



# PLAYBOOK

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Summer 2025



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SPECIAL EVENT  
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**TOWN OF BETHLEHEM**  
PARKS & RECREATION

518-439-4955 Option 7

[townofbethlehem.org](http://townofbethlehem.org)

## PROGRAM REGISTRATION

**Program Registration opens for residents April 8 at 10:00am.**

**Non-resident registration opens April 30 at 10:00am.**

Additional registration information and cancellation policy can be found [here](#).

## 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!



## MESSAGE FROM THE SUPERVISOR

Summer is a great time to enjoy Bethlehem's amazing network of 12 parks. The trails in Normans Kill Ravines park now stretch four miles, and we're continuing to improve them. South Bethlehem Park now has a new basketball court and a beautiful pavilion that can seat 80. We're wrapping up major improvements to the Olympic Pool, which means that our three pools are now collectively in the best shape they've been in since they were first built in the 1970s. And with playgrounds, boat launches, fishing access, tennis and pickleball courts, a fitness circuit, picnic areas, ball fields, and more, there's always something fun to do at one of Bethlehem's parks.



Not to mention the fun camps, programs, classes, and concerts in the following pages!

Our parks are maintained, and our programming is possible, because of the great people who work for our Parks & Recreation Department. So when you see someone mowing, or keeping our pools safe, or picking up trash, or any other of a hundred different things they do every day, please wave and say thank you!

David VanLuven  
Town Supervisor

## SENIOR SERVICES

2025 is in full swing with educational presentations on topics related to health and wellness, tips on avoiding the latest scams, aging-in-place seminars, and more! Check out our [latest newsletter](#) for upcoming events and programs including:

- National Senior Health and Fitness Day
- Disco Party
- The Flower and Garden Expo
- Tulips at Washington Park
- Plantella at Frog Alley Brewing
- Music at noon at Troy Music Hall
- Dinner at Maple on the Lake
- Tri-City Valley Cats

- NYC Ballet and Philadelphia Orchestra at SPAC

All programs are subject to change. For more information and to make a reservation, call 518-439-4955 x1176. Did you know our department has 100+ volunteers who serve residents of the town? Bethlehem Senior Services is in need of more drivers and assistants to transport residents to medical appointments. If you are interested or are looking for an opportunity to give back to the community, please call our office at the number listed above. We look forward to having you join us!

FOLLOW US!

[@Bethlehemnyparksandrec](https://twitter.com/Bethlehemnyparksandrec)

[/BethlehemNYParksandRecreation](https://www.facebook.com/BethlehemNYParksandRecreation)



**Your Parks and Recreation Department** and **Friends of Bethlehem Parks and Recreation** want everyone to stay safe and healthy while enjoying our parks! As the days get longer and warmer, and we spend more time outdoors, 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 or visit [www.aad.org](http://www.aad.org).

## Tennis Courts at Elm Avenue Park to be Resurfaced

We are excited to announce that the four tennis courts at Elm Avenue Park will be resurfaced and fitted with new amenities this spring, thanks to two generous grants from the United States Tennis Association (USTA) National and USTA Eastern (grants totaling \$93,750!). This project will enhance the playing experience for residents of all ages, from young learners to competitive players. We are grateful for the USTA's support in helping us maintain quality recreation spaces for our community!

## NEW Kindness Rock Garden at Elm Ave Park!

The Elm Avenue Park will have a new Kindness Rock Garden installation thanks to the Delmar Progress Club! Kindness rock gardens, filled with colorfully painted rocks and inspirational messages, encourage us to think about giving and appreciating small acts of kindness each day. Stop by the installation in front of the Elm Avenue Park Office to leave a rock, take a rock or share one. The official ribbon cutting will be held April 16th at 2:30pm.



## ELM AVENUE POOL COMPLEX HOURS

**June 13-September 1,**

**Hours of operation: 12:00-8:00pm, 7 days a week**

**Late season hours start August 9, 12:00-7:00pm**

Please note: Operating hours and/or pool availability are subject to change without notice depending on staffing levels.

## ACCEPTABLE FORMS OF PAYMENT

Please note that debit cards and/or Visa/Mastercard/Amex/Discover cards are the only accepted forms of payment at the pool. However, you can use cash or check at the Park Office to create a "household credit" which can later be debited and used for pool entry. Applying a credit to your household can only be done through the Park Office (Monday-Friday, 8:30am-4:30pm); please plan ahead.

## SEASON PASS RATES

Family rates apply to residents at the same address.

Family 4+	\$245.00
Family 3	\$215.00
Family 2	\$165.00
Individual Adult (age 14-61)	\$100.00
Individual Child (age 5-13)	\$ 85.00
Child Care Provider (non-resident) (Must be employed by a Bethlehem family at least 6 weeks and 30 hours per week during the summer)	\$115.00

**A season pass is the way to go if you plan to visit more than 18 times between June 13-September 1 (80 days)**

Adult season pass = 18 pay-as-you-go visits

Child season pass = 17 pay-as-you-go visits

Season passes save money!

## PAY-AS-YOU-GO RATES

Adults (age 14-61)	\$5.50
After 5:00pm	\$4.75
Child (age 5-13)	\$5.00
After 5:00pm	\$4.25
Adult Guest	\$8.50
After 5:00pm	\$7.00
Child Guest (age 2+)	\$7.00
After 5:00pm	\$6.00
Senior Guest	\$5.50
After 5:00pm	\$4.25
Under 5 & 62+(Residents only)	FREE

- Refunds **cannot** be granted.
- \$5.00-Replacement fob fee.
- Rates apply to EVERYONE entering the pool complex regardless of whether or not you swim.

## POOL FOBs

We no longer print pool pass cards with pictures. Our new pool passes, referred to as fobs, are smaller, adhere to a key ring, and allow the pass holder to use their smart phone as a method of pool entry. Simply take a picture of the fob barcode and we scan as you enter. If you have an older pass with a picture you must update to the new fob.



## HOW TO OBTAIN OR RENEW A POOL FOB

- Proof of residency is required each year **regardless if you are renewing or obtaining a pool fob for the first time.**
- This can be done by presenting a valid Driver's License with your current address printed on the front.
- Proof of residency can also be completed by presenting a recent utility bill with current address and photo ID.

## WHERE AND WHEN TO OBTAIN OR RENEW A POOL FOB

### Elm Avenue Park Office

Starting May 1, Monday-Friday, 9:00am-4:00pm. The Park Office is located at 261 Elm Avenue, Delmar, NY 12054.

### Pre-Season at the Pool Complex

4:00pm-7:00pm: Friday, 6/6; Wednesday, 6/11; Thursday 6/12

9:00am-12:00pm: Saturday, 6/7/25

*These are ideal times and dates to avoid long lines and wait times.*

### Pool Complex in Season

Once we open for the season (June 13) you can obtain and/or renew right at the pool during normal hours of operation.

*Please note that typical wait times for verifying residency is about 5-10 minutes, and can be even longer on hot and crowded days. When possible, plan ahead and obtain your pool fob before coming to the pool for the first time.*

### Online

If you previously obtained a pool fob, you can renew it online. You CANNOT renew old pool passes online (those with a photo on it) and you can only renew the fob online if you are obtaining the same type of fob as the previous year.

**FOLLOW THE POOL ON SOCIAL MEDIA!**

[/ElmAvenuePool](#)



## RESERVATIONS

### POOL PARTY RESERVATIONS START MAY 1!

Town of Bethlehem residents with a **valid fob pass** may reserve the shelter and adjacent grass area near Splash Islands for parties! Party time slots can be scheduled between noon and a half-hour before close, Monday-Sunday. Submit reservation form with payment to the Parks and Recreation Office. The \$135 fee includes:

- Admission for up to 20 party attendees (wristbands provided). Additional guests are \$5.00 each.
- Shout out on the pool PA system
- White board greeting
- Wagon available to transport your party supplies from your car to the pool area.
- PLEASE NOTE: Closing hours change August 9.

Pool Party Permit can be found [here](#).



## AQUATICS

### IMPORTANT!

- All children must be the age specified by the first scheduled lesson.
- All lessons are held rain or shine. During inclement weather, the class will meet, but may not swim.
- Register for any number of sessions.  
\* Do not register for 2 time slots in the same session. \*
- Learn to Swim level descriptions can be found [here](#).

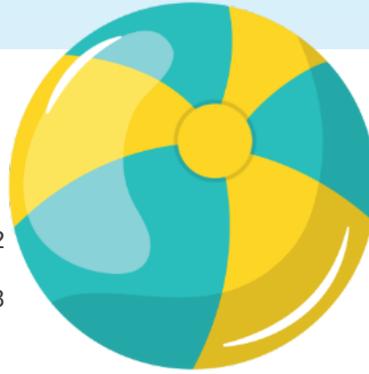
FOLLOW THE POOL ON SOCIAL MEDIA!

[/ElmAvenuePool](#)



## LEARN TO SWIM- LEVELS 1-6 ONE-ON-ONE LESSON

Private one-on-one swim lessons with an instructor, focusing on skills from American Red Cross Levels 1-6. When registering, you must select [the level](#) that best matches your child's abilities.



### Ages 3-14

Monday-Friday  
Elm Avenue Park, Pool Complex  
Session 1 (M-Th)\* Resident: \$72  
Non-Resident: \$82  
Sessions 2, 3, 4, 5, 6 Resident: \$88  
Non-Resident: \$98

#### \*SESSION 1: June 30-July 3 (4 classes)

#323030-1A	8:30-9:00am
#323030-1B	9:05-9:35am
#323030-1C	9:40-10:10am
#323030-1D	10:15-10:45am

#### SESSION 2: July 7-11 (5 classes)

#323030-2A	8:30-9:00am
#323030-2B	9:05-9:35am
#323030-2C	9:40-10:10am
#323030-2D	10:15-10:45am

#### SESSION 3: July 14-18 (5 classes)

#323030-3A	8:30-9:00am
#323030-3B	9:05-9:35am
#323030-3C	9:40-10:10am
#323030-3D	10:15-10:45am

#### SESSION 4: July 21-25 (5 classes)

#323030-4A	8:30-9:00am
#323030-4B	9:05-9:35am
#323030-4C	9:40-10:10am
#323030-4D	10:15-10:45am

#### SESSION 5: July 28-August 1 (5 classes)

#323030-5A	8:30-9:00am
#323030-5B	9:05-9:35am
#323030-5C	9:40-10:10am
#323030-5D	10:15-10:45am

#### SESSION 6: August 4-8 (5 classes)

#323030-6A	8:30-9:00am
#323030-6B	9:05-9:35am
#323030-6C	9:40-10:10am
#323030-6D	10:15-10:45am

**FOLLOW THE POOL ON SOCIAL MEDIA!**

[/ElmAvenuePool](#)



## AQUATICS

### DIVING

This program provides a safe and supportive environment where divers can improve their skills while having fun. Whether you're looking to try diving for the first time or perfect more advanced maneuvers, our instructor will help you reach your goals!

**Requirements:**

**Participants must be able to swim to the ladder in the diving pool.**



**Ages 7-14**

Monday-Friday	10:15-10:40am	Elm Avenue Park, Diving Pool
Session 1*	Resident: \$62 Non-Resident: \$72	Sessions 2, 3, 4, 5, 6 Resident: \$78 Non-Resident: \$88
#323060-A	*June 30-July 3	
#323060-B	July 7-11	
#323060-C	July 14-18	
#323060-D	July 21-25	
#323060-E	July 28-August 1	
#323060-F	August 4-8	

### ADAPTIVE SWIM LESSONS

This specialized swim program is designed for children with disabilities, providing a supportive and inclusive environment to help them develop and build upon their swimming skills. An experienced instructor will work one-on-one with each participant, tailoring lessons to their individual needs and abilities. This program meets rain or shine.

**Ages 3-14**

Instructor: Kaylee McAllister  
 Monday-Friday  
 11:00-11:30am  
 Resident: \$25/class  
 Non-Resident: \$30/class  
 Elm Avenue Park, Olympic Pool  
 #363000-A

**Available dates in July**

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

### TODDLER SPLASH (3 classes/session)

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 1-2**

Instructor: Kaylee McAllister  
 Monday-Wednesday (Thursday/Friday makeup)  
 11:00-11:30am  
 Resident: \$39 Non-Resident: \$44  
 Elm Avenue Park, Olympic Pool  
 #313074-2A July 28-30  
 #313074-3A August 4-6

### SENIOR LAP SWIM

This free program, for Town of Bethlehem residents only, allows those with a valid senior pool fob to use the lap lanes before the pool opens to the rest of the public. Lap lanes are available on a first-come, first-served basis (Limited capacity; pre-registration required).



**Ages 62+**

Monday-Friday  
 11:00am-12:00pm  
 June 30-August 8 (No program 7/4)  
 Elm Avenue Park, Olympic Pool  
 #343001-A

### AQUA ZUMBA (6 classes)

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Ages 14+**

Instructor: Denise Smith  
 Wednesdays  
 5:45-6:45pm  
 July 9-August 13  
 Resident: \$56 Non-Resident: \$66  
 Elm Avenue Park, Olympic Pool  
 #342092-A

All events FREE unless noted. No alcoholic beverages at any event.



**I LOVE MY PARK DAY**  
Saturday, May 3, 9:00-11:00am

Show Bethlehem parks some love! Volunteer on Saturday, May 3!

**Where:** Bethlehem Town Hall

**Project:** Playground improvements and spring cleanup of park grounds and T-ball field.

**VOLUNTEERS:** Bring work gloves and wheel barrel, if possible. Refreshments provided by Friends of Bethlehem Parks & Recreation.

Registration not necessary, but appreciated; visit [FriendsOfBethlehemParks.org](http://FriendsOfBethlehemParks.org)

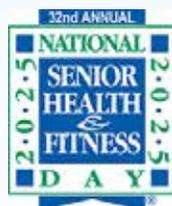


**WALK & ROLL FEST**  
Saturday, May 17, 10:00am-1:00pm  
Rear lot of 250 Delaware Avenue

Visit [here](#) for up-to-date information about the event.

**NATIONAL SENIOR HEALTH & FITNESS DAY**  
Wednesday, May 28, 12:00-2:30pm  
Elm Avenue Park, Large Pavilion

Help us celebrate this national day by participating in various health and fitness opportunities at Elm Avenue Park Large Pavilion. Participation is FREE!



**Pre-registration is required to get your lunch ticket:** Please call us at 518-439-4955, extension 2131.



**4<sup>TH</sup> OF JULY FAMILY DAY**  
Friday, July 4, 12:00-8:00pm  
Elm Avenue Pool Complex



**Regular pool fees are in effect!**

- 12:15-1:30pm Saxophone Sam
- 1:30-2:30pm [Matt's Magic](#)
- 2:00-4:00pm Live music by [Glass Pony](#) on the mobile stage outside of the Pool Complex
- 2:15-4:15pm Balloon twisting with [Balloon Gal Jenny](#)
- 9:00pm Fireworks sponsored by Sevenzocks Property Maintenance and Landscaping



**LATE NIGHT MOVIE AT THE POOL**

Friday, August 8, 8:15pm  
Elm Avenue Pool Complex

Join us for a late night movie under the stars! The movie will start at approximately 8:15pm. Free admission after 6:00pm. Help us pick a movie! Simply vote for your favorite at the pool.



**NATIONAL NIGHT OUT**  
Tuesday, August 5, 5:00-8:00pm  
Elm Avenue Park

Bethlehem Police Department presents:



Join us as the Town of Bethlehem takes back the night with one of the largest crime prevention gatherings in the United States. Visit [the website](#) for up-to-date information regarding the event.

# THURSDAYS IN THE PARK

The Parks and Recreation Department, Bethlehem Public Library, and Friends of Bethlehem Public Library are teaming up to bring back our popular “Thursdays in the Park” event series! **All shows begin at 6:00pm on the special events lawn (adjacent to the pool entrance)**

**at Elm Avenue Park, unless alternate park location is noted.** Please be advised **ALCOHOLIC BEVERAGES ARE PROHIBITED.** In case of rain, every effort will be made to reschedule the events. Please check our Facebook and Instagram pages for event cancellation notices.

## JUNE 12 | Magician Shaun Robison ✨

Shaun Robison has spent the last 20+ years perfecting and performing the art of magic. His magic is a sophisticated blend of sleight of hand, comedy and mind reading unmatched by any other magician. His charming personality blends smoothly with his mind blowing, high caliber magic and illusions, leaving you not only completely astonished but thoroughly entertained as well.

## JUNE 19 | Jeff Boyer Productions – Bubble Trouble ✨

Jeff Boyer takes bubbles to the max in this Bubble Trouble, a one-man bubble extravaganza. It's the craziest, most creative bubble show around. Jeff juggles bubbles, sculpts and builds with bubbles, makes fog-filled bubbles and more. Mixing comedy, music and interactive bubble-magic, he engages and delights audiences of all ages.

## JUNE 26 | One Heart Band ✨

One Heart Band is a good vibes rock and reggae band that plays covers of The Beatles, The Grateful Dead, Bob Marley, the Stones and more! Family fun for all ages; dancing and hooping encouraged.



**JULY 3 | Jester Jim** ✨

Jester Jim is back! This is not your ordinary juggling show! With a trunk full of props and a looping machine, all will be glued to every sight and sound.



**JULY 10 | Union Depot** ✨

Union Depot is a classic rock band made up of Voorheesville residents. With a setlist packed with timeless hits, they'll be sure to keep the crowd singing along and dancing all night. Don't miss this hometown favorite as they bring their signature sound to the stage!

**JULY 17 | Andy the Music Man** ✨

**THIS SHOW IS AT HENRY HUDSON PARK!**

Bethlehem's own Andy the Music Man is back! Join us as Andy mingles traditional and original songs while delighting and involving kids through sing-a-longs and dancing.



**JULY 24 | River of Dreams** ✨

**THIS SHOW IS AT SOUTH BETHLEHEM PARK!**

River of Dreams is an authentic Billy Joel Tribute whose shows are a true representation of Billy's band's live performances. Please come join us for a night of classic rock performed live, Billy Joel style!! Even the "die hard" Billy Joel fans keep coming back again and again!



**JULY 31 | Tame the Rooster** ✨

Tame the Rooster is a dynamic and irresistible modern country band hailing from the Capital region. Formed from the ground up, this musical powerhouse boasts a diverse range of influences, drawing from rock, country, blues, and pop to create a sound uniquely their own. With infectious song writing and the uncanny ability to transform covers into captivating originals, Tame the Rooster is poised to set the music scene ablaze!

**AUGUST 7 | Fantasy First Character Entertainment** ✨

Step into a magical evening of music and adventure as Princess Tiana, Moana, Ariel, and Elsa bring your favorite Disney songs to life! Sing along, snap photos, and experience the wonder of live character entertainment in an unforgettable night of fun for the whole family. Don't miss this enchanting event!



**AUGUST 14 | Nisky Dixie Cats** ✨

Nisky Dixie Cats are a 7-piece ensemble performing in the Capital District and surrounding areas. They are a family-friendly band dedicated to playing tuneful, Dixieland-style jazz for any occasion calling for those all time favorites. They aim to have fun and sound good. Let the Cats help you tap your feet and dance to the songs of Jelly Roll Morton and other greats of America's original jazz.



**DISCOVERY DAY CAMP**

Our 6-week day camp program is full. Day camp registration typically opens in early March for residents, and two weeks later for non-residents. It's important to note that we take 100 campers per week.

More information about Discovery Day Camp can be found on our [Camp Corner](#) webpage.

Licensed and permitted by the Albany County Department of Health.

Check out these other camps at Elm Avenue Park!



**ALL STARS BASEBALL & SOFTBALL ACADEMY**

**Monday-Friday, 9:00am-3:00pm**  
**July 7-11, July 21-25, August 18-22, August 25-29**

Join All Stars Academy for a fun-filled week of baseball and softball camp at Line Drive fields.

<https://www.allstars-academy.com/program/summer-camps/>

**BOB BELLIZZI'S GRAND SLAM**

**Monday-Friday, 9:00am-3:00pm**  
**July 14-18, July 28-August 1, August 11-15**

Make your summer plans now to attend the Bob Bellizzi Grand Slam baseball camp, a summer tradition since 1993.

<https://www.bellizzibaseballcamp.com/>

**TOP NOTCH ATHLETICS SOFTBALL CAMP**

**Monday-Friday, 9:30am-3:30pm**  
**July 14-18**

Top Notch Athletics camp is great for players of all skill levels, ranging from just starting softball to advanced players. Players will be separated by age/skill level to work on a variety of skills including but not limited to: hitting, fielding, pitching, catching, base running, game-situations and more! Camp is coached by former and current collegiate softball players. Come learn from the best and have some fun with us!

<https://www.topnotchathleticsllc.org/>

**BETHLEHEM SOFTBALL LEAGUE**

**Monday-Friday, 8:00am-2:00pm**  
**August 4-8**

<https://bethlehemsoftballleague.sportngin.com/register/form/183344968>

**MIGHTY KICKS**

**Tuesdays, 4:30-6:00pm**  
**Spring/Summer Session: April 8-June 17**  
**Late Summer/Fall Session: August 19-October 28**

Mighty Kicks Capital Region is the premier introductory soccer program for children.

<https://zfrmz.com/y6D8bOYR1UBgUJtRk1Sh>

**AMAZING ATHLETES**

**Monday-Friday, 9:00am-12:00pm**  
**August 11-15 and August 18-22**

Children will learn the basic fundamentals of 10 sports: Baseball, Basketball, Football, Hockey, Golf, Lacrosse, Soccer, Volleyball, Tennis and Track & Field!

<https://www.amazingathletesny.info>



**June is National Great Outdoors Month®!**

**CELEBRATE OUTDOORS MONTH – NIGHT HIKE**

Outdoor leader Kat Fitzpatrick will guide families on a leisurely hike along the upper nature loop trail at Elm Avenue Park. There will be plenty of time to stop to take in the night sky and to listen and look for nocturnal animals. Closed-toe shoes are a must. In case of rain, trails may be muddy. Parents must accompany children under age 15.

**All Ages**

Instructor: Kat Fitzpatrick  
 Saturday, June 7, 8:00-9:15pm  
 Resident: \$10/family      Non-Resident: \$15/family  
 Elm Avenue Park, Small Pavilion A  
 #362010-A

**CELEBRATE WORLD ENVIRONMENT DAY!**

Sign your kids up for an afternoon of walking in the woods and connecting with the outdoors. Outdoor leader Kat Fitzpatrick will lead them in fun, eco-based games and activities designed to connect them to nature and nurture their love of the environment. Drop off program.

**Ages 8-11**

Instructor: Kat Fitzpatrick  
 Thursday, June 5, 4:45-6:00pm  
 Resident: \$15      Non-Resident: \$20  
 Elm Avenue Park, Small Pavilion A  
 #362014-A

**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. Bring a tennis racquet. Loaner racquets available if needed.



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

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

#326155-A	Wednesday, June 25
#326155-C	Wednesday, July 2
#326155-E	Wednesday, July 9
#326155-G	Wednesday, July 16
#326155-I	Wednesday, July 23
#326155-K	Wednesday, July 30
#326155-M	Wednesday, August 6

**Ages 9-11, 7:00-8:00pm**

#326155-B	Wednesday, June 25
#326155-D	Wednesday, July 2
#326155-F	Wednesday, July 9
#326155-H	Wednesday, July 16
#326155-J	Wednesday, July 23
#326155-L	Wednesday, July 30
#326155-N	Wednesday, August 6



**S.C.R.E.A.M.S. – TEEN LUAU**

Last SCREAMS event of the 2024-2025 school year! Enjoy a late night swim and music at the Elm Avenue Pool Complex! **Must be a S.C.R.E.A.M.S. Club member.**

**Grades 6-8**

Friday, June 20, 7:45-9:00pm  
 Fee: \$15  
 Elm Avenue Park Pool Complex  
 #625035-9



**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](mailto:parks@townofbethlehem.org)  
NOTE: Please DO NOT send forms to the Colonie RSVP program

**Ages 40+**

9:00-10:30am

Conference Room, Elm Avenue Park Office

Mondays, May 12-August 25 (No class 5/26, 6/2) (14 classes)

Resident: \$14 Non-Resident: \$19

#352038-A

Thursdays, May 15-August 28 (No class 5/29, 6/5, 6/19)

(13 classes)

Resident: \$13 Non-Resident: \$18

#352038-B

**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!****YOGA IN THE PARK** (6 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, July 10-August 14, 6:00-7:15pm

Resident: \$60 Non-Resident: \$70

Large Pavilion, Elm Avenue Park

#342082-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 14+**

Instructor: Rosemarie Tobin

Thursdays, June 26-August 14, 6:00-7:00pm

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

Town Hall Auditorium

#342058-A

**SUNRISE YOGA** (5 classes)

Greet the day with morning Yoga at Elm Avenue Park! Yoga combines movement, breathing and meditation to create a challenging and dynamic workout. Yoga theory and breath work are also included. All levels welcome. Bring a yoga mat. Yoga blocks and straps also encouraged.

**Ages 14+**

Instructor: Jenn Clunie

Wednesdays, July 30-August 27, 6:30-7:30am

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

Large Pavilion, Elm Avenue Park

#342002-A

## SENIORS IN MOTION (6 classes/session)

Do you like to dance? Join us for Seniors In Motion! Dance to popular tunes, country western, big band and more. You'll learn steps for every song, like the Charleston, Mambo, Cha Cha and Grapevine. Easy instruction, great music and lots of fun!

### Ages 50+

Instructor: Theresa Mattson  
9:00-10:00am  
Resident: \$38 Non-Resident: \$43  
Town Hall Auditorium

#352046-A Tuesdays, June 10-July 29 (No class 6/24, 7/8)

#352046-B Fridays, June 13-July 25 (No class 7/4)

## ESSETRICS (6 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, July 7-August 11, 9:30-10:30am  
Resident: \$42 Non-Resident: \$47  
Town Hall Auditorium

#352045-A



## AMERICAN RED CROSS HANDS-ONLY CPR

Learn how hands-only CPR can help gain precious time for a person experiencing a cardiac event. This free program will teach you how to perform hands-only CPR, a critical life-saving step when performed until professional responders arrive.

### Ages 12+

FREE, pre-registration required  
Town Hall Auditorium

#312021-A Wednesday, July 30, 1:00-2:00pm

#312021-B Tuesday, August 26, 5:00-6:00pm

## SOFTBALL 45+ (13 classes)

Recreational softball games. No standings. Bring your own mitt. Makeup dates each Wednesday.

### Ages 45+

Instructor: James Angermeier  
Tuesdays, May 27-August 26, 6:00-8:00pm (No class 7/1)  
Resident: \$46 Non-Resident: \$51  
Softball Field 7, Elm Avenue Park  
#341050-A

## BEGINNER PICKLEBALL

Come play and 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 14+

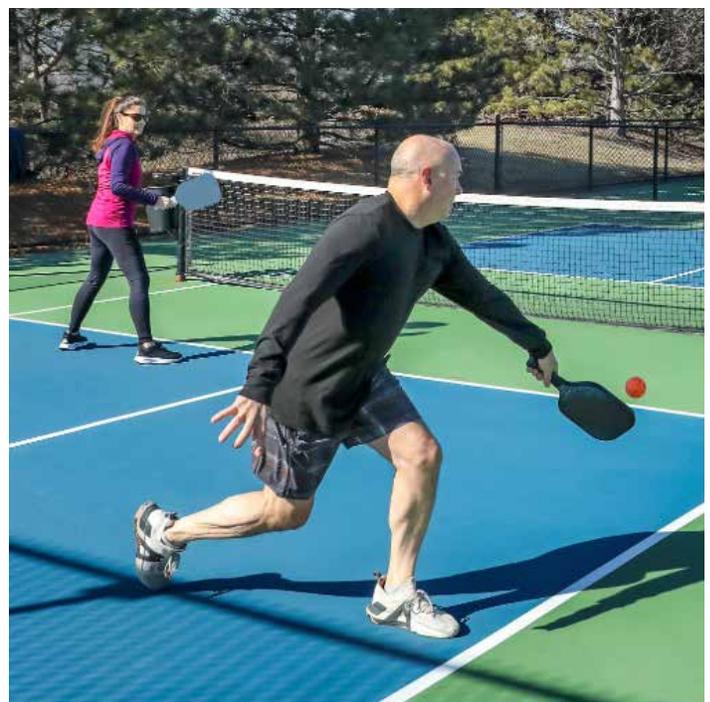
Instructor: Rick Bird  
Pickleball Courts, Elm Avenue Park

Mondays, 6:00-7:30pm, June 30-August 11 (7 classes)  
Resident: \$28 Non-Resident: \$33

#341077-A

Fridays, 9:00-10:30am, July 11-August 15 (6 classes)  
Resident: \$24 Non-Resident: \$29

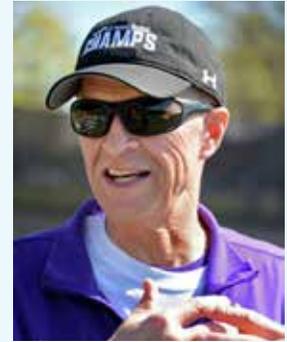
#341077-B



**MEET THE NEW TENNIS ADULT TENNIS INSTRUCTOR**

We are excited to welcome Gordon Graham to the Parks and Rec team! With a wealth of experience coaching at the collegiate and community levels, Gordon has built and led championship-winning teams at Harvard University, the University at Albany, and the University of the Pacific. His impressive career includes mentoring numerous

student-athletes who have earned ITA All-Academic and All-American honors. In addition to his coaching expertise, Gordon has a USTA Safe Play Certification and a Cardio Tennis Certification, bringing a well-rounded approach to his instruction. He is committed to fostering a love for the game in players of all levels.



**ADULT RED BALL TENNIS** (8 classes/session)

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!

**Ages 18+**

Instructor: Gordon Graham  
Tuesdays & Thursdays, 8:30-9:45am  
Resident: \$80 Non-Resident: \$90  
Tennis Courts 1-4, Elm Avenue Park

#343020-A June 24-July 17

#343020-B July 29-August 21

**CARDIO TENNIS** (8 classes/session)

Kickstart your day with Cardio Tennis, a high-energy fitness experience that combines tennis drills, heart-pumping cardio, and great music to get you moving! Designed for all skill levels, this fun and fast-paced workout will improve your endurance, agility, and overall fitness — all while hitting plenty of tennis balls. Whether you're looking to burn calories, boost your energy, or sharpen your game, this morning session is the perfect way to get your day off to an active and exciting start! Join us bright and early for a workout that feels more like play!

**Ages 18+**

Instructor: Gordon Graham  
Tuesdays & Thursdays, 7:00-8:15am  
Resident: \$96 Non-Resident: \$106  
Tennis Courts 1-4, Elm Avenue Park

#331066-A June 24-July 17

#331066-B July 29-August 21



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

COMING THIS FALL ...



# NATURE'S LOOP

Presented in Partnership with:



**REGISTER TODAY!**

**Sunday, September 28, 10a-1p**

Choose a 2-mile trail run/walk or .4-mile paved and accessible fun run. After crossing the finish line, join us for games, food trucks, and more!

Cost is \$25 per family or individual.



BETHLEHEM AREA YMCA | [cdymca.org](http://cdymca.org)