
PLACE: Sycamore Park- RFG Building
FEE: \$105/ Residents, \$140/ Non-Residents
DATES: Mondays 7:00 p.m. - 7:45 p.m. 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 6/3

YOGALATES

Yummy as it sounds... a blend of Pilates and Yoga. Enjoy a gentle exercise class for total body muscle tone, strength and flexibility. Create balance and find inner peace. **Instructor: Christine Hamilton**

FOR: Ages 12 and Older
PLACE: Sycamore Park - RFG Building
FEE: \$90/Residents, \$125/Non-Residents
DATES: Tuesdays 5:00 p.m. - 6:00 p.m. 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

SUMMER SESSION

PLACE: Airport Park - Building
DATES: Tuesdays 5:00 p.m. - 6:00 p.m. 7/2, 7/9, 7/16, 7/23, 7/30, 8/6





YOGA & MINDFULNESS CLASSES



••• ALL CLASSES THAT DO NOT REACH THE MINIMUM BY 4/10/2024 WILL BE CANCELED •••

PILATES MAT - LEVEL 1

Working the body evenly to correct muscle imbalances while creating long lean muscles that can prevent future injuries. This class format will reduce stress, increase relaxation and assist with weight loss. You will challenge your body in new ways each week. Find your core!

Instructor: Christine Hamilton

FOR: Ages 12 and Older

PLACE: Sycamore Park - RFG Building

FEE: \$90/Residents, \$125/Non-Resident

DATES: Tuesdays: 8:30 a.m. – 9:30 a.m.

4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

Wednesdays 7:30 p.m. - 8:30 p.m.

4/17, 4/24, 5/1, 5/8, 5/15, 5/22

PILATES MAGIC CIRCLE

Join us for an intermediate Pilates class this winter. Pilates ring exercises are performed by integrating the whole body, especially the core increasing your resistance. Prerequisite - Pilates Mat Class - imperative in order to do the exercises correctly. **Instructor:** Christine Hamilton

FOR: Ages 12 and Older

PLACE: Sycamore Park - RFG Building

FEE: \$90/ Residents, \$125/ Non-Residents

DATES: Tuesdays 6:00 p.m. - 7:00 p.m.

4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28

SUMMER SESSION

PLACE: Airport Park - Building

DATES: Tuesdays 6:00 p.m. – 7:00 p.m.

7/2, 7/9, 7/16, 7/23, 7/30, 8/6

RESTORATIVE YOGA

A restful practice of deep relaxation emphasizing the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly. Improve strength, stability and flexibility, enhance respiratory and cardiovascular function, and even alleviate symptoms of chronic pain. The mental health benefits of yoga are also well-documented. **Instructor:** Christine Hamilton

FOR: Ages 12 and Older

PLACE: Sycamore Park- RFG Building

FEE: \$90/ Residents, \$125/ Non-Residents

DATES: Wednesdays 6:30 p.m. – 7:30 p.m.

4/17, 4/24, 5/1, 5/8, 5/15, 5/22



ADDITIONAL WATERFRONT YOGA AND MINDFULNESS CLASSES ON PAGES 10 AND 11



WATERFRONT PROGRAMS

REGISTRATION DATES: SPRING - MARCH 19TH; SUMMER - MAY 6TH



SCAN QR CODE ABOVE TO WATCH OUR WATERFRONT VIDEO AND GET A GLIMPSE OF OUR PROGRAMS
ALL WATERFRONT PROGRAMS ARE WEATHER PERMITTING

QIGONG INFUSED YOGA AT THE BEACH

Join us as we cultivate vitality, enthusiasm, and inner harmony by engaging in a blend of yoga and qigong practices. This practice is inspired by the natural world and the rhythms of nature. We will be opening the meridians in order to carry subtle life force energy to every cell of the body, and flowing through poses to enhance strength, flexibility, and balance. Each class will end with a brief meditation. Come and learn how you can relieve stress and promote vitality in a practice that is accessible to all. Beginners are absolutely welcome and no prior experience is needed.

Instructor: Justine Yula Potenzo RCYT, RYT, MS ED.

FOR: Ages 16 and Older

PLACE: Sycamore Park - Beach

FEE: \$90/ Residents, \$125/ Non-Residents

SPRING SESSION

DATES: Fridays 5:30 p.m. – 6:30 p.m.

4/19, 4/26, 5/3, 5/10, 5/17, 5/24

INTRO TO PADDLEBOARDING FOR TEENS

This class is for teens who want to learn the basics of SUP, including safety, paddle techniques, and proper form and balance. They will also engage in the practice of mindfulness so they are better able to go with the flow of life's changes, reduce anxiety, and recognize the importance of a healthy lifestyle that includes exercise. Teens will also have the opportunity to connect with their peers as they share the experience of learning something new. All equipment included.

Instructor: Justine Yula Potenzo RCYT, RYT, MS ED.

FOR: Ages 12 - 17 Years

PLACE: Sycamore Park - Lake

FEE: \$110/ Residents, \$145/ Non-Residents

SUMMER SESSION

DATES: Saturdays 10:30 a.m. - 11:30 a.m.

7/13, 7/20, 7/27, 8/3, 8/10, 8/17

INTRO TO STAND UP PADDLE BOARDING

Looking to try something new, exercise and enjoy the great outdoors? Come out and join our Intro to SUP class at Sycamore Park! We will teach you the basics of SUP including safety, paddle techniques, proper balance and form that will give you a full body work out! Throughout this six week course you will learn to feel confident on the board, strengthen your core, meander through the wetlands as well as paddle all around Long Pond on guided tours. All equipment included.

Instructor: Christine Hamilton

FOR: Ages 16 and Older

PLACE: Sycamore Park - Lake

FEE: \$110/ Residents, \$145/ Non-Residents

SUMMER SESSION

DATES: Wednesdays 6:00 a.m. – 7:00 a.m. OR 5:00 p.m. - 6:00 p.m.

7/3, 7/10, 7/17, 7/24, 7/31, 8/7



SUNSET YOGA AT THE BEACH

Come out and connect with your inner Zen for our six-week Sunset Yoga class at Sycamore Park Beach. This class will not only relax your body and mind but will also give you a full body workout in strengthening your muscles and core. Participants are required to bring a yoga mat.

Instructor: Christine Hamilton

FOR: Ages 16 and Older

PLACE: Sycamore Park - Beach

FEE: \$90/ Residents, \$125/ Non-Residents

SPRING SESSION

DATES: Mondays 6:00 p.m. – 7:00 p.m.

4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 6/3

SUMMER SESSION

DATES: Mondays 6:45 p.m. – 7:45 p.m.

7/1, 7/8, 7/15, 7/22, 7/29, 8/5

YOGABOARDING

During this series of classes students will learn the fundamentals staying balanced on the paddleboard while engaging in a Hatha based yoga practice. This class is completely accessible to beginning paddle boarders, as well as those new to yoga, or those yogis who would like to expand their practice through a new type of flow! All sessions will flow just as a yoga class would, beginning with an opening meditation, breathwork, asanas, and savasana. Mindfulness is emphasized throughout each session. All equipment included.

Instructor: Justine Yula Potenzo

FOR: Ages 18 and Older

PLACE: Sycamore Park - Lake

FEE: \$120/ Residents, \$155/ Non-Residents

SUMMER SESSION

DATES: Saturdays 8:30 a.m. - 10:00 a.m.

7/13, 7/20, 7/27, 8/3, 8/10, 8/17

Mondays 5:30 p.m. - 7:00 p.m.

7/1, 7/8, 7/15, 7/22, 7/29, 8/5

ADVANCED STAND UP PADDLE BOARDING

In this class we will remind you of the basics of SUP including safety, paddle techniques, proper balance and form. We will also include SUP Yoga, teach you advanced paddling techniques and have relays to achieve a full body workout. This class is intended for advanced paddle boarders! All equipment included. **Instructor: Christine Hamilton**

FOR: Ages 16 and Older

PLACE: Sycamore Park - Lake

FEE: \$110/ Residents, \$145/ Non-Residents

SUMMER SESSION

DATES: Wednesdays 6:00 p.m. – 7:00 p.m.

7/3, 7/10, 7/17, 7/24, 7/31, 8/7





LAKE MAHOPAC PROGRAMS

REGISTRATION DATES: SPRING - MARCH 19TH; SUMMER - MAY 6TH



SCAN QR CODE ABOVE TO WATCH OUR WATERFRONT VIDEO AND GET A GLIMPSE OF OUR PROGRAMS
ALL WATERFRONT PROGRAMS ARE WEATHER PERMITTING

INTRO TO RECREATIONAL KAYAKING

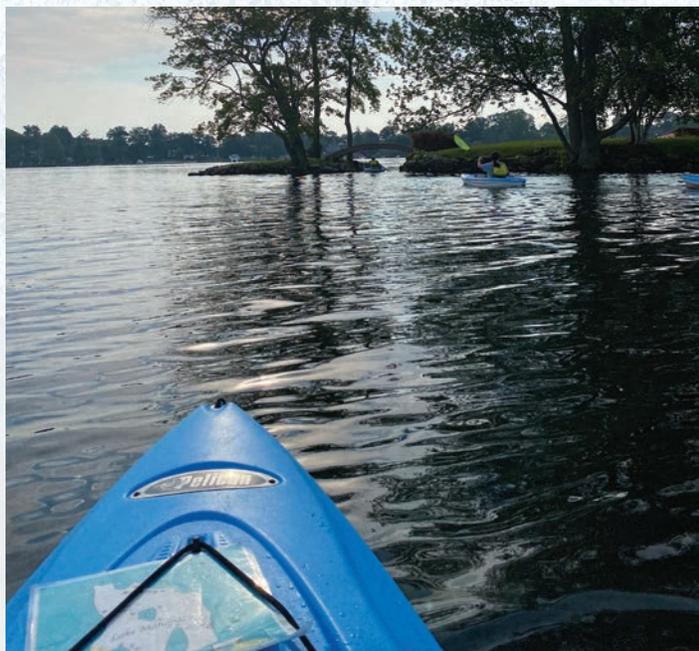
Looking to try something new exercise, and enjoy the great outdoors? This class is for you! We will teach you the basics of recreational kayaking including safety, paddle techniques, reading weather conditions, and proper kayaking form that will give you a full body workout. Throughout this six-week course, you will learn to feel confident in the kayak, strengthen your core, and kayak around Lake Mahopac including the islands on guided tours! This class is intended for beginners but all are welcome. **Instructor: Nina Kallmeyer**

FOR: Ages 16 and Older
PLACE: Lake Mahopac - E. Lake Blvd.
FEE: \$110/ Residents, \$145/ Non-Residents
DATES: **Wednesdays 6:00 p.m. – 7:00 p.m.**
7/3, 7/10, 7/17, 7/24, 7/31, 8/7
Thursdays 7:30 a.m. – 8:30 a.m.
7/11, 7/18, 7/25, 8/1, 8/8, 8/15

KAYAK LAUNCHING

Come out and kayak beautiful Lake Mahopac this summer on your own or with a friend! All kayaking materials will be provided by the Recreation Department (including Kayak Paddle, and PFD). Recreation Department staff will help you get into the water, provide you with a map of the lake, and show you kayak routes that you can accomplish in the allotted time. **YOU MUST REGISTER IN COMMUNITY PASS PRIOR TO LAUNCH DATE**

FOR: Ages 18 and Older
PLACE: Lake Mahopac - E. Lake Blvd.
FEE: \$20 per date/ Residents; \$55 per date/ Non-Residents
DATES: **Tuesday 7:00 a.m. – 9:00 a.m.**
6/18, 6/25, 7/9, 7/16, 7/23, 7/30, 8/6
Thursday 12:00 p.m. -2:00 p.m.
6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8
Saturday 8:00 a.m. – 10:00 a.m.
6/22, 6/29, 7/13, 7/20, 7/27, 8/3, 8/10
Sunday 8:00 a.m. – 10:00 a.m.
6/23, 6/30, 7/14, 7/21, 7/28, 8/4, 8/11



SIT & STRETCH CHAIR YOGA

This class is great for seniors and those with limited mobility. Chair yoga will help you access your mobility, strength and flexibility in a safe, gentle and restorative manner while looking out onto Lake Mahopac. Each class will end with a guided meditation leaving you with a relaxed mind and body. **Instructor: Marilyn Melendez**

FOR: Ages 50 and Older
PLACE: Lake Mahopac - E. Lake Blvd.
FEE: \$70/ Residents, \$105/ Non-Residents
SPRING SESSION
DATES: **Thursdays 10:00 a.m. – 10:45 a.m.**
5/2, 5/9, 5/16, 5/23, 5/30, 6/6
SUMMER SESSION
DATES: **Thursdays 9:30 a.m. – 10:15 a.m.**
7/11, 7/18, 7/25, 8/1, 8/8, 8/15

BEGINNERS GENTLE SUNSET YOGA FOR 50+

This class is for those 50+ who are new to yoga and are looking for a gentle, safe and effective way to reduce stress and enhance strength, flexibility and balance. During this series, we will focus on some basic yoga poses, stretching, breathing and meditation. In order to make the practice accessible to everyone, the use of modifications, straps, blocks and chairs will be offered. This class will leave you with an overall sense of well-being, relaxation and peace of mind. If you're under age 50 but are looking for a slower, gentler approach to yoga, you're welcome to attend. **Instructor: Marilyn Melendez**

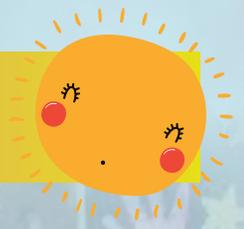
FOR: Ages 50 and Older
PLACE: Lake Mahopac - E. Lake Blvd.
FEE: \$90/ Residents, \$125/ Non-Residents
SPRING SESSION
DATES: **Thursdays 6:00 p.m. – 7:00 p.m.**
5/2, 5/9, 5/16, 5/23, 5/30, 6/6
SUMMER SESSION
DATES: **Thursdays 6:45 p.m. – 7:45 p.m.**
7/11, 7/18, 7/25, 8/1, 8/8, 8/15





SYCAMORE SUMMER CAMP & LAKEFRONT

SUMMER CAMP REGISTRATION BEGINS MARCH 26TH AT 12:00 P.M.



CAMP DATES: JULY 1ST – AUGUST 9TH (NO CAMP THURSDAY JULY 4TH & FRIDAY JULY 5TH)
Space is LIMITED, register early to guarantee your spot. All Registrations are to be done ONLINE (See page 4).

CAMP REGISTRATION UPDATES:

- During registration, you will be prompted to **UPLOAD** your child's current physical and immunization record into CommunityPass. These forms must be legible and saved as one document as a PDF or a JPEG to upload. If we receive illegible forms, they will be rejected and you will have to resubmit them on your account. If we do not receive acceptable forms after you resubmit, you may be removed from the camp program. You will **NOT** be able to move forward with registration until you upload the correct documentation. We will **NOT** take any physicals or immunizations in person; **DO NOT** email or fax them to our office. After you upload your child's forms, you will be prompted to fill out the camp registration form and pay for your child's space in our camp program.
 - Questions on the registration form **WILL NOT** be auto-filled from last year.
 - Your child is **NOT** officially signed up for camp until payment has been made!
- Please contact the office at 845-628-7888 before March 25th if you have any questions in regards to registration or your CommunityPass account so you are prepared for the first day of registration.

PRIMARY CAMP

FOR: Children entering Kindergarten or 1st Grade in September 2024
PLACE: Sycamore Park
FEE: \$700/ Residents, \$1400/ Non-Residents
CAMP HOURS: 9:00 a.m. - 3:00 p.m.
 *Extended camp day 2:30 p.m. – 4:30 p.m.
 Additional \$300/ Child - Must be enrolled in Primary Camp

PLAYGROUND CAMP

FOR: Children entering 2nd-8th Grade in September 2024
PLACE: Sycamore Park
FEE: \$650/ Residents, \$1300/ Non-Residents
CAMP HOURS: 9:00 a.m. - 3:00 p.m.



BEACH & SWIM PERMITS

BEACH OPENS JUNE 15TH
PLACE: Sycamore Park - Lake
HOURS: Open daily from 10 a.m. - 5:30 p.m.
 • You must be a **Town of Carmel resident to access the beach**
 • To obtain a Swim Permit you must register online.
 • No Refund for permit after 7 days of issuance

SWIM PERMITS & FEES

- Adult Swim Permit: Ages 18 and older
- Youth Swim Permit: Ages 4 - 17
- If taking Swim Lessons, permit fee is included

SEASONAL PERMITS	DAILY FEES
ADULT: \$100	ADULT: \$8
YOUTH: \$80	YOUTH: \$7
FAMILY: \$200	ADULT GUEST: \$10
NANNY: \$100	YOUTH GUEST: \$9

FAMILY BEACH DAY PASS: \$20*
 * 1 day only for 3 or more family members

LAKE ACCESS CARD: \$50
 10 uses per person and/or per day - boat fees included

BOAT RENTALS

FOR: Town of Carmel residents
FEE: \$5/ Per Hour Per Vessel
AVAILABLE VESSELS:
 Row Boats, Canoes, Kayaks and Stand-Up Paddle Boards

SWIM LESSONS

Come and learn how to swim with our American Red Cross Certified Instructors in a group setting at Sycamore Park! You will be swim tested the week before the lessons. The LG will determine what level you will be assigned dependent on skills.

FOR: Ages 5 years and older, Residents Only
PLACE: Sycamore Park - Lake
FEE: \$150/ First Session (FEE INCLUDES SWIM PERMIT)
 \$75/ Each Additional Session

DATES: Monday - Friday
SESSION 1: July 1st - July 12th

Level 1: 2:45 p.m. - 3:15 p.m.
Level 2: 3:30 p.m. - 4:00 p.m.
Level 3: 4:15 p.m. - 4:45 p.m.

SESSION 2: July 15th - July 26th

Level 1: 2:45 p.m. - 3:15 p.m.
Level 2: 3:30 p.m. - 4:00 p.m.
Level 3: 4:15 p.m. - 4:45 p.m.

SESSION 3: July 29th - August 9th

Level 1: 2:45 p.m. - 3:15 p.m.
Level 2: 3:30 p.m. - 4:00 p.m.
Level 3: 4:15 p.m. - 4:45 p.m.

AMERICAN RED CROSS CERTIFICATION COURSES

WATERFRONT LIFEGUARD TRAINING: This course provides ARC certification in waterfront Lifeguarding. Minimum Age Requirement - 15 Years

WF LIFEGUARD TRAINING REVIEW: A refresher course for those who are already certified.

RESPONDING TO EMERGENCIES: An expanded first aid course that provides the necessary knowledge and skills to respond to emergency situations.

INFO: Schedule available in May. See website or call (845) 628-7888
PLACE: Sycamore Park, RFG Building and Beach



SENIOR CITIZEN ADULT ACTIVITIES

SENIOR CITIZEN DROP-IN MEETINGS

Meetings are held every Wednesday 10 a.m. - 2 p.m. from September through the end of June. The Senior Citizens currently meet at The Putnam County Golf Course on Hill Street. The Drop-In is open to all senior citizens (60 years or older) in the Town of Carmel (Carmel, Mahopac, Mahopac Falls). The meetings consist of bingo, general socializing, and occasional guest speakers. The group also has picnics, outings, trips and programs throughout the year. For more information, contact Tina Capizola, Senior Citizen Director, at (845) 628-7888.

2024 DAY TRIPS – REGISTRATION REQUIRED

The Town of Carmel Senior Citizen Day trips are fun and relaxing. Travel by coach bus to many different venues in the area, such as casinos, restaurants, and theaters. Everything is included for worry free travel with friends and peers (and maybe make some new friends along the way). Prices vary by trip/event. **All Town of Carmel Senior Citizens are welcome.** Additional information on trips will be discussed at our drop in meetings.

The trips scheduled for Spring/Summer 2024 are:

- **March 1, 2024** Hunterdon Hills Playhouse - Hampton, NJ
"Neil Diamond Tribute"
- **April 18, 2024** Shen Yun
SUNY Purchase - Purchase, NY
- **May 2, 2024** Nelson Hall - Cheshire, CT
"John Denver Tribute"
- **June 12, 2024** Resorts World Catskill Casino - Monticello, NY
"Carole's Kings Show" w/private lunch buffet
- **July 25, 2024** LiGreci's Staaten - Staten Island, NY
"Sir Rod Stewart Tribute"
- **August 28, 2024** Annual Seniors Picnic - Camarda Park, Carmel, NY
"Hollywood w/Elvis"

TRIP REGISTRATION PROCEDURE

All registrations are held during Wednesday weekly meetings. On a first come, first served basis, numbers are handed out. With that number, a maximum of 2 people can register for a trip. A schedule is given to Senior Citizen Drop-In Members/Residents who attend meetings. This schedule contains important information about weekly meeting dates and future registration dates for upcoming trips. Non-Residents can register for trips with an additional \$10 per person fee if space is available. Questions regarding day trips, please contact Carmela Spano, Senior Citizen Coordinator, at Carmel Recreation (845) 628-7888.

PUTNAM COUNTY OFFICE FOR SENIOR RESOURCES

The Putnam County Office for Senior Resources is the major planner, coordinator and direct service provider for residents over 60 years of age. There are two Friendship Centers in the Town of Carmel which offer numerous activities and a delicious hot meal every day.

The Carmel Friendship Center – 110 Old Route 6, Building 1, Carmel (845) 808-1700

The William Koehler Friendship Center – 180 Route 6, Mahopac (845) 808-1734

For more information on services available, contact the Putnam County Office for Senior Resources at (845) 808-1700 or visit www.putnamcountyny.gov/osr



COMMUNITY GROUPS



LAKE MAHOPAC GARDEN CLUB

In 2024, the Lake Mahopac Garden Club celebrates our 90th year of celebrating beauty and friendship through gardening. We meet monthly to explore and practice creating floral designs together, our members take garden tours and we also invite speakers to share their knowledge and expertise with us. Some of our members take pride in caring for civic gardens in Mahopac and at the Mahopac Library, and this year we will be holding a juried flower show in May. Our meetings are held the first Tuesday of each month in the Airport Park building off Hill Street, starting at 11:30 a.m. with lunch. The public is invited to attend many of our events and meetings with dates and details posted in the local papers. If you are interested in joining our club, please contact our Membership Chairperson. lakemahopacgc.com | 914.482.5416

PUTNAM RECREATION PROGRAMS & HABILITATION

PRPH - Putnam Recreation Programs and Habilitation provides recreational opportunities including Special Olympics Sports Training for children and adults with special needs who reside in Putnam County. www.prphny.org; prph953@gmail.com | 845-621-5594
LOCATION: 692 Route 6, Mahopac

OFFICE FOR PEOPLE WITH DISABILITIES

For more information on recreation programs for children and adults with disabilities, please contact:
Putnam County Office for People with Disabilities
LOCATION: 110 Old Rt. 6, Building 3 | Carmel, NY | (845) 808-1641

PUTNAM ARTS COUNCIL AT THE BELLE LEVINE ART CENTER

Enjoy the ARTS in your own backyard! Visit the Putnam Arts Council online to discover our art offerings and cultural happenings for all ages in Mahopac. Our comprehensive website also provides information and links to organizations that receive funds through our Arts Link Community Regrant Program which supports quality arts projects throughout Putnam County featuring artists, dancers, actors, musicians and more!
www.putnamartscouncil.com | 845.803.8622
LOCATION: 521 Kennicut Hill Road, Mahopac





COMMUNITY GROUPS



ADULT SOFTBALL

Men's & Women's Adult Softball

Men's Contact: Ray Finney (914) 557-2295

Women's Contact: Louise Decker (914) 494-2272

MAHOPAC SPORTS ASSOCIATION

The Mahopac Sports Association, a not-for-profit association, offers all-year-round leagues, camps and clinics for 10 different sports.

Spring:

- Softball 1st-9th Grade
- Baseball PreK-12th Grade
- Soccer PreK-12th Grade
- Boys Lacrosse K-8th Grade
- Girls Lacrosse K-8th Grade

Summer:

- Basketball Camp
- Soccer Camp
- Baseball Camp
- Boys & Girls Lacrosse Clinics

INFO: www.msasports.org



PARK LOCATIONS



SYCAMORE BARK PARK

The Bark Park located within Sycamore Park is a place where your dogs can roam free and have fun playing with other dogs. To obtain a membership you must register for the Bark Park online. During registration you will have to upload your dog's current Town of Carmel Dog License which can be obtained at the Town Clerks office. Once approved we will send you a car tag and the access code for the Bark Park.

PLACE: Sycamore Park – Bark Park

FEE: \$30/Calendar Year - Residents
\$80/Calendar Year - Non-Residents

DATES: Daily 8:00 a.m. – Sunset

TOWN OF CARMEL PARK LOCATIONS

All Town Parks are open from sunrise to sunset except for the Bark Park at Sycamore Park, which is open from 8:00 a.m. to Sunset.

- **AIRPORT PARK:** 161-165 Hill Street, Mahopac
- **BALDWIN MEADOWS PARK:** 24 Grand Meadow Dr., Mahopac
- **JIMMY MCDONOUGH MEMORIAL PARK:** 20 Dixon Road, Carmel
- **MAHOPAC CHAMBER PARK:** 953 South Lake Blvd, Mahopac
- **MICHAEL GEARY MEMORIAL HOCKEY RINK:** 740 Rt 6, Mahopac
- **PAUL A. CAMARDA PARK:** 226 Seminary Hill Rd., Carmel
- **RED MILLS PARK:** 6 Hill Street, Mahopac
- **SYCAMORE PARK:** 790 Long Pond Road, Mahopac
- **VOLZ PARK:** 81 Crest Drive, Mahopac (Nature Trails)



Scan QR code to visit our website for more information and photos



Volz Park



Chamber Park



Red Mills Park



Airport Park Community tree planting with LMG and LMRC

CONCERT SERIES AND COMMUNITY EVENTS

SUNSET CONCERT SERIES

"Family entertainment under the stars"

Sponsored by:



FOR: Residents and guests
PLACE: Mahopac Chamber Park - Routes 6 & 6N
FEE: Free! Bring your own blankets and chairs
DATE: **Thursdays: 7:00 p.m. - 9:00 p.m.**
 (band dates listed below)
 NO CONCERT@ CHAMBER ON 7/4

- JUNE 20th** **DEBITS & CREDITS**
Upbeat Classic, and Modern Rock'n Roll hits with a splash of Country!
- JUNE 27th** **NASHVILLE DRIVE**
Top 40 Country
- JULY 11th** **PATRICK PERONE ELVIS TRIBUTE AND THE BLUE SUEDE ROCKERS**
Elvis Tribute Band
- JULY 18th** **PABLITO Y SU LATIN SHOW**
Latin Rhythms Fusion, Salsa, Cumbia & Merengue
- JULY 25th** **THE CLASSICS**
A Hudson Valley-based funk, soul & reggae power trio
- AUGUST 1st** **MIKE RISKO BAND**
Contemporary and classic rock, feat. masterful solos and vibrant female vocals for an unforgettable, high-energy performance.
- AUGUST 8th** **1/3 OF SOPHIE BAND**
New and funky takes on music through the decades. The band's creative and catchy riffs and beats will have you grooving!

4TH OF JULY CONCERT

Live music in the park to celebrate our nation's Independence Day! Bring your chairs and blankets and enjoy music by the Norm Hathaway Band.

Sponsored by:



FOR: Residents and guests
PLACE: Red Mills Historic Park
FEE: Free! Bring your own blankets and chairs
DATE: **Thursday, July 4th at 6:30 p.m.**

MOVIES IN THE MEADOW

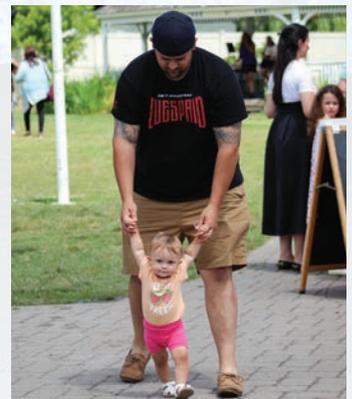
Come out and enjoy some time with family or friends and catch a movie on us! Check out our social to see what movies we will be offering this summer!

FOR: Residents Only
PLACE: Paul A. Camarda Park
FEE: Free Admission
DATE: **Fridays at Dusk July 12th, July 26th, August 30th**

FARMERS MARKET AT LAKE MAHOPAC

Join us this summer for our Farmers Market on Lake Mahopac where our community meets and eats! Support local vendors, enjoy live music, get a bite to eat and relax in the park! For information on becoming a vendor, please call the Recreation Office at (845) 628-7888. Check our social for vendor updates and special events @CFMatiakemahopac.

PLACE: Mahopac Chamber Park - 953 South Lake Blvd
DATE: **Sundays May 5th - October 20th from 9:00 a.m. - 2:00 p.m.**
EVENT DAYS: Pet Day - May 19 Young Entrepreneur Day - June 16 Community Day - July 21 Harvest at the Market - October 6



Town of Carmel Recreation & Parks Dept
790 Long Pond Road
Mahopac, NY, 10541

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COMMUNITY EVENTS



EGG HUNT

Hop on over to the Airport Park to see the Bunny and help us celebrate the arrival of Spring. Enjoy our DJ, and lots of eggs with tickets for special prizes! The Lake Mahopac Rotary club will be serving lunch from 11:00 am -12:00 pm (hot dogs, cookies, juice & water).

FOR: Residents Only
PLACE: Airport Park - 161-165 Hill Street
FEE: Free to Residents, Don't forget your Basket!
DATE: **Saturday March 23rd**
The hunt will begin at 12:00 p.m. SHARP.

SPRING FLING INCLUSIVE SOCIAL

Dance the night away to some of your favorite tunes. We will be celebrating all things Spring indoors at Sycamore Park. Dress to impress! Pizza and snacks will be served. Each attendee will be matched with a buddy unless the attendee prefers to bring their own ComHab worker. Please contact us at 845-628-7888 with any questions or concerns regarding Self-Direction.

FOR: Ages 13 - 25 Years
PLACE: Sycamore Park Main Building
FEE: \$25/ Residents, \$60/ Non-Residents
DATE: **Saturday, May 4th from 7:00 p.m. - 10:00 p.m.**

WOW WATER SAFETY EDUCATION PROGRAM

Join us as we partner with Wings over Water this Summer at their new location. This program will provide fun, entertaining, and interactive participation for your students. They will learn all about swimming and staying safe in and around the water. Includes on land safety program and family swim.

FOR: Residents Only
PLACE: Wings Over Water Somers Commons
FEE: Free Admission; Registration Required
DATES: **Saturday June 15th from 3:00 p.m. - 4:30 p.m.**



RED MILLS HISTORIC PARK ART EXHIBIT

This Summer we are hosting our outdoor sculpture exhibit at Red Mills Historic Park. Come and enjoy the beauty of this hidden gem all season long! This project is made possible, in part, through the Putnam Arts Council's Arts Link Grant Program with public funds provided through the NY State Council on the Arts with support from the Office of the Governor and the NY State Legislature and with public funds from Putnam County.

FOR: Residents of all ages
PLACE: Red Mills Historic Park
FEE: Free Admission
DATES: **June - End of October**
Opening Ceremony June 8th from 5 p.m. - 7 p.m.

LMGC FLOWER SHOW

The Lake Mahopac Garden Club will present a Standard Flower Show this spring. The public is invited, there is no admission to view the horticulture specimens and the floral designs.

PLACE: Mahopac Public Library
DATES: **May 31st and June 1st**

NATIONAL NIGHT OUT

Come join the Carmel Police Department for their second annual National Night Out Event! Enjoy family-friendly activities with your local PD!

FOR: Residents Only
PLACE: Mahopac Chamber Park
FEE: Free Admission
DATE: **Tuesday, August 6th**

EVENING IN THE PIAZZA

Bringing a taste of Italy and Italian Traditions to Putnam County. Music, rides, games and refreshments including pizza, gelato, zeppole, espresso, and a lot more. Come and enjoy a free romantic evening under the stars. Sponsored by the Italian American Club of Mahopac.

FOR: Everyone is welcome!
PLACE: Mahopac Chamber Park
FEE: Free Admission
DATE: **Saturday August 17th from 3:00 p.m. - 10:00 p.m.**

