

# YOUTH/TEEN PROGRAM DESCRIPTIONS

## INSTRUCTIONAL SWIM

Our Instructional Swim program provides valuable water safety and swimming skills. Our swim instructor will rotate through the group conducting individualized instruction based on each child's level of ability. Nor-West will provide recreation aides in the water to work hands-on with the children. Please note that we do not have exclusive use of this pool. Other swim lessons and club members will be utilizing the pool during our lesson time.



**ELIGIBILITY:** Ages 7 to 17

**DAY:** Monday

**DATES:** Sept. 16 – Dec. 16 (12 weeks)

**LOCATION:** Premier Athletic Club 2127 Albany Post Rd. Montrose, NY

**VENUE FEE:** \$ 120 due with registration (everyone pays)

**TIME:** 4:45pm - 5:30pm

**No program scheduled:** 10/14 & 11/11

**TRANS:** N/A

## FUN, FITNESS, & FRIENDS

This unique weekly program for Middle/High School students will promote socialization, encourage fitness, appreciation of the arts, and help release restless energy. We'll engage in various indoor gym games, arts and crafts, chair yoga, and other interactive therapeutic recreation activities with a snack break mid-way through. (Transportation from AMD and OHS to the rec. center is available for Ossining school district students – Parents are required to pick up students at 5:00pm)

**ELIGIBILITY:** Ages 11 to 18

**DAY:** Friday

**DATES:** 10/11 – 11/22 (7 Weeks)

**LOCATION:** Joseph Caputo Recreation Center 95 Broadway Ossining, NY

**VENUE FEE:** N/A

**TIME:** 3:00pm - 5:00pm

**No program scheduled:** N/A

**TRANS:** N/A

## AFTERNOON ADVENTURES

Afternoon Adventures offers a great opportunity to socialize with friends and enjoy a variety of fun activities in the community. A schedule of activities will be mailed out before the start of the program. Prepaid venue fees are due upon registration. The program will meet at the Cortlandt Town Center. Please bring a bag lunch. Don't miss out on this great opportunity for a full day of fun and socialization.

**ELIGIBILITY:** Ages 16 to 25

**DATES:** Sept. 28 – Dec. 21 (10 weeks)

**LOCATION:** CUE Center at Cortlandt Town Center Rt. 6

**PROGRAM CAPACITY:** 13 participants

**VENUE FEE:** \$250 due with registration for admissions/activities (everyone pays)

**TIME:** 10:00am - 4:00pm

**No program scheduled:** 10/19, 11/16, 11/30

*(10/5 - 12pm-4pm after SO bowling comp)*

**TRANS:** N/A