

THE PARK



TOWN OF BETHLEHEM
PARKS & RECREATION

PLAYBOOK

TABLE OF CONTENTS

Fall 2025



Inside:

Pickleball Tournament

Family Tennis Event

Halloween Fun!

DEPARTMENT INFO



TOWN OF BETHLEHEM
PARKS & RECREATION

518-439-4955 ext. 2131

townofbethlehem.org

PROGRAM REGISTRATION

Registration will open on August 20 at 9:00am on a first-come, first served basis. Additional registration information and cancellation policy can be found [here](#).

STAY CONNECTED!

- **EMAIL UPDATES:** Log into your household account [online](#) and ensure your email is up to date to receive important department news. Need help accessing your account? Contact the Park Office at 518-439-4955 ext. 2131 or parks@townofbethlehem.org for assistance.

- **HOUSEHOLD ACCOUNT REQUIREMENT:** A household [account](#) is required to register for any Parks & Recreation program. Only department staff can create an account for you — contact us today to get started! Contact the Park Office at 518-439-4955 ext. 2131 or parks@townofbethlehem.org

- **FOLLOW US ON SOCIAL MEDIA:**

[@Bethlehemnyparksandrec](#)

[/BethlehemNYParksandRecreation](#)

- **OPT-IN FOR TEXT ALERTS:** Get notified about program cancellations or updates: [Opt-In](#)

- Subscribe to **Parks & Rec NewsFlash** and calendar alerts through the Town's [Notify Me webpage](#).

Stay informed and never miss an update!

MESSAGE FROM THE SUPERVISOR

Fall is a transitional time for the seasons, and for our Parks & Recreation Department as well.

Summer is our busiest time, with days packed with camps, swim and tennis lessons, pool patrons, concerts, magic performances, and more. And a lot of work goes into all of these, from mowing lawns to lining fields, cleaning pools to painting buildings, picking up trash to cleaning bathrooms – not to mention all the prep for the camps, programs, and events. Thanks to all of our great full-time and seasonal workers for making our summer so much fun!

Fall is busy too. Maintenance of our fields, trails, and other infrastructure continues. And the fun continues as well, as you'll see in the following pages. Enjoy!

David VanLuven
Town Supervisor



SENIOR SERVICES

After an action-packed summer, Senior Services looks forward to slowing down the pace and soaking in the autumn scenery. Join us for some fun fall activities as we venture to local farms for apple and pumpkin picking, cider donuts, and more! Take a scenic ride with us to Schoharie County, Maple on the Lake, or enjoy a fall foliage train ride in the Berkshires! For those who love theatre, join us for Wicked at Proctors! Check out the latest newsletter for our full list of upcoming programs and events happening in September and October. Registration by phone only, 518-439-4955 ext. 1176. For further details regarding programs, services, and volunteer opportunities, please visit the town website, [Senior Services](#) Department.



PARKS & RECREATION PAYMENT OPTIONS:

Effective January 1, 2021, all credit card purchases include a 3.25% transaction fee. This fee appears as a separate transaction on credit card statements and is collected by the third-party payment processor. It is NOT collected by the Town of Bethlehem. Purchases made by cash or check do not incur this fee. You can use cash or check at the Park Office to create a "household credit," which can later be debited and used for any purchases through the Parks and Recreation Department.

*Payment is due at the time of registration. We accept cash, personal checks, and credit cards (Visa, MasterCard, American Express, or Discover only). Please make checks payable to "Town of Bethlehem." For phone-in and online registration, payments must be made by credit card.

ALL ABILITIES WELCOME!

The Town of Bethlehem Parks and Recreation Department welcomes people of all abilities to our parks and programs. Please contact us anytime regarding park or program access.

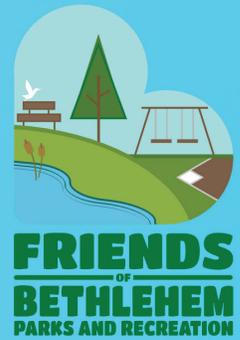


YOU SNOOZE ... YOU LOSE!

Nothing ruins a program quicker than waiting until the last minute to register. If there are not enough registrants prior to the start of a program, it may be cancelled. Register early!



SUN-SAFE BETHLEHEM



Your Parks and Recreation Department and Friends of Bethlehem Parks and Recreation want everyone to stay safe and healthy while enjoying our parks! Whether you're at a Town playground or ballfield, fishing or kayaking at Henry Hudson Park, participating in one of the exciting park programs, or just enjoying nature, practicing sun-safe behavior **year-round** is important for people of all ages.

The American Academy of Dermatology (AAD) recommends that the public follow three simple steps while outdoors:

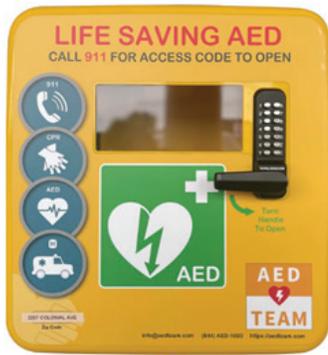
- Seek shade when appropriate
- Wear sun-protective clothing
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher

For more on how to #PracticeSafeSun check out Friends' posters in Bethlehem parks, pick up a Sun-Safe Bethlehem bookmark at the Bethlehem library or Parks and Rec office, or visit www.aad.org.

What you need to know about reserving a pavilion

Residents of the Town of Bethlehem and Town of Bethlehem-based organizations may reserve the pavilions located at Elm Avenue, Henry Hudson, Maple Ridge and newly added South Bethlehem Park, for any available dates in 2025. You may view availability [online](#) but please call the Park Office for confirmation. Payment is due at the time of the reservation request. All permits are issued on a first-come, first-paid basis. Complete pavilion information including fees, rules, and amenities can be viewed [here](#). Reservations for 2026 will be accepted early next year, exact date TBD.





Automated External Defibrillators (AED) now available at Elm Avenue Park!

In the spring of 2024, the Parks and Recreation Department secured a \$19,000 grant from Albany County to place and provide 24-hour access to AED units. We now have 4 AED's spread across Elm Avenue Park. Each AED unit is placed in a locked enclosure that prompts the bystander with instructions to call 911 to both report the emergency and to receive an access code to open the enclosure box and retrieve the AED. The enclosure box is labeled with a number to indicate location for Police Dispatch and assist 911 with the user's exact location for prompt emergency response. Each box also contains Narcan & Stop the Bleed kits. Please visit the Town Website for map with AED locations:

[AED-Program-Information-as-of-2025](#)

YOUTH EMPLOYMENT SERVICES

NEED PART-TIME HELP?

The Youth Employment Service (YES) has a large database of reliable teens eager for part-time work. Town of Bethlehem residents needing help with housework, yard work, baby-sitting, animal care or handyman work should contact YES. Bethlehem businesses can also contact the service for help finding part-time staff.

WANT SOME EXTRA CASH?

The Youth Employment Service (YES) is a free, year round job matching program for teens. Town of Bethlehem residents, ages 14-21, can register with YES at the Parks and Recreation office located at Elm Avenue Park.

For more information, contact Carol Rhatigan, YES Director at YES@townofbethlehem.org



Request for Proposals

Are you interested in running your program or camp at a Town of Bethlehem park facility in 2026? To be included on our request for proposal list, please email Assistant Administrator Heather Maltby at

[**hmaltby@townofbethlehem.org**](mailto:hmaltby@townofbethlehem.org)



family **TENNIS** ***

Saturday, Sept. 27
1:30-2:30pm

Elm Avenue Park, Delmar

Families are invited to come out together to learn the basics of tennis through

- **games**
- **skill stations**
- **and interactive activities**

No experience or equipment needed—just come ready to play and enjoy quality time on the court!

Light refreshments will be provided.



2ND ANNUAL
BETHLEHEM PICKLEBALL TOURNAMENT

A benefit for Bethlehem Senior Services and the Food Pantry

Saturday, October 4

(Rain Date: Oct. 5)

Elm Avenue Park, Delmar
8am-6:30pm

Register to Play at
BethlehemSeniorProjects.org

- Medals for 1st, 2nd, & 3rd place finishers
- Open to all ages, novice through advanced
- Round robin format with medal round
- Women's, men's, mixed doubles
- Includes T-shirt
- Early Bird \$40pp ends 9/1 | \$50 (reg)
- \$20pp for second division

SCAN TO REGISTER



Bethlehem Senior Projects, Inc. is a not-for-profit 501(c)3 established in 1987 to raise funds for senior transportation, the Bethlehem Food Pantry, and social and educational programs provided to seniors aged 60+ and residents via the Town of Bethlehem Senior Services Department.



TRICKS + TREATS

Trick, treats, trunks and more this Halloween season!

TRICK OR TREAT STORY WALK

Wednesday, October 15, 4:00-6:00pm

Children and their families are invited to take a walk along the Paved Accessible Story Trail (PAST) and enjoy a self-led Halloween story. In conjunction with the Bethlehem Public Library, Parks and Recreation staff and volunteers will be dressed up along the loop to hand out small giveaways.

#428001-B



TRUNK OR TREAT

Wednesday, October 22, 4:00-6:00pm

This **FREE** event will be held at Elm Avenue Park and is brought to you by the Parks & Recreation Department and the Bethlehem Public Library. Please bring your own bag for trunk or treating. Please note, participating "trunks" are selected by the Parks & Recreation Department and Bethlehem Public Library. Interested in having a trunk with giveaways at the event? Contact Assistant Administrator, Heather Maltby: hmaltby@townofbethlehem.org



ANNUAL HALLOWEEN HAY DAY

Sunday, October 19, 1:00-3:00pm

This **FREE** event will be held at the Elm Avenue Park Warming Area. Activities include games, hay ride, balloon twisting, face painting, bounce house, and more! Rain or shine!



TODDLER SPLASH (6 classes)

Join Toddler Splash, where caregivers and children explore the joys of the water together! Filled with songs, fun toys, and engaging games, this program is designed to help your child feel comfortable and confident in the water. With one caregiver per child, personalized attention ensures a supportive environment. Prepare your little one for future swimming adventures in this playful and nurturing program! Please note: Caregiver is required to be in the water with their child.

Ages 2-3

Instructor: Piera McGaughan
 Saturdays, 9:00-9:30am
 September 20-October 25
 Resident: \$68 Non-Resident: \$78
 Bethlehem Middle School Pool
 #413074-A

CREATE WAVES (6 classes)

Dive into confidence and skill-building with Create Waves! This engaging program pairs one caregiver with one child to ensure personalized attention. Our skilled instructor focuses on making children feel safe and comfortable in the water while teaching fundamental swimming techniques. Join us to help your child develop essential stroke skills and a lifelong love for swimming. Please note: Caregiver is required to be in the water with their child.

Ages 4-5

Instructor: Piera McGaughan
 Saturdays, 9:35-10:05am
 September 20-October 25
 Resident: \$68 Non-Resident: \$78
 Bethlehem Middle School Pool
 #413018-A



YOU SNOOZE ... YOU LOSE!

Nothing ruins a program quicker than waiting until the last minute to register. If there are not enough registrants prior to the start of a program, it may be cancelled.

Register early!

WILDERNESS EXPLORERS (6 classes)

Kids will love this fun, safe “Wilderness Explorers” class right here at Elm Avenue Park led by our outdoor leader, Kat Fitzpatrick. Kids will hike the trails and learn about trees, explore the stream and try water purifying methods, search for animal prints, learn about shelters, practice tying simple knots, and on the final outing, collect wood and build a fire for s’mores!

Ages 8-12

Instructor: Kat Fitzpatrick
 Thursdays, 4:15-5:30pm
 September 18-October 30 (No class 10/2)
 Resident: \$68 Non-Resident: \$78
 Small Pavilion A, Elm Avenue Park
 #425002-A

KIDS’ NIGHT OUT @ EAP

Children will take a night hike, make a fire and s’mores in this fun-filled outdoor evening at Elm Avenue Park. Participants should bring a flashlight, water bottle and dress appropriately for hiking in the woods. Program will not run if there is inclement weather.

Ages 8-12

Instructor: Kat Fitzpatrick
 Friday, September 19, 6:00-8:30pm
 Resident: \$35 Non-Resident: \$40
 Small Pavilion A, Elm Avenue Park
 #415002-B



SCREAMS CLUB 2025-2026

Be part of the fun and excitement and sign up to be a member of the S.C.R.E.A.M.S. Club (Students Craving Really Exciting Activities at the Middle School)! Membership provides you with up-to-date trip information through our direct email system. Club membership is for the current school year (sign up required each year!) Trips and activities are coordinated on a monthly basis. Contact Kat Fitzpatrick at kfitzpatrick@townofbethlehem.org or 518-439-4955 ext. 2131. Please note that fees for individual trips/activities are separate.

Grades 6-8

SCREAMS Club Supervisor: Kat Fitzpatrick
September 2025-June 2026
\$10 Club Membership*

NOTE: Fees for individual trips are separate.

#625034-A

*Club fee is for first child only, additional child(ren) are FREE!

SCREAMS – FUN FRIDAY

Come out for the first SCREAMS club event of the 2025-2026 school year! Enjoy music, a rock climbing wall, an inflatable obstacle course, basketball, yard games, food and fun!

Grades 6-8

Friday, September 26, 7:00-9:00pm
\$20 (includes the \$10 SCREAMS Club membership for the 2025-2026 school year)
Warming Area, Elm Avenue Park
#625035-1

UPCOMING SCREAMS EVENTS:

Stay tuned for more details and registration!

October 25 — **Ropes/Adventure Course**

November 14 — **Cosmic Bowling**

December 12 — **Movie night @ EAP**



SCREAMS

YOUTH TENNIS

This small group tennis lesson offers a fun, non-competitive introduction to tennis for children in similar age groups. The equipment and courts utilized are adapted to the child's size and age, which helps eliminate frustration and build confidence right from the start. This will help your child develop skills faster and grow their love for the game. **Each child enrolled in the program will receive their own racquet to keep!**



Instructor: Tom Bain
 Resident: \$20 Non-Resident: \$25
 Courts 1-4, Elm Avenue Park

Ages 6-8, 5:45-6:45pm

#426155-A	Wednesday, September 17
#426155-C	Wednesday, September 24
#426155-E	Wednesday, October 1
#426155-G	Wednesday, October 8
#426155-I	Wednesday, October 15
#426155-K	Wednesday, October 22

Ages 9-13, 7:00-8:00pm

#426155-B	Wednesday, September 17
#426155-D	Wednesday, September 24
#426155-F	Wednesday, October 1
#426155-H	Wednesday, October 8
#426155-J	Wednesday, October 15
#426155-L	Wednesday, October 22



The tennis courts at Elm Avenue Park were resurfaced in June 2025, made possible by the generous support of USTA National, USTA Eastern, and Assembly member Scott Bendett!



FAMILY NIGHT @ LAWSON LAKE

Join us for a delightful Family Night Out at Lawson Lake! This fun-filled evening begins with a beginner-level guided hike led by our outdoor leader, Kat Fitzpatrick. Discover the natural beauty of the forest as you explore the trails, learn about local flora and fauna, and enjoy quality time with your loved ones. After the hike, gather around the campfire for a cozy s'mores session. It's the perfect opportunity to make lasting memories with your family while enjoying the great outdoors!

All ages

Instructor: Kat Fitzpatrick
 Friday, October 17, 6:00-8:30pm
 Resident family: \$15 Non-Resident family: \$20
 Lawson Lake County Park
 #415003-A

ADULT PROGRAMS

* RECREATIONAL VOLLEYBALL (10 classes)

Recreational Volleyball is suitable for players of all skill levels who enjoy friendly competition without the pressure of advanced assessments. Whether you're a beginner looking to learn the basics or a seasoned player wanting to sharpen your skills, this program offers something for everyone. Participants will have the chance to improve their skills, meet new people, and enjoy the game in a supportive and inclusive environment. The program coordinator will designate courts for beginner or intermediate play, allowing players to choose the level that best suits their experience.

Ages 18+

Instructor: James Angermeier
Tuesdays, 7:00-9:00pm
September 30-December 9 (No class 11/11. Please note time change for 10/14 and 10/21 dates, which will be 7:45-9:45pm)
Resident: \$76 Non-Resident: \$86
Bethlehem High School, Gym B
#441078-A

* ADVANCED VOLLEYBALL (12 classes)

Advanced players should have previously played on an organized team and MUST demonstrate basic knowledge of rules, positioning and passing skills. For safety reasons, a skills assessment will be done on the first night of this program. The instructor reserves the right to determine if a participant's skill level is appropriate for this program.

Ages 18+

Instructor: Mike Perrotto
Thursdays, 8:00-10:00pm
September 18-December 18 (No class 10/2, 11/27)
Resident: \$91 Non-Resident: \$101
Bethlehem High School, Gym B
#441079-A

* ADULT BASKETBALL (10 classes)

Recreational games for adults.

Ages 18+

Instructor: Craig Yaiser
Thursdays, 7:00-9:00pm
September 18-December 18 (No class 9/25, 10/2, 11/27, 12/11)
Resident: \$76 Non-Resident: \$86
Bethlehem Middle School Lower Gym
#441010-A

* BADMINTON (9 classes)

Recreational games for adults. Bring your own racquet.

Ages 14+

Instructor: Todd Hudspath
Tuesdays, 7:00-9:00pm
October 7-December 16 (No class 11/11, 12/9)
Resident: \$68 Non-Resident: \$78
Bethlehem Middle School Lower Gym
#441009-A

ADULT RED BALL TENNIS (6 classes)

Enjoy social tennis using slower bouncing balls! Adult Red Ball Tennis allows players to grasp the fundamentals of tennis, including grips, swing path, and ball placement — all while having fun in a relaxed environment. Whether it's your first time picking up a racquet or you have some tennis experience, Adult Red Ball Tennis is ideal for those looking to be active, improve hand-eye coordination, and socialize with fellow players.

For participants looking for an added challenge, the instructor will have orange and green balls on hand to provide an additional challenge and help further refine your skills. Equipment will be provided, so all you need to bring is your enthusiasm! This program is offered at a reduced rate through the support of USTA Eastern.

Ages 18+

Instructor: Domingo Montes
Mondays, 6:00-7:30pm
September 15-October 27 (No class 10/13)
Resident: \$25 Non-Residents: \$30
Tennis Courts 1-4, Elm Avenue Park
#443020-A

BEGINNER PICKLEBALL (6 classes/session)

Learn about the popular sport of Pickleball! This class is geared to participants with 1 year or less of Pickleball experience who want to learn about the sport or hone their beginner skills. Loaner equipment available if needed.

***Please note, this is not a program for experienced Pickleball players to have a designated court time.**

Ages 18+

Instructor: Rick Bird
Pickleball Courts 6-10, Elm Avenue Park
Mondays, 4:30-6:00pm
September 15-October 27 (No class 10/13)
Resident: \$24 Non-Resident: \$29
#441077-A

Wednesdays, 2:00-3:30pm
September 24-October 29
Resident: \$24 Non-Resident: \$29
#441077-B

* **PLEASE NOTE:** Dates/times of this program COULD change if a Bethlehem Central School District group or function needs the facility. We will do our best to give as much notice as possible if there is a change.

WALKERS

Walk inside during the cold months for better fitness!

Free!

- All walkers MUST pre-register with the Park Office.
- All walkers MUST wear a Parks and Recreation-issued ID badge. This can be picked up from the Park Office, along with a printed "Walker" calendar of dates the program runs.
- Please note, you may NOT enter the middle school building before 4:15PM.

Ages 14+

Monday-Thursday, 4:15-7:30pm

November 3-December 18 (No class 11/11, 11/26, 11/27, 12/9, 12/11, 12/15)

Bethlehem Middle School Hallway Loop

Free

#442003-A

YOGA (9 classes)

Join us for a holistic yoga experience that blends movement, breathing, and meditation into a dynamic and challenging workout. Our sessions also incorporate yoga theory and breath work. Classes offer modifications suitable for all levels, from beginners to advanced practitioners. Please bring a yoga mat; yoga blocks and straps are also encouraged to enhance your practice. Come and rejuvenate your mind and body with us!

Ages 14+

Instructor: Jenn Clunie

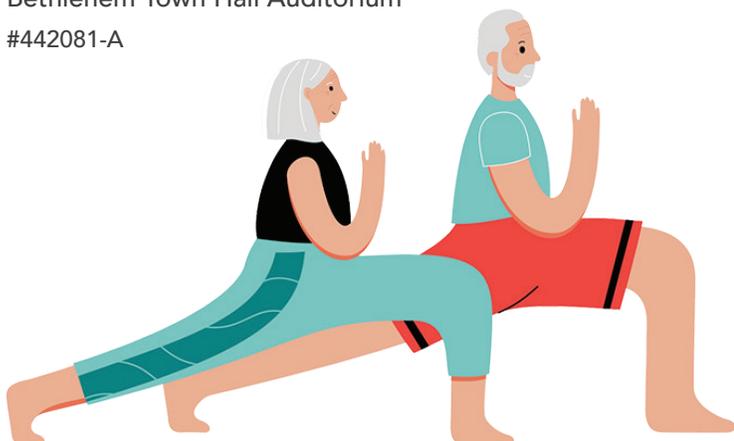
Thursdays, 6:00-7:15pm

October 9-December 11 (No class 11/27)

Resident: \$86 Non-Resident: \$96

Bethlehem Town Hall Auditorium

#442081-A

**T'AI CHI** (8 classes)

Experience the tranquility and health benefits of T'ai Chi. This class focuses on gentle, flowing movements that enhance balance, flexibility, and overall well-being. Whether you're a beginner or have practiced before, our instructor will guide you through each step. Wear comfortable clothing and bring a water bottle.

Ages 18+

Instructor: Rosemarie Tobin

Thursdays, 6:00-7:00pm

September 18-November 13 (No class 10/2)

Resident: \$48 Non-Resident: \$53

Elm Avenue Park Conference Room

#442058-A



HEALTHY BONES FOR LIFE

Boost your bone health with our exercise and weight training instruction program tailored for adults with osteopenia or osteoporosis as well as anyone interested in strengthening bones and improving overall health. Ankle weights are optional and hand weights are provided. Sponsored by the Retired Senior Volunteer Program. The class will include exercises to improve:

- Posture
- Warm Up (Cardio)
- Balance
- Weight Training
- Stretching

Requirements:

- Informed consent and medical consent forms are mandatory for participation. NOTE: Medical consent required once a year, informed consent submitted once.
- Forms will be emailed upon registration and must be returned before the first class.
- Completed forms should be submitted directly to the Park Office or emailed to: Parks@townofbethlehem.org. NOTE: Please DO NOT send forms to the Colonie RSVP program

Ages 40+

Led by certified volunteers
9:00-10:30am
Conference Room, Elm Avenue Park

Mondays, September 15-December 15 (No class 10/13)
Resident: \$13 Non-Resident: \$18
#452038-A (13 classes)

Thursdays, September 18-December 18 (No class 10/2, 11/27)
Resident: \$12 Non-Resident: \$17
#452038-B (12 classes)

ESSETRICS (10 classes)

ESSETRICS Aging Backwards is a full body, age-reversing workout that will restore movement in your joints, flexibility in your muscles, and relieve pain. The workout stimulates your cells to boost energy, vibrancy and your immune system. Please bring a yoga mat.

Ages 18+

Instructor: Julie Tsai
Mondays, 9:30-10:30am
September 15-November 24 (No class 10/13)
Resident: \$70 Non-Resident: \$80
Town Hall Auditorium
#452045-A



YOU SNOOZE ... YOU LOSE!

Nothing ruins a program quicker than waiting until the last minute to register. If there are not enough registrants prior to the start of a program, it may be cancelled.

Register early!

This playbook is made possible with the help of local service provider [Lehman Creative](#).