



# PARKS & RECREATION SUMMER **BROCHURE** **2023**

**RECREATION REGISTRATION**  
**BEGINS APRIL 24<sup>TH</sup>**



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## **TOWN OF SOUTHAMPTON**

**PARKS & RECREATION DEPARTMENT**

6 Newtown Road, Hampton Bays, NY 11946

(631) 728-8585 Fax (631) 728-8525

[www.southamptontownny.gov/PARKSREC](http://www.southamptontownny.gov/PARKSREC)

**ONLINE REGISTRATION:** [www.southamptontownny.gov/PARKSONLINE](http://www.southamptontownny.gov/PARKSONLINE)

# PARKS & RECREATION PROGRAMS

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE

## REGISTRATION WILL OPEN ON MONDAY, APRIL 24TH BEGINNING AT 8:30 AM ONLINE, IN-PERSON AT OUR OFFICE OR BY PHONE.

We will respond as quickly as we are able but please expect high call volumes and wait times. Be sure to create a Recreation account **prior** to April 24th to allow you to register online and expedite the registration process.

### HOW TO REGISTER FOR PROGRAMS:

You must have an account set up in our Recreation system in order to register for programs.

If you already have an account in our Recreation system you may register online at [www.southamptontownny.gov/Parksonline](http://www.southamptontownny.gov/Parksonline), or by phone or in person during business hours at the Parks and Recreation Office, 6 Newtown Rd., Hampton Bays, (631) 728-8585.

If you do not have an account in our Recreation system you may open one by submitting proof of residency, proof of age for children and your phone number to [ParksandRec@southamptontownny.gov](mailto:ParksandRec@southamptontownny.gov). Please call (631) 728-8585 if you need to verify whether you have an account with us already. Non-Residents may also open accounts but may not be eligible to register for all programs.

### PROOF OF RESIDENCY:

To open a Resident account in our registration system, residents or taxpayers must provide one of the following: current driver's license with Southampton Town address, current Southampton Town tax bill, recorded deed showing purchase of property within the year, or utility bills (electric, water or cable) with a Southampton Town address dated at least 12 months prior to application date. Children's proof of age, birth certificate or passport are acceptable. Leases are not accepted as proof of residency.

### TERMS AND CONDITIONS:

Pre-registration with payment is required for all recreation programs, except where noted in program descriptions. Program fees cannot be pro-rated. A program refund will be granted only if the request is made at least five (5) business days prior to the start of a program, or if we cancel a program due to insufficient enrollment or other reason. If payment is made with a credit card, your card will be refunded automatically. If payment with cash or check you must request a refund in person. A \$25 service fee will be charged for all checks returned by the bank.

All persons participating in Town of Southampton sponsored recreation programs do so at their own risk. Participants are advised to consult with their physician prior to enrollment and participation in activities which may be strenuous. Participants must meet age requirements prior to the start of the program.

# PARKS & RECREATION PROGRAMS

SUMMER 2023

## ONLINE REGISTRATION INSTRUCTIONS:

Once you have an account set up in on our Recreation system you may register online. If you do not have an account please see the section

**"How to Register for Programs"** on the previous page for guidance.

Our online registration website can be found at



[www.southamptonrecreation.net](http://www.southamptonrecreation.net)

## FIRST TIME USERS...

Please follow the steps below to access your account.

1. Click **REGISTER NOW**.
2. Enter your email address and click reset password.
3. An email will be sent to you to create a new password.
4. Once you create your new password you can begin to register for programs.

## TO REGISTER FOR A PROGRAM....

Once your password has been established

1. Click the **REGISTER NOW** button and sign into your account.
2. Use the **REGISTER NOW** drop down on the top menu to find course.
3. Click the course you would like and select participants.
4. Click **ADD TO CART**, you can now pay for the course or continue shopping.

If you are having difficulty logging in, need to set up an account or for more information please call (631) 728-8585.



**Cornell University**  
Cooperative Extension



**To register for Cornell Cooperative Extension  
Marine Art & Science Programs you must go to**

<http://ccesuffolk.org/marine/fleet-and-facilities/tiana-bayside-facility>

# PARKS & RECREATION PROGRAMS

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE

## YOUTH CAMPS & SPORT INSTRUCTION

If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed. Participants must meet age requirements prior to the start of the program.

### SOCCER CAMP - AGE: 5-11

Our Soccer camp gives players the opportunity to receive soccer instruction at a level that will both challenge them and ensure they have a fantastic experience at camp. Every camp is coached by our professional staff that is trained to encourage maximum participation, good sportsmanship, and above all -FUN! Recreational level players will learn the fundamentals needed to become efficient soccer players, concentrating on their technical development including passing, first touch, and shooting. Travel and academy players will learn more advanced technical skills while also working on the tactical side of the game. Players will develop both their decision making and strategic play in competitive match play situations.

**Skills covered at camp:** Shooting & attacking, 1v1's, skills & moves, dribbling, passing and control.

**Other skills covered at camp:** Rules of soccer, positional training, scrimmages, coordination, balance, agility and speed training.

Groups are separated by age and ability to ensure all players flourish in an optimum positive learning environment. All equipment need-ed for this camp will be provided by USA Sport Group.

**This camp is open to both girls and boys.**

**Course#:** SOCCER1

**Location:** [Red Creek Park](#)

**Age:** 5-11

**Dates:** 07/10/2023-07/13/2023

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM-12:00PM

**Fee:** Res: \$195 Non-Res: \$215 (4 sessions)

### NEW FLAG FOOTBALL CAMP - AGE: 5-11

The summer flag football camp introduces a wide range of skills throughout the week including passing, receiving and deflagging, with a strong focus on the rules of the game. Each day ends with small-sided games where the coaches encourage good sportsmanship and teamwork.

Participants will develop an understanding of offensive and defensive plays, and be encouraged to implement these skills into realistic scrimmages and game-play situations. Flag football summer camp is appropriate for players ranging from beginners, to those already well versed in the sport. Groups are separated by age and ability to ensure all players flourish in a positive learning environment while having a great time! All equipment needed for this camp will be provided by USA Sport Group. **This camp is open to both girls and boys.**

**Course#:** FLAGFTBL1

**Location:** [Ludlam Ave. Park](#)

**Age:** 5-11

**Dates:** 07/17/2023-07/20/2023

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM-12:00PM

**Fee:** Res: \$195 Non-Res: \$215 (4 sessions)

# PARKS & RECREATION PROGRAMS

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## NEW BASEBALL SCHOOL - AGE: 5-12

Hamptons Youth Baseball has been providing local youth baseball instruction for over 15 years. We provide quality instruction for athletes of all ages and skill levels in a positive and fun environment. The ultimate goal of our program is to improve overall skills, confidence, and character by instilling the values of good sportsmanship. All of our instructors have extensive coaching and playing experience and are trained to teach all skill levels. Our coaching staff consists of professional coaches and players as well as current college players. **Bring glove, cleats or sneakers and water bottle.**

Every effort will be made to make up rained-out days, however, make-ups cannot be guaranteed. Must meet age requirement.

**Course#:** BASEBALL1

**Location:** [Red Creek Park](#)

**Age:** 5-12

**Dates:** 07/24/2023-07/27/2023 (**Rain Date:** Fri, July 28)

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM-12:00PM

**Fee:** Res: \$215 Non-Res: \$225 (4 sessions)

**Course#:** BASEBALL2

**Location:** [Red Creek Park](#)

**Age:** 5-12

**Dates:** 07/31/2023-08/03/2023 (**Rain Date:** Fri, Aug 4)

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM-12:00PM

**Fee:** Res: \$215 Non-Res: \$225 (4 sessions)

## SOFTBALL CAMP - AGE: 6-8

This is an entry-level softball camp that will introduce basic skills such as throwing, batting, sliding, base running, and teamwork. **Bring glove, cleats or sneakers and water bottle.**

**Course#:** SOFTBALL1

**Location:** [Red Creek Park](#)

**Age:** 6-8

**Dates:** 07/17/2023-07/20/2023 (**Rain Date:** Fri, July 21)

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM-12:00PM

**Fee:** Res: \$115 Non-Res: \$125 (4 sessions)

## SOFTBALL CAMP - AGE: 9-13

This is a camp to enhance the skills of players currently in little league and looking to continue softball after little league and junior high. We will break down swings, go over specific defensive positions, work on throwing properly, base-running, sliding, bunting, and stealing. **Bring glove, cleats or sneakers and water bottle.**

**Course#:** SOFTBALL

**Location:** [Red Creek Park](#)

**Age:** 9-13

**Dates:** 07/24/2023-07/27/2023 (**Rain Date:** Fri, July 28)

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM-12:00PM

**Fee:** Res: \$115 Non-Res: \$125 (4 sessions)

# PARKS & RECREATION PROGRAMS

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## BASKETBALL CAMP - AGE: 8-14

This four-day camp is designed to teach the fundamentals of basketball as well as the values of working with others in a team situation while having fun. The camp stresses positive reinforcement, learning improvement and fun. Must meet age requirement. **Sneakers required.**

**Course#:** BASKETBLL1

**Location:** *Hampton Bays Middle School Gym*

**Age:** 8-14

**Dates:** 07/31/2023 -08/03/2023

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM -12:00PM

**Fee:** Res: \$115 Non-Res: \$125 (4 sessions)

**Course#:** BASKETBLL2

**Location:** *Hampton Bays Middle School Gym*

**Age:** 8-14

**Dates:** 08/07/2023-08/10/2023

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM-12:00PM

**Fee:** Res: \$115 Non-Res: \$125 (4 sessions)

## MULTI-SPORTS CAMP - AGE: 5-11

Multi-Sports camp gives players the opportunity to experience over 10 different sports across a fun filled week of camp. Every camp is coached by our professional and energetic staff that is trained to encourage maximum participation, good sportsmanship, and above all -FUN! Our multi-sports camp is a must for children who are either new to playing sports and want to experience many different forms or for the sports enthusiast who just can't get enough! **Sports typically played:** Soccer, Lacrosse , Basketball , Pillo Polo , Baseball and more **Skills covered at camp:** Rules of each sport, techniques of each sport, team building and sportsmanship, coordination, balance, agility and speed training, lower and upper body workouts Groups are separated by age and ability to ensure all players flourish in an optimum positive learning environment. All equipment needed for this camp will be provided by USA Sport Group. Open to both girls and boys. If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed.

**Course#:** MULTISPORT

**Location:** *Red Creek Park*

**Age:** 5-11

**Dates:** 08/07/2023-08/10/2023

**Day/Time:** Mon, Tue, Wed, Thu 9:00AM-12:00PM

**Fee:** Res: \$195 Non-Res: \$215 (4 sessions)

## BEACH VOLLEYBALL CAMP - AGE: 9-13 (BEGINNERS)

This program is designed to promote the enjoyment of this great summer sport. The program will teach the basic fundamentals to the inexperienced players. Each meeting will involve group instruction, drills, and a variety of exciting games. In the event of rain/cancellations,an hour will be added to Friday's session. Must meet age requirement before start of program. *Please note you will need a Town of Southampton Beach parking permit*

**Course#:** BEACHVBC

**Location:** *Tiana Beach*

**Age:** 9-13

**Dates:** 08/07/2023-08/11/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:00AM-11:00AM

**Fee:** Res: \$100 Non-Res: \$120 (5 sessions)

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## BEACH VOLLEYBALL CAMP - AGE: 14-18 (ADVANCED)

This more advance program is designed to improve upon skills of players who have played on a team before. The program will review the basic fundamentals to help veteran players. Each meeting will involve group instruction, drills, and a variety of exciting games. Camp runs rain or shine unless there is intense rain/thunder/lightening. In the event of rain/cancellations, an hour will be added to Friday's session. Must meet age requirement before start of program. **Please note you will need a Town of Southampton Beach parking permit**

**Course#:** BEACHVBC1

**Age:** 14-18

**Day/Time:** Mon, Tue, Wed, Thu, Fri 10:30AM-12:30PM

**Fee:** Res: \$100 Non-Res: \$120 (5 sessions)

**Location:** [Tiana Beach](#)

**Dates:** 08/07/2023-08/11/2023

## SUMMER FUN PLAYGROUND PROGRAM - AGE: 5-12

**Ages: 5-12, Residents ONLY** (2 WEEKS per session) Three playground programs will be offered to children who are Southampton Town residents\* and attended elementary school (K-6) this past school year. Each program will be staffed by counselors who will organize sports, arts & crafts, active & quiet games & special event days. Please provide your child with a drink and snack each day.

***'If not a Town of Southampton Resident, a Sag Harbor School Report Card is required to attend. Please email it to [ParksandRec@southamptontownny.gov](mailto:ParksandRec@southamptontownny.gov) and proceed to get on list in the online registration program. Register online or at Parks & Rec Office ONLY. Parent or Guardian MUST complete all waivers and documents. Participants can ONLY register for (1) camp session as space is limited but you may get on a waitlist for a second session. Child must have completed kindergarten and be 5 years old by 6/25/2023. There will be NO registration at the camps.***

**Course#:** SUMMERFUN1

**Age:** 5-12

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:00AM-12:00PM

**Fee:** Res: \$100 (9 sessions)

**Location:** [Sag Harbor Mashashimuet Park](#)

**Dates:** 06/26/2023-07/07/2023

**(No class Tues, July 4)**

**Course#:** SUMMERFUN2

**Age:** 5-12

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:00AM-12:00PM

**Location:** [Sag Harbor Mashashimuet Park](#)

**Dates:** 07/10/2023-07/21/2023

**Fee:** Res: \$100 (10 sessions)

**Course#:** SUMMERFUN3

**Age:** 5- 12

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:00AM-12:00PM

**Location:** [Red Creek Park](#)

**Dates:** 07/24/2023-08/04/2023

**Fee:** Res: \$100 (10 sessions)

**Course#:** SUMMERFUN4

**Age:** 5-12

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:00AM-12:00PM

**Location:** [Red Creek Park](#)

**Dates:** 08/07/2023-08/18/2023

**Fee:** Res: \$100 (10 sessions)

**Course#:** SUMMERFUN5

**Age:** 5-12

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:00AM-12:00PM

**Location:** [Ludlam Ave. Park](#)

**Dates:** 07/24/2023-08/04/2023

**Fee:** Res: \$100 (10 sessions)



# PARKS & RECREATION PROGRAMS

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## PICKLEBALL

\*Participants must bring their own paddle to class.

\*Meet at the Hampton West Tennis/Pickleball courts - 697 Stewart Avenue, Westhampton

If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed.

### PICKLEBALL ADVANCED BEGINNERS - (TUES/THURS)

Must have ability to volley at a medium pace. Must know rules of the game as well as basic ability. Ability to hit a medium paced shot. Lacks direction. Learning stroke form, consistently gets serve/return in play. You will be evaluated at the end of the session for your new rating.

**Course#:** PICKLEW05

**Location:** [Hampton West Tennis Courts](#)

**Age:** 18 and over

**Dates:** 07/25/2023-08/03/2023

**Day/Time:** Tue, Thu 8:00AM-9:15AM

**Fee:** Res: \$120 Non-Res: \$130 (4 sessions)

### PICKLEBALL INTERMEDIATE - (TUES/THURS)

Must have ability to volley consistently. Places a high majority of serves/returns with depth and speed. Has good footwork and can move laterally. You will be evaluated at the end of the session for your new rating.

**Course#:** PICKLEHT14

**Location:** [Hampton West Tennis Courts](#)

**Age:** 18 and over

**Dates:** 07/25/2023-08/03/2023

**Day/Time:** Tue, Thu 9:30AM-10:45AM

**Fee:** Res: \$120 Non-Res: \$130 (for 4 sessions)

### PICKLEBALL BEGINNER - (TUES/THURS)

Come learn how to play this exciting game that uses many of the tennis skills on a smaller court. It is the answer to a low impact high energy game for singles and or doubles play. No experience necessary. **beginners welcome.** Skills, drills and game play will be taught. You will get evaluated at the end of the session for your new rating.

**Course#:** PICKLEHT11

**Location:** [Hampton West Tennis Courts](#)

**Age:** 18 and over

**Dates:** 07/25/2023 -08/03/2023

**Day/Time:** Tue, Thu 11:00AM-12:15PM

**Fee:** Res: \$120 Non-Res: \$130 (4 sessions)

### PICKLEBALL PLAY - SOCIAL BEGINNER ROUND ROBIN

Pickleball League is intended for a **level 2.0 or 2.5 players**. Must have ability to volley at a medium pace. Must know rules of the game as well as basic ability. This is a Beginner social league. Each game will be 12 minutes long and then rotated around mix and match.

**Course#:** PICKLELG1

**Location:** [Hampton West Tennis Courts](#)

**Age:** 18 and over

**Dates:** 07/05/2023-07/12/2023

**Day/Time:** Mon, Wed 6:00PM-8:00PM

**Fee:** Res: \$40 Non-Res: \$55 (3 sessions)



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## PICKLEBALL PLAY - SOCIAL ROUND ROBIN

Pickleball League is intended for a **level 3.0 or 4.0 players**. Must have ability to volley at a medium pace. Must know rules of the game as well as basic ability. This is a Beginner social league. Each game will be 12 minutes long and then rotated around mix and match.

**Course#:** PICKLELG2

**Age:** 18 and over

**Day/Time:** Tue, Thu 6:00PM-8:00PM

**Location:** *Hampton West Tennis Courts*

**Dates:** 07/06/2023-07/13/2023

**Fee:** Res: \$40 Non-Res: \$55 (3 sessions)

## PICKLEBALL PLAY - SOCIAL BEGINNER ROUND ROBIN

Pickleball League is intended for a **level 2.0 or 2.5 players**. Must have ability to volley at a medium pace. Must know rules of the game as well as basic ability. This is a Beginner social league. Each game will be 12minutes long and then rotated around mix and match.

**Course#:** PICKLELG3

**Age:** 18 and over

**Day/Time:** Mon, Wed 6:00PM-8:00PM

**Location:** *Hampton West Tennis Courts*

**Dates:** 08/07/2023-08/21/2023

**Fee:** Res: \$70 Non-Res: \$85 (5 sessions)

## PICKLEBALL CONDITIONING CLASS

Get ready for a Pickleball Summer with this pre-conditioning exercise program! 45-minutes of strength training exercise specifically designed for playing Pickleball. This class will not only improve your game but also prevent injury. It is informational, therapeutic and geared towards injury prevention. No more Tennis Elbow! Participants bring water; sneakers are required. Class will be held at Squiretown Park 62 Red Creek Rd, Hampton Bays. **ALL LEVELS WELCOME!**

**Age:** 18 and over

**Sessions 1:**

**Dates:** 05/01/2023-05/10/2023

**Sessions 2:**

**Dates:** 05/02/2023-05/11/2023

**Fee:** Res: \$60.00 Non-Res: \$70.00 (4 sessions)

**Day/Time:** Mon, Wed 11:00AM-11:45AM

**Day/Time:** Tue, Thu 9:00AM-9:45AM

## PICKLEBALL BEGINNER INTRODUCTION

Come learn how to play this exciting game that uses many of the tennis skills on a smaller court. It is the answer to a low impact high energy game for singles and or doubles play. Participants must bring their own paddle to class. No experience necessary, beginners welcome. Intro to the game. Skills and drills will be taught. You will get your rating by the end of the course. If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however, due to unpredictable weather make up classes cannot be guaranteed.

**Course#:** PICKLE01

**Age:** 18 and over

**Day/Time:** Tue, Thu 9:15AM-10:45AM

**Location:** *Hampton West Tennis Courts*

**Dates:** 05/23/2023-06/01/2023

**Fee:** Res: \$140.00 Non-Res: \$150.00 (4 sessions)

# PARKS & RECREATION PROGRAMS

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## NEW PICKLEBALL SKILLS AND DRILLS (TUES/THU)

Get back into playing outdoor pickleball. Get instructional skills and drills to improve you game 45 minutes skills and drills with strategy tips 45 minute play with performance analysis. **Participants bring water; sneakers are required. ALL LEVELS WELCOME!**

<b>Course#:</b> PICKLESKLD	<b>Location:</b> <i>Hampton West Tennis Courts</i>
<b>Age:</b> 16 and over	<b>Dates:</b> 05/23/2023-06/01/2023
<b>Day/Time:</b> Tue, Thu 11:00AM-12:30PM	<b>Fee:</b> Res: \$95.00 Non-Res: \$105.00 (4 sessions)

## PICKLEBALL INTERMEDIATE (WED)

Must have ability to volley consistently. Places a high majority of serves/returns with depth and speed. Has good footwork and can move laterally. There will be skills and drills and game play. Participants must bring their own paddle to class. If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed.

<b>Age:</b> 18 and over	<b>Fee:</b> Res: \$140 Non-Res: \$150 (3 sessions)	
<b>Session 1</b>	<b>Dates:</b> 05/24/2023-06/07/2023	<b>Day/Time:</b> Wed 9:00AM-11:00AM
<b>Session 2</b>	<b>Dates:</b> 05/24/2023-06/07/2023	<b>Day/Time:</b> Wed 11:15AM-1:15PM
<b>Session 3:</b>	<b>Dates:</b> 06/14/2023-06/28/2023	<b>Day/Time:</b> Wed 9:00AM-11:00AM
<b>Session 4</b>	<b>Dates:</b> 06/14/2023-06/28/2023	<b>Day/Time:</b> Wed 11:15AM-1:15PM

## PICKLEBALL BEGINNER (T/TH)

Come learn how to play this exciting game that uses many of the tennis skills on a smaller court. It is the answer to a low impact high energy game for singles and or doubles play. Participants must bring their own paddle to class. No experience necessary, beginners welcome. Little to no experience playing pickleball or racquet sports. Low to minimal ball control using forehand and backhand. Minimal knowledge of the game. Minimal -moderate physical ability to move about the court. Skills, drills and game play will be taught. You will be evaluated at the end of the session for your new rating. If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed.

<b>Course#:</b> PICKLEW04	<b>Location:</b> Hampton West Tennis Courts
<b>Age:</b> 18 and over	<b>Dates:</b> 06/06/2023-06/22/2023
<b>Day/Time:</b> Tue, Thu 9:30AM-10:45AM	<b>Fee:</b> Res: \$175 Non-Res: \$185 (6 sessions)

## PICKLEBALL ADVANCED BEGINNERS (T/TH)

Must have ability to volley at a medium pace. Must know rules of the game as well as basic ability. Participants must bring their own paddle to class. Ability to hit a medium paced shot. Lacks direction. Learning stroke form, consistently gets serve/return in play. If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed.

<b>Session 1</b>	<b>Dates:</b> 06/06/2023-06/22/2023	<b>Day/Time:</b> Tue, Thu 8:00AM-9:15AM
<b>Session 2:</b>	<b>Dates:</b> 06/06/2023-06/22/2023	<b>Day/Time:</b> Tue, Thu 11:00AM-12:15PM
<b>Fee:</b> Res: \$175 Non-Res: \$185 (6 sessions)		

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## SNAPPER DERBY - (AGES 5-ADULT)

Bring your own pole and tackle we will provide the bait. Join us for a fun filled afternoon of snapper fishing. Prizes will be awarded for most snappers caught in four age groups: 5-8, 9-11, 12-14 & 15 Adult. There will also be a prize for largest fish overall. You must be present to win your prize. There is no fee to enter but pre-online registration! **Please note you will need a beach parking permit.**

**Course#:** SNAPDERBY1

**Age:** 5-8

**Day/Time:** Wed 2:00PM -4:00PM

**Location:** Tiana Bayside Rec. Facility

**Dates:** 08/16/2023 -08/16/2023

**Fee:** **FREE** pre-online registration required!

# PARKS & RECREATION PROGRAMS

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE

## EXERCISE

Please bring your mat, water, towel.

### GUTTS, BUTTS & INTERVAL

A great cardio session using aerobic intervals to get your heart pumping, then alternating with sculpting exercises to burn calories, tone muscles, and build strength. **Please wear sneakers. All Levels Welcome.**

#### TUESDAY (AM)

**Course#:** GUTTBUTST6      **Location:** *Squiretown Park*  
**Instructor:** Heather Rollo      **Age:** 16 and over  
**Dates:** 07/11/2023-08/29/2023      **Day/Time:** Tue 9:00AM-9:45AM  
**Fee:** Res: \$72 Non-Res: \$82 (8 sessions)

#### WEDNESDAY (PM)

**Course#:** GUTTBUTST4      **Location:** *Squiretown Park*  
**Instructor:** Heather Rollo      **Age:** 16 and over  
**Dates:** 07/12/2023-08/30/2023      **Day/Time:** Wed 6:30PM-7:15PM  
**Fee:** Res: \$72 Non-Res: \$82 (8 sessions)

### PILATES MAT & STRETCH

A focused guts and butts class using breath with movement to strengthen your core and lower back. WORK THOSE ABS while Increasing flexibility and muscle tone, and improve your posture! **All Levels Welcome.**

#### MONDAY (PM)

**Course#:** INTROPIL4      **Location:** *Squiretown Park*  
**Instructor:** Heather Rollo      **Age:** 16 and over  
**Dates:** 07/10/2023-08/28/2023      **Day/Time:** Mon 5:30PM-6:15PM  
**Fee:** Res: \$72 Non-Res: \$82 (8 sessions)

### STRENGTH & TONE

This class will incorporate a variety of strength and conditioning exercises using hand weights and mainly our own body weight. Designed to tighten and strengthen the core area and improve balance and flexibility.

**Please wear sneakers. All Levels Welcome.**

#### SATURDAY (AM)

**Course#:** STRNGHTHN4      **Location:** *Red Creek Park*  
**Age:** 16 and over      **Dates:** 07/08/2023-08/26/2023  
**Day/Time:** Sat 9:00AM-9:45AM      **Fee:** Res: \$72 Non-Res: \$82 (8 sessions)

# PARKS & RECREATION PROGRAMS

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## YOGA 4 FUN & FLEXIBILITY

Create balance in your body with simple and easy to follow poses and stretches. Release stress and tension, increase flexibility and balance, and improve your overall athletic and every day performance. Special attention paid to core and lower back. Every class is tailored to you. **Please wear comfortable clothing and bring a yoga mat and towel. All Levels Welcome.**

### MONDAY (PM)

**Course#:** YOGA4FUN7      **Location:** [Squiretown Park](#)  
**Instructor:** Heather Rollo      **Age:** 16 and over  
**Dates:** 07/10/2023-08/28/2023      **Day/Time:** Mon 7:15PM-8:15PM  
**Fee:** Res: \$72 Non-Res: \$82 (8 sessions)

### THURSDAY (PM)

**Course#:** YOGA4FUNg      **Location:** [Squiretown Park](#)  
**Instructor:** Heather Rollo      **Age:** 16 and over  
**Dates:** 07/13/2023-08/31/2023      **Day/Time:** Thu 7:15PM-8:15PM  
**Fee:** Res: \$72 Non-Res: \$82 (8 sessions)



# PARKS & RECREATION PROGRAMS

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE

## ON THE WATER

*Town of Southampton Beach Parking Permit required.*

### GUPPY PROGRAM - AGE: 3-6

Water Safety/Swim Instruction - The "Guppy" classes are designed to prepare children ages 3 -6 for Level 2 (Basic Beginner) swimming lessons. The goal of these classes is to help children overcome any fears they may have of the water and teach them basic skills necessary to begin swimming lessons, such as putting their face and head in the water, blowing bubbles, using kickboards, and the prone and back floats.

**PLEASE NOTE: 3-YEAR OLDS MUST BE ABLE TO WORK IN A GROUP WITH INSTRUCTORS WITHOUT PARENTS IN THE WATER.** If a child is not able to do this, the instructor may request that the child wait another year to begin swimming lessons. Guppies must be accompanied to program by a parent or guardian. Each child may register for only one Guppy Class, may be placed on waiting list for an additional class.

Town of Southampton Parking Permit is required. Weather conditions and/or program cancellation information for the Tiana Bay programs may be obtained by calling the Parks and Recreation Department at 631-728-8585 after 8:30AM. There will be NO refunds or make-up sessions for classes cancelled due to poor weather conditions.

**Course#:** GUPPY01

**Location:** [Tiana Bayside Rec. Facility](#)

**Age:** 3-4

**Dates:** 07/03/2023-07/07/2023 (No class July 4)

**Day/Time:** Mon, Wed, Thu, Fri 10:00AM-10:45AM

**Fee:** Res: \$25 **Residents ONLY** (4 sessions)

**Course#:** GUPPY02

**Location:** [Tiana Bayside Rec. Facility](#)

**Age:** 3-4

**Dates:** 07/10/2023-07/14/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 10:00AM-10:45AM

**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

**Course#:** GUPPY03

**Location:** [Tiana Bayside Rec. Facility](#)

**Age:** 3-4

**Dates:** 07/17/2023-07/21/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 10:00AM-10:45AM

**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

**Course#:** GUPPY04

**Location:** [Tiana Bayside Rec. Facility](#)

**Age:** 3-4

**Dates:** 07/24/2023-07/28/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 10:00AM-10:45AM

**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

**Course#:** GUPPY05

**Location:** [Tiana Bayside Rec. Facility](#)

**Age:** 3-4

**Dates:** 07/31/2023-08/04/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 10:00AM-10:45AM

**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

**Course#:** GUPPY06

**Location:** [Tiana Bayside Rec. Facility](#)

**Instructor:** Age: 3-4

**Dates:** 08/07/2023 -08/11/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 10:00AM -10:45AM

**Fee:** Res: \$25 **Residents ONLY** (5 sessions)



# PARKS & RECREATION PROGRAMS

SUMMER 2023

**Course#:** GUPPY5607 **Location:** *Tiana Bayside Rec. Facility*  
**Instructor:** Age: 5-6 **Dates:** 07/03/2023 -07/07/2023 (No class July 4)  
**Day/Time:** Mon, Wed, Thu, Fri 11:00AM -11:45AM  
**Fee:** Res: \$25 **Residents ONLY** (4 sessions)

**Course#:** GUPPY5608 **Location:** *Tiana Bayside Rec. Facility*  
**Instructor:** Age: 5-6 **Dates:** 07/10/2023-07/14/2023  
**Day/Time:** Mon, Tue, Wed, Thu, Fri 11:00AM -11:45AM  
**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

**Course#:** GUPPY5609 **Location:** *Tiana Bayside Rec. Facility*  
**Age:** 5-6 **Dates:** 07/17/2023-07/21/2023  
**Day/Time:** Mon, Tue, Wed, Thu, Fri 11:00AM-11:45AM  
**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

**Course#:** GUPPY5610 **Location:** *Tiana Bayside Rec. Facility*  
**Age:** 5-6 **Dates:** 07/24/2023-07/28/2023  
**Day/Time:** Mon, Tue, Wed, Thu, Fri 11:00AM-11:45AM  
**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

**Course#:** GUPPY5611 **Location:** *Tiana Bayside Rec. Facility*  
**Age:** 5-6 **Dates:** 07/31/2023-08/04/2023  
**Day/Time:** Mon, Tue, Wed, Thu, Fri 11:00AM-11:45AM  
**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

**Course#:** GUPPY5612 **Location:** *Tiana Bayside Rec. Facility*  
**Age:** 5-6 **Dates:** 08/07/2023-08/11/2023  
**Day/Time:** Mon, Tue, Wed, Thu, Fri 11:00AM-11:45AM  
**Fee:** Res: \$25 **Residents ONLY** (5 sessions)

## NIPPER GUARD PROGRAM (AGE: 7-10)

**Pre requisite:** Students will demonstrate in the first class the ability to swim 50 yards without stopping using any strokes with form and proper breathing and tread water for 2 minutes. This program will feature many of the same activities of the popular Junior Lifeguard Program. NOT to be considered swim lessons. Recommended that nippers are at or above age level ability in Red Cross Lessons. Level 3,4,5. **Competition:** Ponquogue Beach, Hampton Bays Date: Saturday, August 5th Time: 8:00 a.m.-11:00 a.m. Must be the age required at start of the class. Please note you will need a beach permit will needed to park your vehicle. **Residents Only.**

**Course#:** NIPERGUARL **Location:** *Foster Memorial (Long Beach)*  
**Age:** 7-10 **Dates:** 07/13/2023-08/05/2023  
**Day/Time:** Thu 9:30AM-10:30AM **Fee:** Res: \$75 (5 sessions)

**Course#:** NIPPERGUAR **Location:** *Tiana Beach*  
**Age:** 7-10 **Dates:** 07/09/2023-08/05/2023  
**Day/Time:** Sun 9:00AM-10:00AM **Fee:** Res: \$75 (5 sessions)



# PARKS & RECREATION PROGRAMS

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE

## WATER SAFETY INSTRUCTION (LEVEL 2-6)

All levels of instruction are offered during each session. This is a two week program, you cannot sign up for a program after it has started. Must attend all classes to be eligible to take test. Participants will be tested at the beginning of the program to determine their individual ability and level. Please bring a towel, wear comfortable clothing and proper bathing attire. Water shoes suggested. **Town of Southampton Beach Parking Permit required.**

**Weather conditions and/or program cancellation information for the Tiana Bay programs may be obtained by calling the Parks and Recreation Department at 631-728-8585 after 8:30AM. There will be NO refunds or make-up sessions for classes cancelled due to poor weather conditions.**

**Course#:** W/SIS1P1      **Location:** *Tiana Bayside Rec. Facility*  
**Age:** 7-14      **Dates:** 07/03/2023 -07/14/2023 (**No class Tues, July 4**)  
**Day/Time:** Mon, Tue, Wed, Thu, Fri 12:30PM-1:30PM      **Fee:** Res: \$75 (9 sessions)

**Course#:** W/SIS1P2      **Location:** *Tiana Bayside Rec. Facility*  
**Age:** 6-14      **Dates:** 07/17/2023-07/28/2023  
**Day/Time:** Mon, Tue, Wed, Thu, Fri 12:30PM-1:30PM      **Fee:** Res: \$75 (10 sessions)

**Course#:** W/SIS1P3      **Location:** *Tiana Bayside Rec. Facility*  
**Age:** 6-14      **Dates:** 07/31/2023-08/11/2023  
**Day/Time:** Mon, Tue, Wed, Thu, Fri 12:30PM-1:30PM      **Fee:** Res: \$75 (10 sessions)

## JR. LIFESAVING (AGE: 11-15)

**Pre-requisites:** Participants must be able to swim 100-yards using the crawl stroke and tread water for 5 minutes without stopping. **Curriculum:** The instructors will begin each day with a brief lecture on topics relevant to the course goals. Basic warm-up exercises will be included in each class. The junior lifeguards will participate in training drills designed to help them become safe ocean swimmers. Most drills will be taught as "lifeguard competition" events. As long as ocean conditions permit, junior guards will train in the water. While swimming skills are a prerequisite for the course and swimming lessons, as such, will not be given, instructors will help the students learn to recognize the power of the ocean, how to spot rip tides and other dangerous currents and how to swim safely in the ocean. **Residents Only.** The last class for all programs will be a lifeguard tournament at Ponquogue Beach allowing the junior lifeguards to demonstrate their new skills. Must attend the first date. **Town of Southampton Beach Parking Permit required.**

**Course#:** JRLIFESAV1      **Location:** *Ponquogue Beach*  
**Age:** 13-15      **Dates:** 07/08/2023-08/05/2023  
**Day/Time:** Sat 9:00AM-11:00AM      **Fee:** Res: \$100 (5 sessions)

**Course#:** JRLIFESAV2      **Location:** *Tiana Beach*  
**Age:** 11-12      **Dates:** 07/08/2023-08/05/2023  
**Day/Time:** Sat 9:00AM-10:00AM      **Fee:** Res: \$100 (5 sessions)

**Course#:** JRLIFESAV4      **Location:** *Sagg Main Beach*  
**Age:** 11-15      **Dates:** 07/09/2023-08/05/2023  
**Day/Time:** Sun 9:00AM-11:00AM      **Fee:** Res: \$100 (5 sessions)

**Course#:** JRLIFESAVM      **Location:** *Mecox Beach*  
**Age:** 11-15      **Dates:** 07/08/2023-08/05/2023  
**Day/Time:** Sat 9:00AM-11:00AM      **Fee:** Res: \$100 (5 sessions)

# PARKS & RECREATION PROGRAMS

SUMMER 2023

## NEW JR. LIFESAVING - CADET (AGE: 15-16)

Pre-requisites: Participants must be 15 years of age. Must have participated in at least 1 year of junior lifeguarding. Must be able to swim 100 yards using the crawl stroke and tread water for 5 minutes without stopping. This program meets 3-days a week. It is for juniors who are thinking about being a lifeguard. The Saturday class will be combined with the Junior Lifeguard Class. The mission of the Town of Southampton Cadet Program is to provide quality education, increase self-confidence, physical conditioning, and ocean awareness through instruction in water safety, first aid, beach ecology, and surf rescue techniques. The program will give the cadet an opportunity to develop knowledge and skills, before entering the lifeguard-training program and preparing for the Suffolk County Civil Service Test. A cadet will have the experience of being mentored during beach hours of the daily job activities of a Town of Southampton Ocean Lifeguard.

The last class for all junior lifesaving programs will be a lifeguard tournament at Ponquogue Beach allowing the junior lifeguards to demonstrate their new skills.

Must attend the first date. **Town of Southampton Beach Parking Permit required.**

**Course#:** JRLIFECAD1

**Location:** [Ponquogue Beach](#)

**Age:** 15-16

**Dates:** 07/10/2023-08/05/2023

**Day/Time:** Mon, Wed, Sat 10:00AM-12:00PM

**Fee:** Res: \$150 (12 sessions)

**Course#:** JRLIFECAD2

**Location:** [Sagg Main Beach](#)

**Age:** 15-16

**Dates:** 07/10/2023-08/05/2023

**Day/Time:** Mon, Wed, Sat 10:00AM-12:00PM

**Fee:** Res: \$150 (12 sessions)

## FIRST AID/BACKBOARD LIFEGUARD RE-CERT

This course has been approved by the New York State Health Department as meeting the state's guidelines for surf lifeguard training. Anyone who wishes to be considered for employment as a surf lifeguard in Suffolk County must complete a state-approved surf lifeguard training program, such as this one, before he/she can be hired by any municipality, or other beach operator, as a surf lifeguard. Course curriculum includes: introduction and organization, injury prevention, rules & regulations, emergency planning, first aid, practical skills, 8 hours of training on special conditions of ocean lifeguarding, and a written test. **Town of Southampton Beach Parking Permit required.**

**Test 1: Day/Time:** Tuesday, Aug 1st - 8am

**Location:** [Ponquogue Beach](#)

**Test 2: Day/Time:** Wednesday, Aug 2nd - 8am

**Location:** [Ponquogue Beach](#)

**Course#:** FABLG2

**Location:** [Red Creek Park](#)

**Instructor:** Parks & Rec Staff

**Age:** 16 and over

**Dates:** 07/25/2023-07/25/2023

**Day/Time:** Tue 6:00PM-8:00PM

**Fee:** Res: \$40 Non-Res: \$65 (1 session)

# PARKS & RECREATION PROGRAMS

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE

## LIFEGUARD CPR TRAINING RECERTIFICATION

As the Town recognizes the need for lifeguards other than our own to become C.P.R. certified at this time of year, a limited number of spaces will be made available in these courses to lifeguards who do not work for the Town of Southampton. Course includes training in the use of AEDs.

Please Note: In order to be eligible to renew your certification, you must have received your CPR certification through one of our training courses.

**Course#:** LGCPR0g

**Location:** *Red Creek Park*

**Instructor:** Parks & Rec Staff

**Age:** 16 and over

**Dates:** 07/05/2023-07/05/2023

**Day/Time:** Wed 6:00PM-8:00PM

**Fee:** Res: \$40 Non-Res: \$65 (1 session)

## LIFEGUARD CPR TRAINING - FULL COURSE

All individuals registering for our Spring Lifeguard Course must sign up for one of the FULL CPR courses listed below, unless you have recently been certified in CPR and AED training for the adult, child and infant as well as choking instruction.

**NOTE: MUST ATTEND ALL THREE (3) CLASSES. INCLUDES BOOK FEE**

**Course#:** LGCPRFULL3

**Location:** *Red Creek Park*

**Instructor:** Parks & Rec Staff

**Age:** 16 and over

**Dates:** 07/06/2023-07/10/2023

**Day/Time:** Mon, Thu, Fri 6:00PM-9:00PM

**Fee:** Res: \$90 Non-Res: \$110 (3 sessions)

## LIFEGUARD TRAINING - SURF COURSE

Courses Include: Introduction and organization, injury prevention, rules and regulations, emergency planning, first aid, practical skills, and a written test. The surf course includes an additional 8 hours of training on special conditions of ocean lifeguarding. (Both these courses have been approved by the New York State Health Department as meeting the state's guidelines for lifeguard training.)

**Age:** Anyone age 16 or over who wishes to work as a lifeguard. Above average swimming ability and physical condition required. Any individual who has not completed a state-approved lifeguard training program, as well as anyone whose previous certification has been expired for more than 12 months, must complete a full course in order to be certified to work as a lifeguard in Suffolk County.

**PLEASE NOTE:** CPR training & testing must be completed in addition to either course. You must register separately for CPR and space is limited. We suggest you register for CPR when you register for lifeguard training.

**At the first-class you will work out beach training times. All classes/test are held rain or shine**

**Course#:** LGTRSURF

**Location:** *Red Creek Park*

**Instructor:** Parks & Rec Staff

**Age:** 16 and over

**Dates:** 06/27/2023 -07/17/2023

**Day/Time:** Mon, Tue, Wed, Thu 6:00PM-10:00PM

**Fee:** Res: \$200 Non-Res: \$250

# PARKS & RECREATION PROGRAMS

SUMMER 2023

## KAYAK INSTRUCTION

Learn to Kayak on the beautiful waters of Long Island's south shore with the Town of Southampton Parks & Recreation Department and Hampton Watersports of Southampton. This 90 minute class and instruction is suitable to all skill levels beginner through advanced. Participants must be able to swim, be in good physical shape and will be required to wear approved lifejackets. Kayaks and Life Jackets will be provided by Hampton Watersports. Please wear a bathing suit, bring a towel, Sunblock and a pair of water shoes or sandals. Participants to arrive at Hampton Watersports, 1688 County Road 39, Southampton at least 10 minutes before class. Locations TBD upon wind and water conditions each day. **Location may require a Town of Southampton Beach Parking permit.**

**Make-Up Classes:** If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed.

**Course#:** KAYAK1

**Age:** 10 and over

**Day/Time:** Sat 12:00PM-1:30PM

**Location:** *Cold Spring Road*

**Dates:** 07/22/2023

**Fee:** Res: \$120 Non-Res: \$130 (1 session)

**Course#:** KAYAK2

**Age:** 10 and over

**Day/Time:** Sat 12:00PM-1:30PM

**Location:** *Cold Spring Road*

**Dates:** 07/29/2023

**Fee:** Res: \$120 Non-Res: \$130 (1 session)

**Course#:** KAYAK3

**Age:** 10 and over

**Day/Time:** Sat 12:00PM-1:30PM

**Location:** *Cold Spring Road*

**Dates:** 08/05/2023

**Fee:** Res: \$120 Non-Res: \$130 (1 session)

## OYSTER GARDENING PROGRAM

**Information Session:** Tuesday, June 13th-8:00-12:00 am (don't need to be there for whole session)

**Workshop:** The instructor will be at the site every Tuesday from June 13-October 17th, 8:30am to 12pm. October 18 -8:30 a.m. – Noon. Come to as many as fits your schedule (not there on July 4 or August 15th )

**Overwintering and lecture:** Tuesday, October 17 (During workshop) ***Town of Southampton Beach Parking Permit required.***

Learn how to grow oysters as part of an established East End oyster restoration initiative administered by Cornell Cooperative Extension. Receive gear, training and 1000 oysters that will help you on your way to becoming a proficient Aquaculturalist. Workshops will include life history, culture techniques, culinary tips, maintenance of gardens and all of the things you always wanted to know about shellfish but were afraid to ask. Kim will be at Tiana on Tuesdays from 8am-12pm to assist throughout the summer and fall.

If you have been previously in this program, you must register for this program again to keep your oysters at this location. If you would like to finish growing your oysters, you can do so at the marine center in Southold. Participants must be prepared to get wet and somewhat fouled.

**Material Cost \$20 at site.**

**Course#:** OYSTERGDN

**Age:** 12 and over

**Day/Time:** Tue 8:00AM-12:00PM

**Location:** Tiana Bayside Rec. Facility

**Dates:** 06/13/2023-10/17/2023

**(No class Tues. Jul 4, Tues. Aug 15)**

**Fee:** Res: \$200.00 (17 sessions)

# PARKS & RECREATION PROGRAMS

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE



## SAILING INSTRUCTION - BEGINNER

The program now in its 36th year offering youth sailing instruction for beginners and intermediate students. Basic sailing is taught on a Sunfish Sailboat; instruction will include a practice in basic sailing, safety and seamanship. Life jackets are required and will be provided. **Sailing Pre-Requisites:** Sailing students will be required to pass a basic swim test at the beginning of the program and must be able to lift at least 40 pounds. Sailing students must attend first class. Anyone who fails to do so may lose his or her place in the program to a person on the waiting list. No refund will be issued! Due to the popularity of the sailing programs, Beginner and Advanced Beginner students may register for only one program. Any student who registers for more than one beginner or advanced beginner program will lose their place in the sailing instruction program. A student may not register for the next level of instruction before passing the first level they are enrolled in. **Town of Southampton Beach Parking Permit required.**

Rain In the event of rain, Tiana Bay classes will be held as long as there is no thunder or lightning. There will be no make-up classes for classes cancelled due to poor weather conditions.

**Course#:** SAILINGTB1

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 8 -12

**Dates:** 07/03/2023-07/14/2023 (No class Tues, July 4)

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:30AM-12:00PM

**Fee:** Res: \$250 (9 sessions)

**Course#:** SAILINGTB2

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 12 -16

**Dates:** 07/03/2023-07/14/2023 (No class Tues, July 4)

**Day/Time:** Mon, Tue, Wed, Thu, Fri 12:30PM-3:00PM

**Fee:** Res: \$250 (9 sessions)

**Course#:** SAILINGTB3

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 8 -12

**Dates:** 07/17/2023-07/28/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:30AM-12:00PM

**Fee:** Res: \$250 (10 sessions)

**Course#:** SAILINGTB4

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 12 -16

**Dates:** 07/17/2023-07/28/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 12:30PM-3:00PM

**Fee:** Res: \$250 (10 sessions)

# PARKS & RECREATION PROGRAMS

SUMMER 2023

## SAILING INSTRUCTION - INTERMEDIATE

Sailing students will be required to pass a basic swim test at the beginning of the program and must be able to lift at least 40 pounds. Sailing students must attend first class. Anyone who fails to do so may lose his or her place in the program to a person on the waiting list. No refund will be issued! Due to the popularity of the sailing programs, Beginner and Advanced Beginner students may register for only one program. Any student who registers for more than one beginner or advanced beginner program will lose their place in the sailing instruction program. A student may not register for the next level of instruction before passing the first level they are enrolled in.

**Town of Southampton Beach Parking Permit required.**

*Program Pre-Requisites: Intermediate Program - Must have passed a Town of Southampton Beginner sailing program, and must have mastered basic sailing techniques and be able to must have mastered basic sailing techniques and be able to operate a sunfish alone. Parking permit required if staying for program. Weather conditions and/or program cancellation information for the Tiana Bay programs may be obtained by calling the Parks and Recreation Department at 631-728-8585 after 8:30AM. There will be NO refunds or make-up sessions for classes cancelled due to poor weather conditions.*

**Course#:** SAILINGTB5

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 8 -12

**Dates:** 07/31/2023-08/11/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 9:30AM-12:00PM

**Fee:** Res: \$250 (10 sessions)

**Course#:** SAILINGTB6

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 13 -16

**Dates:** 07/31/2023-08/11/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 12:30PM-3:00PM

**Fee:** Res: \$250 (10 sessions)

## SAILING INSTRUCTION - ADULT BEGINNER (AGES 16+)

**Course#:** SAILINGTB7

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 16 and over

**Dates:** 07/10/2023-07/14/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 3:30PM-5:30PM

**Fee:** Res: \$225 Non-Res: \$250 (5 sessions)

**Course#:** SAILINGTB8

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 16 and over

**Dates:** 07/17/2023-07/21/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 3:30PM-5:30PM

**Fee:** Res: \$225 Non-Res: \$250 (5 sessions)

## NEW SAILING INSTRUCTION - FRIENDS AND FAMILY GROUP SAIL

**Course#:** SAILINGTB9

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 8 and over

**Dates:** 07/31/2023-08/04/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 3:30PM-5:30PM

**Fee:** Res: \$225 Non-Res: \$250 (5 sessions)

**Course#:** SAILINGTGS

**Location:** *Tiana Bayside Rec. Facility*

**Age:** 8 and over

**Dates:** 08/07/2023-08/11/2023

**Day/Time:** Mon, Tue, Wed, Thu, Fri 3:30PM-5:30PM

**Fee:** Res: \$225 Non-Res: \$250 (5 sessions)

# PARKS & RECREATION PROGRAMS

WWW.SOUTHAMPTONTOWNNY.GOV/PARKSONLINE

## STANDUP PADDLE BOARDING INSTRUCTION

Learn to standup paddle board in the beautiful Peconic Bay. Standup paddle boarding is amazingly fun & a fantastic all body, no impact workout, it is the fastest growing water sport world wide. "Participants to arrive at Hampton Watersports 1688 County Road 39 Southampton at least 10 minutes before class. Locations TBD upon wind and water conditions each day. **Location may require a Town of Southampton Beach Parking permit**

**Make-Up Classes:** If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled. .

**Course#:** STANDUP1

**Age:** 10 and over

**Day/Time:** Sat 9:00AM -10:30AM

**Location:** [Hampton Watersports](#)

**Dates:** 07/22/2023 -07/22/2023

**Fee:** Res: \$115 Non-Res: \$125 (1 session)

**Course#:** STANDUP2

**Age:** 10 and over

**Day/Time:** Sat 9:00AM -10:30AM

**Location:** [Hampton Watersports](#)

**Dates:** 07/29/2023 -07/29/2023

**Fee:** Res: \$115 Non-Res: \$125 (1 session)

**Course#:** STANDUP3

**Age:** 10 and over

**Day/Time:** Sat 9:00AM-10:30AM

**Location:** [Hampton Watersports](#)

**Dates:** 08/05/2023-08/05/2023

**Fee:** Res: \$115 Non-Res: \$125 (1 session)

## WATERSPORTS - WINDSURFING AND MORE

This class will emphasize learning to Windsurfing, but will also instruct on Stand Up Paddle Board, Kayak and basics of wing foiling. Participants must be able to swim and will be required to wear approved lifejackets. Boards and sails will also be provided by Hampton Watersports. **Please wear a bathing suit, bring a towel and a pair of water shoes or sandals. Town of Southampton Beach Parking Permit required.**

**Make-Up Classes:** If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled.

**Course#:** WATERSPOR1

**Age:** 10 and over

**Day/Time:** Mon, Tue, Wed 10:30AM-12:30PM

**Location:** [Tiana Bayside Rec. Facility](#)

**Dates:** 07/24/2023-07/26/2023

**Fee:** Res: \$240 Non-Res: \$265 (3 sessions)

**Course#:** WATERSPOR2

**Age:** 10 and over

**Day/Time:** Mon, Tue, Wed 1:00PM-3:00PM

**Location:** [Tiana Bayside Rec. Facility](#)

**Dates:** 07/24/2023-07/26/2023

**Fee:** Res: \$240 Non-Res: \$265 (3 sessions)



# PARKS & RECREATION PROGRAMS

SUMMER 2023



## WINDSURFING, FOILING AND MORE

This class will emphasize learning to Windsurfing, but will also instruct on Stand Up Paddle Board, Kayak and basics of wing foiling. Participants must be able to swim and will be required to wear approved lifejackets. Boards and sails will also be provided by Hampton Watersports. **Please wear a bathing suit, bring a towel and a pair of water shoes or sandals. Town of Southampton Beach Parking Permit required.**

**Make-Up Classes:** If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled.

**Course#:** WATERSPOR3

**Age:** 10 and over

**Day/Time:** Mon, Tue, Wed 10:30AM-12:30PM

**Location:** *Tiana Bayside Rec. Facility*

**Dates:** 07/31/2023-08/02/2023

**Fee:** Res: \$240 Non-Res: \$265 (3 sessions)

**Course#:** WATERSPOR4

**Age:** 10 and over

**Day/Time:** Mon, Tue, Wed 1:00PM-3:00PM

**Location:** *Tiana Bayside Rec. Facility*

**Dates:** 07/31/2023-08/02/2023

**Fee:** Res: \$240 Non-Res: \$265 (3 sessions)



**POXABOGUE  
GOLF CENTER**

**JUNIOR GOLF SUMMER CAMP**

To register go to

<https://www.poxgolf.com/camps-clinics/>



# YOUTH BUREAU ACTIVITIES

WWW.SOUTHAMPTONTOWNNY.GOV/YBPAYMENT

For more information or to register for Youth Bureau Programs, please call (631) 702-2425 or visit [www.southamptontownny.gov/YBpayment](http://www.southamptontownny.gov/YBpayment)

## 20<sup>TH</sup> BATTLE OF THE BANDS COMPETITION -

On Friday, June 9th, local high school bands will rock out at Ponquogue Beach in Hampton Bays and compete for great prizes! Gates will open at 7:00pm and the Battle of the Bands will begin promptly at 8:00pm. Throughout the night, audience members will also have the chance to win prizes by answering music trivia questions. Admission is **\$10** with concession available on site. In the event of bad weather conditions, the 20th Battle of the Bands will be rescheduled for Friday, June 16th.

## RECIPES FOR ADVENTURE SUMMER PROGRAM AT FLANDERS YOUTH CENTER

The Town of Southampton Youth Bureau is currently accepting applications for their Recipes for Adventure Summer Program at the Flanders Youth Center, 655 Flanders Road. Learn the basics of food prep, cooking and baking while having a fun summer filled with outdoor activities, games, field trips, and more! This six-week program will be held from July 10th through August 17th (Monday – Thursday from 12:30pm – 5:00pm). Youth going into grades 5 - 8 are eligible to participate – Proof of grade is required (no exceptions). Program registration fee is \$600 for all 6 weeks and is due by Monday, July 3rd (Price includes cost of field trips, workshops, snacks and supplies). Register early by Monday, June 5th for \$50 off total cost! Space is very limited and pre-registration is required.

## POOL NIGHTS AT SYS

Youth in grades K – 8 are invited to have fun swimming, playing sports, games, and much more at the SYS Recreation Center, 1370a Majors Path beginning Monday, July 10th and ending on Thursday, August 17th. The pool is open on Mondays for grades K – 4 and on Thursdays for grades 5 – 8 from 5:00pm – 8:00pm. Roundtrip transportation is available from the Flanders Community Center, 655 Flanders Rd. Bus leaves at 5:00pm and will return approximately at 8:30pm. A bathing suit and towel are required so don't forget it! Pre-registration is required and space is limited.



BAND APPLICATIONS ARE NOW AVAILABLE FOR THE SOUTHAMPTON YOUTH BUREAU'S

### 20TH ANNIVERSARY

## BATTLE OF THE BANDS

BAND APPLICATION DEADLINE: FRIDAY, MAY 12TH  
COMPETITION: FRIDAY, JUNE 9TH (RAIN DATE: FRIDAY, JUNE 16TH)  
OPEN TO GRADES 9 - 12 GATES OPEN AT 7PM PONQUOGUE BEACH

BAND APPLICATIONS AND COMPETITION DETAILS AVAILABLE AT [WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUREAU](http://WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUREAU).  
FOR MORE INFORMATION, PLEASE CALL (631) 702-2425.

   



THE SOUTHAMPTON YOUTH BUREAU PRESENTS:

## RECIPES FOR ADVENTURE SUMMER PROGRAM

LEARN THE BASICS OF FOOD PREP, COOKING AND BAKING WHILE HAVING A FUN SUMMER FILLED WITH OUTDOOR ACTIVITIES, GAMES, FIELD TRIPS, AND MORE!

MONDAY - THURSDAY FROM 12:30PM - 5:00PM AT THE FLANDERS YOUTH CENTER, 655 FLANDERS ROAD  
(PROGRAM BEGINS JULY 10TH AND CONCLUDES ON AUGUST 17TH)

\$600 FOR ALL 6 WEEKS. PRE-REGISTRATION FEE BY JULY 3RD. REGISTER EARLY BY MONDAY, JUNE 5TH FOR \$50 OFF TOTAL COST! OPEN TO GRADES 5 - 8

FOR MORE INFORMATION, PLEASE CALL (631) 702-2425 OR VISIT [WWW.SOUTHAMPTONTOWNNY.GOV/YBPAYMENT](http://WWW.SOUTHAMPTONTOWNNY.GOV/YBPAYMENT)

   



THE SOUTHAMPTON YOUTH BUREAU PRESENTS:

## POOL NIGHTS

AT SYS, 1370A MAJORS PATH, SOUTHAMPTON

**MONDAYS: OPEN TO GRADES K - 4**  
**THURSDAYS: OPEN TO GRADES 5 - 8**  
**JULY 10TH - AUGUST 17TH 5PM - 8PM**

**FREE! SWIMMING, SPORTS, GAMES, AND MUCH MORE!**  
PRE-REGISTRATION IS REQUIRED AND SPACE IS LIMITED. ROUNDTRIP TRANSPORTATION AVAILABLE FROM THE FLANDERS YOUTH CENTER, 655 FLANDERS ROAD. BUS LEAVES AT 5PM AND RETURNS AT 8:30PM.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL (631) 702-2425 OR VISIT [WWW.SOUTHAMPTONTOWNNY.GOV/YBPAYMENT](http://WWW.SOUTHAMPTONTOWNNY.GOV/YBPAYMENT)

   

# YOUTH BUREAU ACTIVITIES

SUMMER 2023

## TUESDAYS ON THE GO TRIPS -

The Southampton Youth Bureau will sponsor supervised trips to local amusement parks & attractions on Tuesdays during the summer starting July 11th until August 22nd for grades 6 – 10 (Bus to/from Flanders Community Center). Trip prices will range from \$20 - \$50 and times will vary based on location. Pre-registration is required and space is limited! Trips are first come, first served. In the event of park closures due to inclement weather, trips will be canceled and not rescheduled.

THE SOUTHAMPTON YOUTH BUREAU'S

## TUESDAYS ON THE GO

TRIPS TO AMUSEMENT PARKS & ATTRACTIONS EVERY TUESDAY DURING THE SUMMER!

**JULY 11TH - AUGUST 22ND**  
TRIP PRICES RANGE FROM \$20 - \$50  
OPEN TO 6TH - 10TH GRADE

**PRE-REGISTRATION NECESSARY BY THE FRIDAY BEFORE EACH TRIP. PAYMENT IS FINAL - NO REFUNDS!**

SPACE IS EXTREMELY LIMITED & AVAILABLE ON A FIRST COME, FIRST SERVED BASIS! SPACES FILL UP FAST.

FOR MORE INFORMATION, PLEASE CALL (631) 702-2425 OR VISIT WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUREAU

## TEEN NIGHTS AT LUDLAM PARK -

The Southampton Youth Bureau will be hosting Teen Nights at Ludlam Park, 239 Ludlam Ave every Wednesday during the Summer! Teens in grades 7 -12 are invited to hang out and participate in numerous activities which include a live DJ/music, basketball, wiffle ball, kickball, soccer, games, food, and more! The fun begins Wednesday, July 12th – August 23rd from 6:00pm – 10:00pm. A free basketball clinic will also take place from 6:00pm – 8:00pm. Teen Nights will be canceled if weather is inclement. Check our website or social media for weather related updates

THE SOUTHAMPTON YOUTH BUREAU'S

## TEEN NIGHTS

AT LUDLAM PARK, 239 LUDLAM AVE

**WEDNESDAYS, JULY 12TH - AUGUST 23RD**  
6PM - 10PM OPEN TO GRADES 7 - 12  
**FREE BASKETBALL CLINIC FROM 6PM - 8PM**

LIVE DJ/MUSIC, BASKETBALL, WIFFLE BALL, KICKBALL, SOCCER, FOOD, GAMES, AND MORE!

PROGRAM WILL BE CANCELED IF WEATHER IS INCLEMENT. CHECK OUR WEBSITE OR SOCIAL MEDIA FOR UPDATES.

FOR MORE INFORMATION, PLEASE CALL (631) 702-2425 OR VISIT WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUREAU

## OPEN MIC NIGHT AT GOOD GROUND PARK -

On Friday, August 4th, youth in grades 5 - 12 will have the opportunity to showcase their talents by performing live at the amphitheater in Good Ground Park, 9a Squiretown Rd from 6:00pm - 8:00pm. Acoustic performers, bands, spoken word, poetry and comedic acts are welcome to participate. Performing is absolutely free. To reserve a performance time slot, please email pstrecker@southamptontownny.gov or call (631) 702-2425.

A SOUTHAMPTON YOUTH BUREAU EVENT:

## OPEN MIC NIGHT

**FRIDAY, AUGUST 4TH 6:00PM - 8:00PM**  
AT GOOD GROUND PARK, 9A SQUIRETOWN RD IN HAMPTON BAYS

**FREE! OPEN TO GRADES 5 - 12**  
ACOUSTIC PERFORMERS, BANDS, SPOKEN WORD, POETRY, AND COMEDIC ACTS ARE ALL WELCOME!

WANT TO GUARANTEE A CHANCE TO PERFORM? EMAIL PSTRECKER@SOUTHAMPTONTOWNNY.GOV TO RESERVE A TIME SLOT!

FOR MORE INFORMATION, PLEASE CALL (631) 702-2425 OR VISIT WWW.SOUTHAMPTONTOWNNY.GOV/YOUTHBUREAU



**SOUTHAMPTON YOUTH BUREAU**  
**@SOUTHAMPTONYB**

# SENIOR SERVICES

WWW.SOUTHAMPTONTOWNNY.GOV/SENIORSERVICES

## BUS TRIPS

*\*\*\*We are still limiting our trips these days....local and smaller trips only right now.*

**TRIP POLICY:** Payment must be made within one week of your reservation. If payment is not received within that time frame your name will be taken off the reservation list.

**CANCELLATIONS:** If you are unable to attend please notify us as soon as possible as we may have a waiting list. Refunds will be given ONLY if your reservation can be filled.

## HIGH TIDES & GOOD VIBES AT TIANA BEACH

Join us for lunch and some fun in the sun at Tiana Beach Activity Center! We will take you down to the beach to enjoy the breeze off the ocean and the beautiful sun. A picnic lunch will be served at 12 noon. After lunch take a walk on the beach or play some cards. Bring your beach chair if you like! Bus transportation will be provided.

**Dates:** **July 27- Flanders Senior Center**  
**August 3- Bridgehampton Senior Center**  
**August 10- Hampton Bays Senior Center**

**Cost:** **\$8** per trip (includes transportation and your lunch)

**Bus Departures:** Bridgehampton - 10:15am-1:30pm  
Flanders - 10:00am- 1:00pm  
Hampton Bays- 10:15am-1:30pm

**Pre-registration is required.** Please call Heather at (631) 728-1235

## HAMPTON CLASSIC

Senior Day at the Hampton Classic! Enjoy the day in Bridgehampton watching the beautiful horses and their riders take on their event. A boxed lunch will be provided to you by the Town of Southampton Senior Services!

**Date:** **Tuesday, August 29**

**Bus Departures:** Bridgehampton - 9:45 am  
Hampton Bays - 9:15 am  
Flanders - 9:00 am

**Fee:** **\$10** (includes transportation & a boxed lunch)

**Registration is required.** Please call Heather at (631) 728-1235

## DINNER & DANCING AT THE BEACH

Enjoy a barbecue at the Tiana Beach Activity Center, great entertainment, watching the water view and summer sunset. **Dinner served at 5:00 pm.**

**Location:** Tiana Beach Activity Center, Dune Road, Hampton Bays

**Date:** **Tuesday, September 12**

**Time:** 4:00-7:00pm

**Fee:** **TBD**

**Registration is required.** Please call Heather at (631) 728-1235

## ACTIVITIES

### MAH JONGG CLUB

The original Mah Jongg game is a board game for four players somewhat similar to the card game "Gin Rummy", but played with tiles instead of cards. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself. Come and join the fun of the ancient Chinese Tile Game.

**Location:** Hampton Bays Senior Center

**Date & Times:** **Wednesdays**, 12:30pm – 3:30 pm

*No fee required. For more information, please call (631) 728-1235*

### KNITTING & CROCHETING CIRCLE

We knit infant caps and blankets for local hospitals and the Stony Brook University Hospital NICU. We are looking for you to share your creative talents and invite you to knit, crochet, quilt or sew a blanket or hat. Your generous gifts will envelop a child in love. Please bring your own knitting/crocheting needles and current projects. Yarn will be supplied for small projects.

**Date:** **Tuesdays – July 18, August 1/15, September 5/19**

**Time:** 10:00am – 11:30am

**Place:** Hampton Bays & Bridgehampton Centers

**Date:** **Tuesdays – July 11/25, August 8/22, September 12/26**

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

**Place:** Flanders Senior Center

*For more information, please call (631) 728-1235*

### BINGO

The game of Bingo dates back to the 1500's in Italy. Bingo arrived in the United States in 1929 and was originally referred to as Beano. Today it is as hot as ever. Come and join in the fun.

**Location:** Hampton Bays      **Date:** **Tuesdays**      **Time:** 10:00am – 11:30am

**Location:** Hampton Bays      **Date:** **Thursdays**      **Time:** 1:00pm – 2:30pm

**Location:** Flanders      **Date:** **Wednesdays**      **Time:** 11:00am – 11:45am

**Location:** Flanders      **Date:** **1st/2nd/4th Fridays**      **Time:** 12:45pm – 2:00pm

*Bingo is played at the Bridgehampton Senior Center please call (631) 537-3027*

### COUNTRY LINE DANCING GROUP

You know you should exercise more but dread the thought?? Country Line Dancing is the answer!

**Partners are not required.** Beginners and intermediates welcome. Come and join the fun with the Dancing Boots! \*\*\*Soft-soled shoes must be worn

*No fee required. For more information, please call (631) 728-1235*

**Location:** Flanders      **Date:** **Mondays**      **Time:** 10:30 am      **Instructor:** Linda

**Location:** Flanders      **Date:** **Fridays**      **Time:** 1:00 pm      **Instructor:** Maxine

# SENIOR SERVICES

WWW.SOUTHAMPTONTOWNNY.GOV/SENIORSERVICES

## CHAIR YOGA

You have nothing to lose and so much to gain! You will benefit from this program in so many ways. Yoga encourages proper breathing, good posture and better balance. It also increases flexibility, strength and circulation. Join our Yoga Instructors for this hour long class and you will begin to see and feel the benefits of chair yoga.

<b>Location:</b> Hampton Bays	<b>Date:</b> Wednesdays	<b>Time:</b> 1:00 pm - 2:00 pm
<b>Location:</b> Bridgehampton	<b>Date:</b> Tuesdays	<b>Time:</b> 10:00 am - 11:00 am
<b>Location:</b> Flanders	<b>Date:</b> Thursdays	<b>Time:</b> 10:00 am - 11:00 am

## STRETCH AND TONE EXERCISE CLASSES

Exercise can help you take charge of your health and maintain the level of fitness necessary for an active, independent lifestyle! All fitness levels welcome - FREE!!

<b>Location:</b> Hampton Bays	<b>Time/Date:</b> Mondays and Fridays at 10:00 am
<b>Location:</b> Bridgehampton	<b>Time/Date:</b> Wednesdays at 10:00 am
<b>Location:</b> Flanders	<b>Time/Date:</b> Wednesdays at 10:00 am

*No Fee required. For more information, please call (631) 728-1235.*

## BOOK DISCUSSION SERIES

Come and join this lively and stimulating book discussion group. Books are supplied and there is a time of fellowship during which refreshments are served.

Books titles TBA...

**Location:** Hampton Bays  
**Dates:** Fridays - July 28, August 25 and September 29  
**Times:** 1:00pm-2:30pm  
**Registration is required.** Please call (631) 728-1235

## COMPUTER/TABLET CLASSES

Jump into the modern day world.... it may be scary but it is easy! All of our Senior Centers have computers set up for you to use and are available daily. Surf the internet, play a game or check your email.

## COFFEE & CONVERSATION

During this time, we will discuss a different topic every week pertaining to various worldly issues, self-improvement and well-being. In this group you will develop a support group.

<b>Location:</b> Hampton Bays	<b>Date:</b> Thursdays	<b>Time:</b> 10:30 am
<b>Location:</b> Bridgehampton	<b>Date:</b> Thursdays	<b>Time:</b> 10:00 am
<b>Location:</b> Flanders	<b>Date:</b> Fridays	<b>Time:</b> 10:00 am

## AN AFTERNOON AT THE MOVIES

Join us for an afternoon of entertainment! We will indulge in a movie, popcorn and other snacks. Lights, camera, action! Movies TBD...

<b>Location:</b> Hampton Bays	<b>Time:</b> 12:45 pm
<b>Date:</b> Tuesdays - July 11, August 1, September 5	

<b>Location:</b> Flanders	<b>Time:</b> 12:45 pm
<b>Date:</b> Tuesdays - July 11, August 8, September 19	



## NATIONAL SENIOR CENTER MONTH

The National Institute of Senior Centers has proclaimed September "National Senior Center Month." This year's theme to be announced soon!

Have you checked out your local senior center lately? September is National Senior Center Month, a great time to plan a visit. Whether you are 60 or 100, there are many ways to celebrate **LIFE** at senior centers. Here are 4 good reasons to plan a visit:

1. **Learning** – Expand your knowledge
2. **Independence** – Live on your own terms
3. **Friends** – Enjoy life
4. **Energy** – Discover health and vitality

Now is the time to celebrate **LIFE** by taking full advantage of everything senior centers have to offer! Visit your local senior center today!



Hampton Bays Senior Center – (631) 728-1235  
25 Ponquogue Avenue  
Open **Monday-Fridays**, 8:30 am - 4:00 pm



Flanders Senior Center – (631) 702-3275  
655 Flanders Rd.  
Open **Monday-Fridays**, 8:30 am - 4:00 pm



Bridgehampton Senior Center – (631) 537-3027  
585 Sag Harbor Tpk.,  
Open **Monday-Fridays**, 8:30 am - 4:00 pm





# SENIOR SERVICES

WWW.SOUTHAMPTONTOWNNY.GOV/SENIORSERVICES

## SENIOR CENTERS AND HOME DELIVERED MEALS

Meals are provided in the bright and cheerful setting of our own facilities. Many social, cultural, educational and recreation opportunities are offered at our centers. Additionally, an appealing, nutritionally balanced meal is served daily at noontime for a suggested donation of **\$3.50**. Computers are available at all 3 centers for your use. **Round-trip transportation is available.**

Meals can also be provided to your home on a temporary or long-term basis five days per week for homebound seniors for a suggested contribution of **\$3.50**

**Location:** Hampton Bays - 25 Ponquogue Avenue

**Phone:** (631) 728-1235

**Location:** Bridgehampton - 585 Sag Harbor Turnpike

**Phone:** (631) 537-3027

**Location:** Flanders - 655 Flanders Road

**Phone:** (631) 702-2375

**Days/Hours:** Monday to Friday, 8:00 am – 4:00 pm

## SENIOR SHUTTLE

The Town of Southampton Essential Services/Handicapped Transportation Program is designed to aid homebound persons and non-driving residents of the township with transportation to and from such basic essential services as shopping, banking, non-emergency medical visits, visits to governmental agencies, and hospital visitation of a sick spouse. Advance reservations are required.

**Weekdays** - 8:30 am – 4:00 pm **\*\*Suggested Contribution - \$3 one way OR \$4 round trip**

*For further information, please call the Shuttle Office at (631) 728-1110*

## ADULT DAY CARE PROGRAM

This wonderful program provides companionship and stimulation as well as respite, information, referrals and support groups for caregivers. A continental breakfast and hot lunch are served daily. Transportation can be provided.

**Who uses Adult Day Care?** Day Care participants include adults who are

- Physically impaired,
- Socially isolated,
- In need of assistance and personal care,
- Mentally confused,
- Limited in their ability to function independently in the community

**Transportation is provided. For more information, please call (631) 728-1235.**

**Location:** Hampton Bays Senior Center **Hours:** Monday to Fridays 8:00 am to 2:00 pm

<b>Cost:</b>	Daily Rate	(Scheduled day)	<b>\$55</b>
	Daily Rate	(Unscheduled)	<b>\$60</b>

### Pre-Paid Monthly Rates

1 Day per week	<b>\$45</b> x per day
2 Days per week	<b>\$42.50</b> x per day
3+ Days per week	<b>\$37.50</b> x per day

## SUPPORT GROUPS FOR CAREGIVERS OF THE ELDERLY

The following groups will provide information, educational skills and support to families who are caregivers of the elderly in our communities. **All groups are offered via ZOOM...**

### CAREGIVER'S SUPPORT GROUP~

**Dates:** Every Monday of every month

**Time:** 1:00 pm - 2:30 pm

\*\*last Monday of the month, meeting will be held at the Hampton Bays Senior Center with lunch served at 12pm

### ADULT CHILDREN OF AGING PARENTS SUPPORT GROUP~

**Dates:** 3rd Wednesday of every month

**Time:** 6:30 pm - 8:00 pm

### GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP~

**Dates:** Every Wednesday of every month

**Time:** 1:00 pm - 2:30 pm

\*\* last Monday of every month will be held 6:30 pm - 8:00 pm

Please call (631) 728-1235 for more information.

## EXPANDED IN-HOME SERVICES FOR ELDERLY PROGRAM (EISEP) AND HELPING HANDS PROGRAM

Southampton Town provides services through Catholic Health Services of Long Island. These are programs that provide services for seniors who need assistance with cleaning, shopping, laundry, errands and friendly visiting.

For more information call Catholic Homecare (631) 887-7031.

## "VIAL OF LIFE" PROGRAM

The Vial of Life program is a free program designed for seniors and individuals with serious medical conditions to provide pertinent medical information to emergency personnel who respond to home emergencies. A "Vial of Life" contains the medical history needed by the responding emergency personnel, such as existing medical conditions, allergies and medications currently being taken.

"Vial of Life" participants complete a Medical Information Form that is placed on the refrigerator. A "Vial of Life" decal is then placed on the front door in plain view for emergency personnel to alert them that medical information is located inside the home. To obtain a "Vial of Life" packet... call for more information (631) 728-1235

## RESIDENTIAL REPAIR PROGRAM

The Town of Southampton offers a Residential Repair Program for residents age 60 and over, who are homeowners or renters. This program provides household assistance with chores that do not require the skills of a licensed craftsman. **This is not an emergency service.**

**Call (631) 728-1235 for a list of the types of repairs that can be provided and to schedule an appointment with our repairman. You pay for needed materials only.**



## **TOWN OF SOUTHAMPTON PARKS & RECREATION DEPARTMENT**

Kristen M. Doulos, Town Parks Director  
Gina D'Amaro, Assistant Superintendent of Recreation

### **Parks & Recreation Office:**

6 Newtown Road, Hampton Bays  
(631) 728-8585 Fax (631) 728-8525  
Hours: **Monday-Friday**, 8:30 am - 3:30 pm

### **Parks Maintenance Office:**

24 Jackson Avenue, Hampton Bays (631) 728-4170  
Jon Erwin, Director of Parks Maintenance



## **TOWN OF SOUTHAMPTON**

Jay Schneiderman, Supervisor  
John Bouvier, Councilman  
Cyndi McNamara, Councilwoman  
Rick Martel, Councilman  
Tommy John Schiavoni, Councilman

Sundy A. Schermeyer, Town Clerk

**[www.southamptontownny.gov/ParksRec](http://www.southamptontownny.gov/ParksRec)**