

## 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 18

**DAY:** Monday

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

**DATES:** Sept. 19 – Dec. 12 (11 weeks)

**No program scheduled:** 9/26 & 10/10

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

**FEES:** Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

| Instructional Swim                            | NW Catchment Area   | Outside Catchment Area | Trans. Fee |
|---|---------------------|------------------------|------------|
| Waiver Enrolled & Non-waiver living w/ Parent | No registration fee | No registration fee    | N/A        |
| Venue Fee                                     | \$96                | \$96                   | N/A        |

### YOUTH BOWLING

Looking for an enjoyable way to spend a Saturday morning with friends? One you can count on rain or shine and includes socializing and friendly competition with your Nor-West pals? Why not try the Youth Bowling program we are bringing back to the Nor-West offerings? Bowling is a great activity for all abilities since the game can be tailored to accommodate each individual participant. There is a weekly fee of \$10.00 for the games bowled.

**ELIGIBILITY:** Ages 7 - 16

**DAY:** Saturday

**TIME:** 10:00am - 11:30am

**LOCATION:** Cortlandt Lanes

**DATES:** Sept. 23 – Dec. 16 (10 weeks)

**No program scheduled:** 10/7, 11/18, 11/25

**PROGRAM CAPACITY:** We have limited Transportation for this program. Pick up and Drop off in Ossining (Caputo Recreation Center), Peekskill (Welcher Ave.)

**FEES:** Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

| Youth Bowling                                 | NW Catchment Area   | Outside Catchment Area | Trans. Fee |
|---|---------------------|------------------------|------------|
| Waiver Enrolled & Non-waiver living w/ Parent | No registration fee | No registration fee    | No Fee     |
| Venue Fee                                     | \$10 pay at site    | \$10 pay at site       |            |

### FUN, FITNESS, & FRIENDS \*\*\*DATES TO BE ANNOUNCED\*\*\*

This unique weekly program for Middle 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 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 13

**DAY:** Fridays

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

**DATES:** TBA

**No program scheduled:**

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

**FEES:** Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

| Fun, Fitness, & Friends                       | NW Catchment Area   | Outside Catchment Area | Trans. Fee |
|---|---------------------|------------------------|------------|
| Waiver Enrolled & Non-waiver living w/ Parent | No registration fee | No registration fee    | N/A        |
| Venue Fee                                     | N/A                 |                        |            |