

Hall 2023

PROGRAM REGISTRATION BEGINS WEDNESDAY, SEPTEMBER 13

Dear Lewisboro Resident:

I hope that everyone has been enjoying the Summer. As it begins to wind down, I would like to take the opportunity to thank you for your continued support of our fabulous Parks & Recreation Department. As we get ready for Fall, I am looking forward to what is to come from Parks & Rec.

Since the Spring newsletter we have completed two new playground projects. Fox Valley Park has its first playground and the Lewisboro Town Park had the official ribbon cutting in June of the inclusive playground, only the second in Westchester County and a major attraction for our Town.

The weather held out for the 23rd Annual Fireworks show and once again it was a spectacular event at Onatru Farm Park.

Another successful year of Juneteenth and Pride in the Park events at Lewisboro Town Park.

Some other highlights of events:

- New Neighbor Network at Fox Valley Park on October 1st
- Screening Under the Stars at the Lewisboro Town Park on Friday, October 6th, with food trucks and a movie
- Portraits in the Park on October 1st and 15th at the Lewisboro Town Park.
- Oktoberfest hosted by the Lewisboro Lions Club on October 21st preceded by a Car Show
- Trunk or Treat at Town Park on Saturday, October 28th
- Holiday Tree Lighting at Town Park on Monday, December 4th
- Hanukkah Celebration at the Library/Town House on Thursday, December 7th

For updates from the Parks & Recreation Department, please visit the website at: www.Lewisbororecreation.com and get on their email list.

Some miscellaneous items:

- While we have not had to actively use the emergency alert system, we want you to be signed up in anticipation of future notifications. You can sign up here: https://alert.ny.gov/enroll. When creating your profile, make sure to select "Westchester County Lewisboro" in your profile. Not online? Then call 1-888-697-6972 it's free!
- Sign up for the Town's community email. It's a great way to stay informed about the Town: https://www.lewisborogov.com/community/page/email-signup
- First responder recruitment drive. Please consider joining any of our three volunteer Fire Departments (SSFD, VFD, GBFD) and volunteer ambulance (LVAC). They are looking for volunteers. If interested or you have any questions, please feel free to contact me directly at Supervisor@ lewisborogov.com.

Sincerely,

Come

Tony Gonçalves Town Supervisor

Cover Photo credit to Ann Charles Photography

FOR YOUR INFORMATION

TOWN OF LEWISBORO • DEPARTMENT OF PARKS AND RECREATION 99 ELMWOOD ROAD • SOUTH SALEM, NY 10590

TOWN BOARD MEMBERS

Tony Goncalves, *Town Supervisor* Andrea Rendo Mary Shah Richard Sklarin Daniel Welsh

Town Board Meetings

Please check the website for meetings <u>www.lewisborogov.com</u>

ELECTED OFFICIALS

Deirdre Casper, *Tax Receiver* Janet Donohue, *Town Clerk* Peter Ripperger, *Highway Superintendent* John Pappalardo, *Town Justice* Susan Simon, *Town Justice*

PARKS AND RECREATION ADVISORY COUNCIL

Ian Harris, *Chairperson* Nicholas Baran Jenn Castelhano Valerie Cancro Jennifer Cayea Peter Cipriano Richard Ellrodt Jr. Daniela Goldman Meg Kaplan Melissa LeSauvage Timi Parsons Meets the last Thursday of each month at 7:30PM at the Lewisboro

Parks and Recreation Office. Please check the website for any changes.

RECREATION STAFF

Nicole Caviola, Recreation Supervisor Laura A. Stone, Senior Office Assistant Pamela Veith, Senior Adult Director/Senior Outreach Michael Portnoy, Recreation Assistant Katie Coluccini, Recreation Leader Doreen Svendsen, Senior Adult Driver

DIRECTORY

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PARKS STAFF

Drew Faryniarz, Parks Groundskeeper Zachary Amerling, Parks Groundskeeper

OFFICE

Office Hours: 9:00AM – 5:00PM, Monday – Friday Holiday Office Closures: October 9 – Columbus Day November 7 - Election Day November 10 – Veteran's Day November 23 and 24 – Thanksgiving

December 25 - Christmas Day

TELEPHONE NUMBERS

Office: (914) 232-6162 Fax: (914) 232-6165

WEBSITE - <u>www.lewisbororecreation.com</u>

EMAIL - parks@lewisborogov.com FACEBOOK - Lewisboro Parks and Recreation Department

PROGRAM UPDATES

We are proud to announce program updates are available on our website at <u>www.lewisbororecreation.com</u> and on Facebook.

We have created a new email blast that will provide weekly updates on events and programs taking place in Lewisboro. Please keep your eyes and inbox open to our "Lewisboro Happenings." To add your email, please send it to <u>parks@lewisborogov.com</u>.

PERMITS

The Lewisboro Parks and Recreation Department has a Photo ID system for Town owned tennis facilities. By utilizing this Photo ID permit system, the Parks and Recreation Department will be able to improve the monitoring of our tennis facilities to ensure that only eligible individuals utilize these facilities.

Individuals who need photos may have their photo taken in our office during regular office hours 9:00AM - 5:00PM, Monday thru Friday.

All permits are non-transferable. There is a replacement fee of \$15.00 for a lost or stolen permit.

TOWN EMAIL ALERTS

Stay in the know! Sign up for the Town's email alerts and you will be advised weekly of agendas,

important Lewisboro events and much, much more! To sign up, visit our website at <u>www.lewisborogov.com</u> and go to "subscribe now" located in the bottom right hand corner of our home page or call the Town Clerk's office at 763-3511 for assistance.



FOR YOUR INFORMATION

PERMIT REGULATIONS

The following details who is eligible for the purchase of permits unless otherwise petitioned through the Superintendent of Parks and Recreation: Family Permits: (resident and school district) are reserved for up to two adults, and unmarried children aged 25 and under, and living at home. All other relatives are not considered part of the immediate family, nor are caregivers or housekeepers. Those individuals must purchase their own individual or family permits. Children are required to have a permit beginning at the age of eight for tennis membership.

REGISTRATION INFORMATION

Fall program registration starts on Wednesday, September 13.

REGISTRATION POLICY

Non-residents may sign up for programs one week before the start date when space is available.

REGISTRATION

Registration for all programs, unless otherwise specified, is by **mail, in person or online** via Webtrac. We cannot accept registrations by phone, email or fax. Incomplete registrations are subject to being returned to sender. We cannot be responsible for lost or misdirected mail. **Any walk in registrations will be processed with the day's mail if received prior to mail arrival. If received after the day's mail has arrived, it will be processed with the following day's mail.**

PLEASE NOTE: The Department does not confirm registrations. You will only be contacted if there is a problem or the program is cancelled.

CREDIT CARDS

We now accept credit cards. Please set up an account if you haven't done so already. If you have ever registered for a Park and Recreation program before, you have an account set up. We will be glad to assist you if help is needed. A 3% service fee will appear as a separate charge from Card Connect on your bank or credit card statement for use of a credit card either with online registration or in the office.

AMERICANS WITH DISABILITIES ACT



The Lewisboro Parks and Recreation Department is committed to ensuring that individuals with disabilities are able to utilize

and enjoy our programs and activities to the fullest extent possible. When registering, please let us know if you or a family member have any special needs that we can accommodate (such as wheelchair access, hearing aids, braille printed matter, etc.).

ENROLLMENT

For most programs to be conducted, a minimum enrollment must be reached. In addition, there is usually a maximum enrollment based on the facility size and the instructor's requirements. Therefore, registration is always on a first come, first served basis. We encourage people to register on time!

LATE PICK UPS

Subject to all Town of Lewisboro sponsored programs: All participants are expected to be picked up at the assigned program end time. Any and all tardy pickups from programs will result in additional charges to cover the Town's unbudgeted expenses. The town will charge \$20 per every 15 minutes of supervision past program end time with the first 15 minutes as a grace period unless the grace period is abused consistently.

REFUNDS/CREDITS

The Town of Lewisboro has a no refund policy. However, a refund will be given only under the following conditions:

1. A refund/credit will be given if the program is cancelled by the Parks & Recreation Department prior to the program's start.

2. If a participant moves from Town, a full or pro-rated refund will be made based on the number of sessions the participant attended. Proof of re-location must be presented.

3. If a participant becomes ill or injured a full or pro-rated refund will be made based on the number of sessions the participant attended. A doctor's medical note must accompany the request.

In addition to the above, a \$25.00 processing fee for all refunds/credits that are approved will be assessed, except for programs cancelled by the Parks & Recreation Department. All refund requests must be made in writing to the Recreation Supervisor for consideration. Approved refunds will be paid by Town voucher.

RETURNED CHECKS

If a check is returned to the Parks & Recreation Department for any reason, a cash or money order payment of \$20.00 will be required in order to re-deposit your check and offset the expenses incurred by the Town.

PROGRAM CANCELLATIONS

Generally, programs are not held when school is not in session. Please check with the instructor or coach of the particular program, call the Recreation Office at 232-6162, check our website at <u>www.lewisbororecreation.com</u> or visit us on Facebook under Lewisboro Parks and Recreation.

INSURANCE

The Town of Lewisboro carries a Standard Liability Policy, which does not include accident coverage. Therefore, individuals who do not have their own accident coverage participate at their own risk.

PARK USE REGARDING DOGS

Please be reminded that while dogs are permitted in Town parks/preserves they must be leashed at ALL times and owners are responsible for cleaning up after their dog. **OFF LEASH DOGS ARE NOT PERMITTED** in any of the Town properties. Dogs are **NOT** permitted in any of the playground areas or the pool facility at any time. For safety and sanitary reasons it is requested that dogs not be walked on any of the athletic fields located in the parks.

A FRIENDLY REMINDER

Our Department is asking for assistance and cooperation in helping keep our park and preserve facilities clean for the benefit of all of our park patrons and their guests. Please use the trash and/or recycling receptacles provided to dispose of waste and debris. Athletic teams, clubs and groups are encouraged to police the fields, dugout/bench and spectator areas after practices and games. Please help our Parks staff keep our parks clean. Thank you.

FIND A MISTAKE?

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.



FOR YOUR INFORMATION

COOPERATING AGENCIES

A MESSAGE FROM THE Lewisboro stormwater committee

It's fall, when we deal with falling tree leaves and garden beds that are finished for the year. How we treat our yard can make a difference to our lakes, streams, and wetlands, and to our drinking water. Leaves and end-of-season plants, like all organic materials, release phosphorus as they decay. Phosphorus is a very troubling pollutant to our waterways. Additional phosphorus accelerates the growth of aquatic plants and toxic algae: a pound of phosphorus enables the growth of 500 pounds of aquatic plants and algae.

As you deal with leaves this fall, do not blow them into lakes, streams, or ponds. If you use a landscaping service, make sure they don't use waterbodies as a convenient but polluting disposal system. Gather the leaves into a compost pile away from the water, or use a mulching mower to produce natural fertilizer for your lawn.

In wooded areas or garden beds, let the leaves stay where they fall. That will eliminate erosion from bare soil and will minimize runoff. Leaves also provide important winter habitat for wild animals including some pollinators.

All year long, you should pick up pet waste and dispose of it in the trash to will keep its pollution from running into streams and waterbodies.



Get pumped! Septic, that is.

MAINTAIN YOUR SEPTIC SYSTEM TO PROTECT THE ENVIRONMENT

A properly functioning septic system can protect the health of individuals and the environment. If you maintain your septic system, you can extend its life and prevent pollution of drinking water and recreational resources. Pump out your septic system regularly! It's the law to pump at least every 5 years!

To protect drinking water in our area, Town law requires that septic systems be pumped at least once every 5 years. Experts recommend pumping out older systems and those in fragile environments every 2 to 3 years.

COOPERATING AGENCIES

JOHN JAY FUTBOL CLUB



The John Jay Futbol Club runs fun filled year-round soccer development programs. We offer a Fall & Spring Academy Program for children in Pre-School (Lil' Jays) 2 years old to 8th grade. We also offer an exciting travel program with professional trainers, which competes in the WYSL and is available to all children from U8 to HS. For the adults, we host a 30+ League. You can also enjoy our Camps and Clinics throughout the year. For more info and to register, find us at www.johnjayfc.com.

NORTH EAST WESTCHESTER SPECIAL RECREATION

North East Westchester Special Recreation, an agency supported and sponsored by the Town of Lewisboro, is available to children and adults with developmental disabilities from our community. North East programs offer a variety of year round recreational activities for all ability levels, designed with the specific support needed for participant success in this environment. Programs are highly structured, staffed and supervised. Program goals may focus on teaching skills, fostering fun and friendships, or teaching and enhancing social skills. For more information, call their office at 347 4409 or visit their website at www.northeastspecialrec.org.

LEWISBORO HORSEMEN'S ASSOCIATION

The Lewisboro Horsemen's Association maintains over 25 miles of riding trails that run throughout Lewisboro across private, public and land trust properties and adjoin the North Salem Bridle Trails Association to the north and run south through the Lewisboro Town Park to Ward Pound Ridge Reservation and the Bedford Riding Lanes Association's trails. Trail membership is \$60 per year for an individual and \$75 per family. Supporting membership for those who do not ride but want to support the trail system is \$30. Juniors are encouraged to join. For more information, the Lewisboro Horsemen's Association can be found at www.lhatrails.org or Facebook. Contact persons:

Carleton Henrich (917) 826-2070 Callie Kuntz-Bauer (914) 438-3523 Liza Fraser Travalino (914) 763-5402

LEWISBORO GARDEN CLUB

The Lewisboro Garden Club, a non-profit organization, was founded in 1972 to promote the art of gardening, aid in conserving natural flora and help beautify public areas. Most activities are open to residents of all ages and levels of gardening experience. To join LGC or to view and register for any events, visit our website at lewisborogardenclub.org/events.

Volunteer Opportunities for managing Onatru Farm Park gardens and mini-meadow on Thursdays and two Saturdays a month. Come once, come as often as you can! Email lewisborogardenclub@ outlook.com for details on times and activities.

Thursday, September 7th, 10:00AM - Mountain Lakes Park Forest Walk. Taro Ietaka, MLP Supervisor, will lead a walk to discuss secrets of the forest. Registration required.

Saturday, September 9th, 10:00AM – 4:00PM - Onatru Farm - Lewisboro Library Fair - Kids can make their very own whimsical Fairy Garden filled with miniature objects, decorations and plants. Cost \$15.

Registration suggested. Purchase daffodils for fall planting from the Garden Club's Golden Roads booth.

Saturday, September 14th, 8:30AM – Wethersfield Garden Tour. Meet at Lewisboro Town Park. Cost \$20. Registration required.

Saturday, October 7th, 4:00PM – 6:00PM - Doug Tallamy, Homegrown National Park. How to create a natural, native National Park in your own backyard. Katonah Library. Registration required.

Thursday, November 2nd, 6:30PM – Terrarium Workshop with Maria Colletti. Onatru Farm. Cost is \$35.00 - \$40.00 (includes container, plants, stones/gravel, moss, decorative items). Registration required.

Saturday, November 4th, 8:30AM – 12:30PM - Golden Roads Daffodil Planting. (Rain date: Sat, Nov 11) South Salem Presbyterian Church. Volunteers plant 3,000 bulbs in 90 minute shifts. Great family activity! Registration suggested.

November TBD - Order your mailbox swag to support Lewisboro Garden Club - check website for information.

COOPERATING AGENCIES

LEWISBORO LAND TRUST

The Lewisboro Land Trust has helped preserve over 1,000 acres in Lewisboro since its founding in 1994 and is committed to environmental stewardship, responsibility for nature, education of adults and children through experience, exposure and instruction. We are "linking people with the land" by maintaining the town's preserves and offering the community many ways to use and enjoy them. Please visit us at www.lewisborolandtrust.org for more information.

FALL OUTDOOR PROGRAMS: Please see our website for a full list of events and descriptions. LLT is out on the trails every week--with new opportunities and new adventures. We hope you will join us as often as possible! Monthly programs: Preschool Hikes, Toddler Hikes, Guided Hikes for Health in Ward Pound Ridge Reservation, and Guided Nature Meditation Walks

Saturday, September 16th, 10:00AM - Guided Hike and (optional) Nature Meditation at Mount Holly Preserve

Saturday, October 7th, 4:00PM - 6:00PM - Environmental Lecture: Doug Tallamy presents "Homegrown National Park" at Katonah Village Library

Sunday, October 15th, 9:30AM -11:00AM - Mushroom Educational Hike at Leon Levy Preserve

Saturday, October 21st, 9:00AM - 12:30PM - Long Fall Hike from Lewisboro Town Park into Ward Pound Ridge Reservation

Sunday, October 29th, 10:00AM - 12:00PM - Halloween Costume Hike at Leon Levy Preserve.

Friday, November 24th, 11:00AM - 12:30PM - Annual Day - After-Thanksgiving Hike at Old Field Preserve.

Saturday, December 16th, 1:30PM - Holiday Hike & Caroling at Ward Pound Ridge Reservation

LEWISBORO LIBRARY

The Library, located at 15 Main Street in South Salem, offers weekly story programs for children as well as special activities for children, teens and adults. For more information, please call 875-9004, sign up for the email newsletter at lewisborolibrary@gmail.com or visit the Library Facebook page or website https://lewisborolibrary.org/.



COMMUNITY EVENTS

7TH ANNUAL "DROOL IN THE POOL"

WHEN:
WHERE:
TIME:
FEE:
ACTIVITY #:

Sunday, Sept. 10th Lewisboro Town Pool 11:30AM - 1:30PM \$15.00 per dog **340501-A1**



Rules are as follows:

- Pre-Registration of dog and owner are required Owner's name, address and current dog license, and current vaccination history.
- Dogs should be friendly and playful with other dogs
- Dogs will need to be hosed off prior to entering the pool to remove any excess dirt, hair, urine, feces, etc.
- Dogs will be permitted to swim in the shallow and middle sections of the pool.
- Waste removal bags will be available owners are required to pick up after their dog.
- Dogs should be hosed down after their swim to remove chlorine.

LEWISBORO LIBRARY FAIR

We are celebrating the 61st anniversary of the Library Fair, the largest community event in Lewisboro. The Fair has something for everyone – a car show, great music, a fun filled kids zone, food trucks, dunk tank, a beer garden and tons of shopping at the Book Sales, Attic Treasures and vendor booths. The shopping starts at the Pre-Sales held the Thursday and Friday prior to the Fair and continues into Sunday with an After-Sale. Details at <u>https://</u>lewisborolibrary.org/support/library-fair/

WHEN:	Saturday, September 9th
WHERE:	Onatru Farm Park, 99 Elmwood Road, South Salem
TIME:	10:00AM - 4:00PM - RAIN OR SHINE!

NEW NEIGHBOR NETWORK - FALL SOCIAL

New residents to the Town of Lewisboro are invited to meet new people and neighbors to learn about the wonderful Town you just moved into. Bring your spouse and children to the event. Make your own hot chocolate bar, cider and donuts. We will be joined by several Town Officials as well as fellow newcomers. This is definitely something you won't want to miss out on!!

FOR:	New Town of Lewisboro Residents – 2 years or less
WHEN:	Sunday, October 1st
WHERE:	Fox Valley Park Pavilion
TIME:	2:00PM – 4:00PM
NOTE:	Admission and parking are free.
REGISTER:	lewisbororecreation.com and click on "New Neighbor"

SCREENING UNDER THE STARS

Bring your blankets, chairs, snacks and enjoy the show! Food trucks will be on site beginning at 5:30PM. Movie will begin at dusk!

FOR: WHEN: WHERE: TIME: FEE Town and School District families Friday, October 6th Lewisboro Town Park 5:30PM - 9:00PM \$15.00/car with preregistration or \$20.00/car at the entrance **421501-A1**

ACTIVITY #:

PORTRAITS IN THE PARK

Family is everything! Mini-photo family sessions are being offered with our beautiful Lewisboro Town Park as the background. Great idea for your holiday portraits and to support the Playground Improvement Project.

WHEN:	October 1st and 15th
TIME:	10:00AM - 4:00PM
BOOK AT:	https://www.anncharlesphoto.com/now-booking

COMMUNITY EVENTS / UPCOMING EVENTS

LEWISBORO ILLUSTRATED POSTER SALE

We are thrilled to share a newly completed poster print highlighting our wonderful town of Lewisboro, that is on sale now!

To order please go to: <u>https://lewisborolibrary.org/2023/05/07/get-your-lewisboro-illustrated-poster/</u>

Lewisboro Illustrated Poster Sale Benefitting the Lewisboro Library and the Lewisboro Town Park Playground



Print designed by artist Marilena Perilli. It illustrates some of the wonderful highlights of our town. Be the first in your hamlet to have this poster!

> Order online at lewisborolibrary.org or in person at the library.

Price: \$65, Size: 18"h x 24"w



OKTOBERFEST - Hosted by the Lewisboro Lions Club

Lewisboro's 2nd Oktoberfest returns to the Town Park as a fundraiser to benefit the Town. The first fundraiser helped to build the new playground at the park. This year's festivities include beer courtesy of Captain Lawrence, food courtesy of Horse and Hound in cooperation with the Lion's Club grill, corn hole competition, live music and activities for kids.

FOR:	Town and School District Families
WHERE:	Lewisboro Town Park
WHEN:	Saturday, October 21st
RAINDATE:	Sunday, October 22nd
TIME:	2:00PM - 7:00PM
NOTE:	Tickets go on sale September 9th

When purchasing tickets - If you plan to participate in the Cornhole event (register in teams of 2), use the QR for Cornhole. That fee will include your admission ticket into the Oktoberfest event. If you do <u>not</u> wish to participate in Cornhole and would only like admission into the event, please use the QR code for Lion's Oktoberfest or go to this website: https://www.eventbrite.com/e/lewisboro-lions-oktoberfest-tickets-687413471197?aff=oddtdtcreator

LION'S OKTOBERFEST:





CORNHOLE:

TRUNK OR TREAT - FALL FEST

The Lewisboro Recreation Department will be hosting its annual trunk or treat to celebrate Halloween with the children of Katonah-Lewisboro. There will be gift card prizes for best costume and best family themed costume.

FOR:	Open to all Town of Lew	ishoro and
I OK.	1	
	Katonah-Lewisboro Scho	ol District
	children 12 and under.	- And South - End South
WHERE:	Lewisboro Town Park	
WHEN:	Saturday, October 28th	
RAINDATE:	Sunday, October 29th	
TIME:	11:00AM - 3:00PM with	staggered trick or treating
	times. Families can sign reservation.	up for a trunk or treating
FEE:	\$8.00 per child with prere	gistrations or \$10.00 at the door
ACTIVITY#:	11:00AM - 12:00PM	Activity # 411101-A1
	12:00PM - 1:00PM	Activity #: 411101-A2
	1:00PM - 2:00PM	Activity #: 411101-A3

TRUNKS

We are inviting businesses and residents within the Katonah-Lewisboro School District to participate in this fun and spooky event. You will need to provide a TREAT FOR EACH Trick or Treater (we estimate 250 children) and a vehicle to decorate for the event! Trunks must be decorated in a manner that embraces Fall or the themes of Halloween (ghosts, goblins, mummies, and witches – please family friendly).

FOR:	Open to all businesses, vendors
	and residents within the
	Katonah-Lewisboro School District
WHERE:	Lewisboro Town Park
WHEN:	Saturday, October 28th
RAINDATE:	Sunday, October 29th
TIME:	10:30AM - 2:30PM
NOTE:	You will need to purchase and provide
	safe treats (candy, prizes, gift bags) to
	approximately 250 children under the
	age of 12. Please no baked goods,
	unwrapped candies or repackaged candy.
CONTESTS:	We will be offering gift card prizes to a
	vendor or resident with the best
	trunk design.
REGISTER:	Please call the Recreation Office
	(914)232-6162 or send an email to
	ncaviola@lewisborogov.com.

WINTER CELEBRATION

Join us for a fun filled evening. There will be singing, music, refreshments, lights and special guests.

Dress warm and please bring a canned or non-perishable food item which will be donated to the local community center to help our neighbors during the holiday season.

FOR:
WHERE:
WHEN:
TIME:

Town and School District Families Lewisboro Town Park Monday, December 4th 6:30PM – 7:30PM



HANUKKAH CELEBRATION

Join us in celebrating the first night of Hanukkah. There will be refreshments and the lighting of the first candle

FOR: WHERE: WHEN: TIME: Town and School District Families Lewisboro Town House & Library Thursday, December 7th 6:30pm



COMMUNITY EVENTS

SANTA CLAUS LETTERS

Youngsters, 8 and under, are encouraged to write to Santa Claus to express their holiday thoughts and wishes. Santa's special mailboxes will be available at the Recreation Office, Vista, Cross River, South Salem Post Office's and Gossett's Nursery from December 1st through December 15th. Santa and his helpers put special care into answering each letter. Please make su



helpers put special care into answering each letter. Please make sure that you put your complete name (first and last) and mailing address on each letter.

TODDLER / PRE-SCHOOL ACTIVITIES

The Town of Lewisboro Recreation Department is pleased to offer the following programs for toddlers/pre-school children. As many programs reach their capacity, we encourage people to register on time.

PROGRAM NOTES:

1. The child must be the appropriate age by the **start** of the program.

2. Due to the nature of these programs, siblings cannot attend.

BUSY BAKERS - Sara Driscoll, Instructor

A program that will combine learning the fundamentals of cooking with the fun of preparing delicious treats. Recipes will be available to take home. Stories and crafts will help pass the time as the goodies bake.

FOR:	3-5 year olds
WHERE:	Cyrus Russell Community House
WHEN:	Wednesdays, 8 weeks, Sept. 27th - Nov. 15th
TIME:	1:30PM - 3:00PM
FEE:	\$240.00
NOTE:	Parent or guardian does not need to be present. If your child has any allergies please note it on the registration
	form.
ACTIVITY #:	410301-B1

PRE-K SPOOKY STEM – **STEAM**, *Instructor*

Designed just for our youngest explorers, we'll combine science and art to dig into pumpkins, mix up slimy concoctions, and draw, paint, and sculpt some of the best that the season has to offer.

FOR:	Boys and Girls, ages 3-5
WHERE:	Cyrus Russell Community House
WHEN:	Tuesdays, 8 weeks, Sept. 26th - Nov. 21st
	(no class 11/7)
TIME:	3:30PM - 4:15PM
FEE:	\$184.00
ACTIVITY #:	410102-B1

NATURE BUDDIES - Lewisboro Land Trust and Deanna Novak

Toddlers and their caregivers will explore the natural world through nature walks, stories, songs, art, and engineering projects with seasonally relevant themes each week. Children attending should be able to walk independently as the nature trails are not stroller friendly. This is an outdoor, all-weather program. However, we will have access to the farmhouse for use of bathroom facilities and in the event of inclement weather.

FOR:	Boys and Girls, ages 16-36 months,
	with a caregiver
WHERE:	Onatru Farm Park & Preserve
TIME:	9:30AM – 11:00AM
FEE:	\$160.00 first child and \$80.00 per sibling
	(max 2 children per caregiver)

TODDLER / PRE-SCHOOL ACTIVITIES

CLASS 1

 WHEN:
 Tuesdays, 8 weeks, Sept. 19th – Nov. 14th

 (no class 11/7)

 MAKEUP:
 Nov. 21st

 ACTIVITY #: 412201-F1

CLASS 2

WHEN:	Thursdays, 8 weeks, Sept. 21st - Nov. 9th	
MAKEUP:	Nov. 16th	
ACTIVITY #: 412201-F1		

NEW PRE-K BASKETBALL – A1 Athletics, Instructor

This is a developmentally appropriate introductory basketball program for children 3-5 years old. The program prepares children for organized basketball in a fun, non-threatening environment.

FOR:	Boys and girls, 3 & 4 years old/Pre-K
WHERE:	Rotates between Increase Miller and
	Meadow Pond
WHEN:	Saturdays, 6 weeks, Jan. 6th - Feb. 10th
MAKEUP:	Saturday, Feb. 24th
TIME:	11:00AM – 11:45AM
FEE:	\$168.00
ACTIVITY #:	410005-A1
	V

YOUTH/TEEN ACTIVITIES

GROWING GOURMETS – Sara Driscoll, Instructor

Children love to cook "hands on." These recipes will let children have fun cooking while preparing delicious treats. Children will also learn about measurements and quantity.

FOR:	Boys and Girls, grades K-5
WHERE:	Cyrus Russell Community House
WHEN:	Wednesdays, 8 weeks, Sept. 27th - Nov. 15th
TIME:	4:30PM - 6:00PM
FEE:	\$240.00
ACTIVITY #:	410302-B2
NOTE:	If your child has any allergies, please note on
	the registration form.

HOLIDAY COOKING - Nicole Caviola, Instructor

Celebrate the holidays by baking treats that are both festive and delicious! Each month we will bake a goodie and take home the seasonal recipes to enjoy for years to come. Emphasis is on utilizing the ingredients of the season, learning new baking skills and most of all having fun in a group setting.

WHERE:	Cyrus Russell Community House
FEE:	\$30.00/class

1. Halloween - Saturday, Oct. 14th

CLASS 1

FOR: TIME: ACTIVITY #:	3-5 year olds or Kinderga 1:00PM - 2:00PM 410203-E5	arteners
CLASS 2		
FOR:	Grades 1-3	
TIME:	2:30PM - 4:00PM	U U O
ACTIVITY #:	410203-E6	

UTH/TEEN ACTIVITIES

2. Thanksgiving Season - Saturday, Nov. 18th

CLASS 1

FOR:	3-5 years olds or Kinderg	arteners
TIME:	1:00PM - 2:00PM	
ACTIVITY #:	410203-E1	•
CLASS 2		
FOR:	Grades 1-3	
TIME:	2:30PM - 4:00PM	
ACTIVITY #:	410203-Е2	
3. December Holiday	y – Saturday, Dec. 9th	
CLASS 1		

CLASS I	
FOR:	3-5 years olds or Kindergarteners
TIME:	1:00PM - 2:00PM
ACTIVITY #:	410203-ЕЗ
CLASS 2	
FOR:	Grades 1-3
TIME:	2:30PM - 4:00PM
ACTIVITY #:	410203-E4

BUILD A GINGERBREAD HOUSE - Katie Coluccini, Instructor

Gingerbread, icing, candy and more! Come and construct your own gingerbread house. We will put together and decorate a unique home created by you.

FOR:	Boys and girls, grades 1-5	
WHERE:	Cyrus Russell Community House	
WHEN:	Saturday, December 2nd	
FEE:	\$30.00 - includes snack	
CLASS 1		
TIME:	10:00AM - 12:00PM	
ACTIVITY #:	410203-A1	·
CLASS 2		A



TIME: 1:00PM - 3:00PM ACTIVITY #: 410203-A2

SEASONAL SENSATIONS - Steam To-Go, Instructor

This fall we are featuring all the best that the season offers. From the colors of the leaves to pumpkins and gourds, we'll watch the seasons change right before our eyes as we capture it in our drawings, paintings and many other creative ways.

FOR:	Boys and Girls, grades K-5
WHERE:	Cyrus Russell Community House
WHEN:	Mondays, 8 weeks, Oct. 2nd - Nov. 27th
	(no class on 10/9)
TIME:	4:30PM - 5:30PM
FEE:	\$200.00
ACTIVITY #:	410202-D1

ACRYLIC ARTISTS - Steam To-Go, Instructor

These courses are specially designed for those who have a desire to learn how to paint with confidence. Our acrylic classes will lead students to express their own individual creativity with our developed methods. Paintings are done on canvas and will take 1-2 classes to complete.

FOR: Boys and Girls, grades 6-8	
WHERE: Cyrus Russell Community House	
WHEN: Mondays, 8 weeks, Oct. 2nd – Nov. 27th	
(no class on 10/9)	5
TIME: 6:00PM - 7:00PM	
FEE: \$200.00	$\langle \rangle$
ACTIVITY #: 410202-A1	

SPOOKY STEM – Steam To-Go Instructors

Join us as we explore the mysteries of the season. We'll dig into the DNA of a pumpkin, create slime that looks like creepy crawly worms, make bubbling potions and more! It's STEM gone mad this fall at STEAM to-go.

FOR:	Boys and Girls, grades K-5
WHERE:	Cyrus Russell Community House
WHEN:	Tuesdays, 8 weeks, Sept. 26th - Nov. 21st
	(no class 11/7)
TIME:	4:30PM - 5:30PM
FEE:	\$200.00
ACTIVITY #:	410102-A1

INTRO TO ROBOTICS - Steam To-Go, Instructor

This class is an introduction into the world of robotics! A few of our projects include basics of circuitry, engineering a robot that can move and more!!

FOR:	Boys and Girls, grades K-1
WHERE:	Cyrus Russell Community House
WHEN:	Thursdays, 8 weeks, Sept. 28th – Nov. 16th
TIME:	4:30PM - 5:30PM
FEE:	\$216.00
ACTIVITY #:	410204-A1

CIRCUITS AND ROBOTICS – Steam To-Go Instructors

This unique class combines elements of basic robotics with introductory circuitry. Participants will use LEGO WEDo 2.0 which will enable them to explore the building blocks of coding. From simple drag and drop interfaces to developing more complex algorithms, kids explore the world around them and bring their ideas to life with code. They will also work with the smaller than a golf ball, Ozobot, as they continue to explore coding and programming. After working with LEGO robotics and Ozobots for a few classes we will move onto circuitry.

FOR:	Boys and Girls, grades 2-5	
WHERE:	Cyrus Russell Community House	
WHEN:	Thursdays, 8 weeks, Sept. 28th – Nov. 16th	
TIME:	6:00PM - 7:00PM	
FEE:	\$224.00	
ACTIVITY #:	410204-B1	

THEATRE JAZZ DANCE CLASS

Anne-Marie Gerard Galler, Instructor

Join Anne-Marie Galler for a structured but FUN Jazz Dance class! Anne-Marie is a veteran Broadway performer (and choreographer for both JJMS and JJHS) who's been teaching throughout Westchester for over 20 years. Appropriate for beginners or those who have danced before. We will be learning classic Broadway style jazz.

FOR:	Boys and Girls, grades 3-6	
WHERE:	JJHS Cafeteria	
WHEN:	Tuesdays, 8 weeks, Sept. 26th - Nov. 21st	
	(no class 11/7)	
TIME:	4:30P.M - 5:30PM	
FEE:	\$170.00	
ACTIVITY #:	412701-A1	
NOTE:	Bring water, dress in leggings	
	and jazz shoes preferred.	

YOUTH/TEEN ACTIVITIES

FALL BASEBALL/SOFTBALL FUN (GR. 1&2)

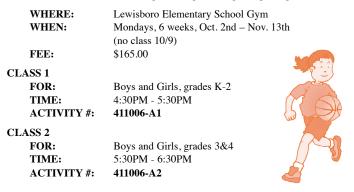
Michael Yurus, Instructor

The intent of this clinic is to introduce youngsters to the game of baseball/softball through instruction. Emphasis will be placed on skill development and teamwork in a positive and relaxed environment. Learning while having fun is the main priority of this program.

FOR:	Boys and girls, grades 1&2
WHERE:	Town Park ballfield
WHEN:	Thursdays, 5 weeks, Sept. 28th - Oct. 26th
RAINDATE:	Nov. 2nd
TIME:	4:30PM - 5:45PM
FEE:	\$140.00
ACTIVITY #:	410601-D1

YOUTH DEVELOPMENTAL BASKETBALL CLINIC - A1 Athletics

This is an instructional program in which the focus will be on fundamentals and skills of basketball such as dribbling, shooting, catching, and passing.



BINGO BASH - Katie Coluccini, Supervisor

Grab some friends and head to this great program where you can eat, socialize and win fabulous prizes. To stir it up, we will play bingo in a variety of ways. Food will be served followed by an exhilarating evening of bingo. Grades 2&3 will have pizza and grades 4&5 will make ice cream sundaes.

FOR: WHERE: FEE: TIME:	Boys and Girls, grades 2-5 John Jay High School Cafeteria \$25.00/Bash Grades 2&3: 6:00PM - 7:30PM Grades 4&5: 8:00PM - 9:30PM
Bash 1	
WHEN:	Friday, October 13th
ACTIVITY #:	411901-E1 Gr. 2&3
	411901-E2 Gr. 4&5
Bash 2	
WHEN:	Friday, November 3rd
ACTIVITY #:	411902-E1 Gr. 2&3
	411902-E2 Gr. 4&5

BABYSITTING SKILLS COURSE – Nicole Caviola, Instructor

When this class is over, students will become fully prepared to babysit. Instruction includes responsibilities of the sitter, handling emergencies, simple first aid, feeding, diapering, bedtime and playing. All youngsters will receive a certificate of completion. This program is also suitable for children who may not be ready to babysit but want to be left alone at home. Please bring a pencil, baby sized doll, dinner, beverage and a snack to class.

FOR:	Boys and girls, ages 11-14.	
WHERE:	Onatru Farm House	
WHEN:	Wednesday, Nov. 8th and Thursday, Nov. 9th	
TIME:	5:00PM – 9:00PM	

FEE:	
ACTIVITY #	#:
NOTE:	

\$150.00 411801-A1

You must be present both days in order to become certified. You must be 11 years old by the start of the class.

YOUTH WRESTLING

- John Swertfager and Bill Swertfager, Instructors

This exciting program is starting its 24th year under Coach Swertfager. This year's expanded program including matches against other teams will focus on basic wrestling moves and holds while emphasizing safety and fun. No prior wrestling experience is required.

FOR: WHERE: WHEN:	Boys and girls in Grades K-6 John Jay Middle School Wrestling Room Mondays, Wednesdays and Saturdays December 4th – February 14th (no clinic 12/23, 12/25, 12/27, 12/30, 1/1 and 1/15)	
NOTE:	Gym clothes (wrestling shoes, head gear and knee pads are optional). Tee shirt is included.	
CLASS 1		
TIME:	Gr. K-2 –	M/W 6:00PM - 7:00PM S 9:00AM - 10:00AM
ACTIVITY #:	411601-A1	
FEE:	\$275.00	
CLASS 2		
TIME:	Gr. 3-6 –	M/W 6:00PM – 7:30PM
		S 9:00AM – 10:30AM
ACTIVITY#: FEE:	411601-A2 \$300.00	

YOUTH BASKETBALL 2023-2024

FOR BOYS & GIRLS IN GRADES 3-12

Since we have moved to online registration, we have eliminated the mail home packet. All information regarding evaluations, practices, games, etc. on our program will be found on our website.

In addition, parent and player code of conduct pledges will be sent to you after you have registered. We must have at least 28 participants registered in order to run any division.

PROGRAM PHILOSOPHY:

The intent of this program is to teach the game of basketball while developing skills, teamwork and fair play in a positive and relaxed environment. Learning, while having fun is a primary goal of this program.

PLEASE NOTE: Children may play in both our league and other organized leagues **except** for Varsity interscholastic players. They are **not** eligible for the in-house youth basketball league.

People who are interested in participating in a high school team **are encouraged to register for our program**. Those who are selected for an interscholastic program will be given a full refund.

FEE: \$200.00 per person if registered on or before October 9th \$250.00 per person if registered after October 9th (space availability only)** \$250.00 per person for non-residents

** Anyone registering after the draft of their respective division will be accepted at the discretion of the Parks and Recreation Department and NOT only will have to pay the late fee to play but also won't be placed on a team until after January 6th, 2024. A team will be assigned to the player at the sole discretion of the Recreation Department and conflict days will not be considered.

YOUTH BASKETBALL 2023-2024

REGISTRATION INFORMATION – Activity Numbers:

Junior Boys Gr. 3&4	411001-A1
Junior Girls Gr. 3&4	411001-A2
Intermediate Boys Gr. 5&6	411001-A3
Intermediate Girls Gr. 5&6	411001-A4
Senior Boys Gr. 7&8	411001-A5
Senior Girls Gr. 7&8	411001-A6
Master Boys Gr. 9&10	411001-A7
Master Girls Gr. 9-12	411001-A8
Vet Boys Gr. 11&12	411001-A9

PLAYER EVALUATIONS: In an effort to roster the teams evenly, each participant (gr.3-8) is required to attend a **mandatory** player evaluation. Please visit our website at <u>www.lewisbororecreation.com</u> for the evaluation schedule.

PRACTICE CONFLICTS: Players may submit **two** days of the week as a conflict day, but this **does not** guarantee they will not have practice on those days. Be sure to fill in the conflict days in the appropriate spot on the registration form or during online registration. Individuals with multiple conflict days should **not** register for this program.

IMPORTANT TENTATIVE DATES:

Registration begins	Sept. 13th
Late Registration begins	Oct. 10th
First Practice	Week of November 27th
Games (tentatively)	Saturday, December 9th

GAME LOCATIONS: Please check our website.

SCORES AND STANDINGS – Junior divisions - Scores and standings will not be kept. All players will receive participation awards. All other divisions and ages - League standings will be kept and awards will be presented to league and playoff champions.

COACHES: Are you interested in being a volunteer coach? Please call the Recreation Office at 232-6162 or email Michael at Recreation l@lewisborogov. com. All head coaches are selected by the Recreation Department.

PROGRAM NOTE: A notification system will allow families to know when rosters are posted, when practices and games are scheduled and/or cancelled, when picture day is and any other pertinent information in regards to basketball.

MINI-BASKETBALL - Michael Yurus, Instructor

Children will be instructed in the basic fundamentals and skills of basketball including dribbling, shooting, passing and the basic rules of the game. One hour class sessions will be held between 10:30AM 2:30PM. Participants will be placed into sessions by Recreation Department staff and notified prior to the start of the program as to which class they are in.

FOR:	Boys and Girls, grades 1 and 2
WHERE:	JJMS Old Gym
WHEN:	Saturdays, 8 weeks, Jan. 6th – March 2nd (no class 2/17)
MAKEUP:	March 9th
FEE:	\$168.00 (Includes a basketball and tee shirt)
ACTIVITY #:	411002-A1



BASKETBALL CLINICS - Tyler Sayre, Instructor

Players will learn and develop fundamental skills of the game in small group settings. We will work on ball-handling, shooting, passing and use live situations to practice in-game decision making as well. Players of all skill and experience levels are welcome to come and improve their skills!

FOR:	Town of Lewisboro & KLSD residents in Grades 4-8
WHERE:	John Jay Middle School Gym
TIME:	7:00PM – 8:00PM
WHEN:	Thursdays, 6 weeks, Sept. 28th - Nov. 2nd
FEE:	\$15.00 per session OR \$84.00 for all sessions
NOTE:	Pre-registration is REQUIRED.
BRING:	Bring a ball, water bottle, and sneakers.

WHEN	ACTIVITY #
September 28th	410903-B1
October 5th	410903-В2
October 12th	410903-B3
October 19th	410903-B4
October 26th	410903-B5
November 2nd	410903-B6
All Days	410903-В7

KINDERGARTEN BASKETBALL

Tyler Sayre, Instructor and JJHS Basketball Athletes

This is an instructional program which will focus on the fundamentals and skills of basketball such as dribbling, shooting and passing.

FOR:	Boys & Girls in Kindergarten
WHERE:	Increase Miller and Meadow Pond
WHEN:	Saturdays, 6 weeks, Jan. 6th - Feb. 10th
MAKEUP:	Feb. 24th
FEE:	\$168.00
ACTIVITY #:	411004-A1 9:00AM
	411004-A2 10:00AM

GYM OPEN NIGHTS

We are excited to announce that we will sponsor a limited open gym program, this fall. This is an opportunity for young athletes to play/practice basketball in a supervised, non-instructional, friendly and casual setting. Please note: participants will be responsible for how they decide to spend their time.

FOR:	Town of Lewisboro & KLSD Residents
WHERE:	Lewisboro Recreation Gym
FEE:	\$10.00 per session. (Supervision provided,
	drop off is required)
NOTE:	Pre-registration is required!
	Each session limited to 16 participants.
BRING:	A basketball, water bottle, and sneakers.

WHO	DATE	TIME	ACTIVITY #
Grades 3&4	Tuesday, October 24th	6:30PM-7:30PM	410901-A3
Grades 5&6	Tuesday, October 24th	7:30PM-8:30PM	410901-B3
Grades 3&4	Tuesday, November 21st	6:30PM-7:30PM	410901-A4
Grades 5&6	Tuesday, November 21st	7:30PM-8:30PM	410901-C3



WEE SKI PROGRAMS

WEE SKI LEWISBORO

This popular and exciting program returns once again and early to make sure that you don't miss it!!

This is an instructional learn to ski or snowboard program that will run for five weeks starting in January. All participants in elementary and middle school will receive a lesson each week regardless of their ability or level. After their lesson they will have some time to master their skills on their own.

- **NOTE:** 1. The Elementary program will leave from the Town Park and the High School/Middle School program will leave from JJMS.
 - 2. Your child must have his/her own equipment or obtain a seasonal rental. There will be no on site renting.
 - Children must wear helmets and wrist guards (snow boarders only).
 - 4. Registration begins September 13th. It is on a first come, first serve basis.

ELEMENTARY SCHOOL PROGRAM - Katie Coluccini Supervisor

FOR:	Boys and girls, grades 4&5
WHERE:	Thunder Ridge Ski Area
WHEN:	Tuesdays, Jan. 9, 16, 23, 30 and Feb. 6
	(makeup date $-2/13$)
TIME:	4:15PM – 9:30PM
ACTIVITY #:	411103-A1
FEE:	\$650.00

MIDDLE SCHOOL PROGRAM - Michael Portnoy, Supervisor

FOR:	Boys and girls, grades 6-8
WHERE:	Catamount Ski Area
WHEN:	Fridays, Jan. 5, 12, 19, 26 and Feb. 2
	(makeup dates $-2/9$ and $2/23$)
TIME:	3:00PM - 11:00PM
ACTIVITY #:	411103-A2
FEE:	\$650.00

HIGH SCHOOL PROGRAM - Michael Portnoy, Supervisor

FOR:	Boys and girls, grades 9-12
WHERE:	Catamount Ski Area
WHEN:	Fridays, Jan. 5, 12, 19, 26 and Feb. 2
	(makeup dates – 2/9 and 2/23)
TIME:	3:00PM - 11:00PM
ACTIVITY #:	411103-A3
FEE:	\$600.00



TRIPS & SPECIAL EVENTS

LAKE COMPOUNCE - PHANTOM FALL FEST

- Michael Portnoy, Supervisor

The phantom has new tricks after 6. With four haunted houses, three scare zones, and themed food and drinks, it's Lake Compounce as you've never seen before. Get ready for screams all night long. When you are done with being haunted it's time to head into the amusement park to enjoy the thrills of the roller coasters, swings and carousel.

FOR:	Boys and girls grades 4-8
WHERE:	Lake Compounce - Bristol, CT
WHEN:	Saturday, October 14th
TIME:	Depart from Town Park at 3:00 PM
	Return to Town Park at 11:00 PM
FEE:	\$125.00
ACTIVITY#:	415001-B1
NOTE:	Dinner is included

DAVE AND BUSTERS - PALISADES ADVENTURE

- Michael Portnoy, Supervisor

Venture out on a day off from school for a day filled with entertainment and delicious food at a state of the art arcade. There are many games that are just for fun, such as air hockey, but also games you can redeem for prizes. Participants will have an opportunity to shop at different stores in the mall before and afterwards. A buffet lunch at Dave and Busters will be provided, and an ice cream dessert to be served at one of the mall's delicious vendors.

FOR:	Boys and Girls Grades 3-7
WHERE:	Dave and Busters, Palisades Mall, West Nyack
WHEN:	Tuesday, November 7th (Election Day)
TIME:	Depart from Town Park at 9:00 AM
	Return to Town Park at 4:00 PM
FEE:	\$90.00 includes food and unlimited arcade play.
ACTIVITY #:	415001-B2
NOTE:	We advise to bring extra spending money
	for mall shopping.

BOWLERAMA – Michael Portnoy, Supervisor

Join us and bring some friends for a night filled with fun and adventure. Price includes 2 games of bowling, shoe rental, arcade card, pizza and lemonade!!

WHERE:	Spins Bowl - Carmel
TIME:	Depart Town Park 5:15PM
	Return Town Park 9:00PM
FEE:	\$85.00
TRIP 1	
FOR:	Increase Miller Boys and Girls, grade 2&3
WHEN:	Friday, October 20th
ACTIVITY #:	415001-E1

TRIP 2

FOR: WHEN: ACTIVITY #: Boys and Girls, grade 4&5 Friday, December 1st **415001-E2**



TRIPS & SPECIAL EVENTS

MULTI SPORTS AND GAGA DAYS

1. Thursday, November 2nd

Join us for a fun-filled day of physical education games, multi-sports excitement, thrilling obstacle courses, and the popular game of gaga. Our expert instructors will lead you through a variety of engaging activities that will challenge your body and mind. Whether you're racing through obstacle courses, showing off your sports skills, or dodging the gaga ball, this day promises non-stop fun and laughter. Don't miss out on this energetic and dynamic mini camp day that's sure to leave you with unforgettable memories!

2. Monday, November 6th

Experience the ultimate mini camp day designed to keep you active and entertained throughout the day! Embrace the spirit of competition as we dive into physical education games that will test your speed, agility, and teamwork. From soccer to basketball, you'll have the opportunity to showcase your abilities in thrilling multi-sports games. But that's not all - get ready to conquer exciting obstacle courses that will push your limits and boost your confidence. And of course, gaga enthusiasts, we've got you covered with gaga battles! Discover the joy of movement and camaraderie as you participate in this one-of-a-kind mini-camp day, where challenges and triumphs await!

3. Wednesday, November 8th

Unleash your inner adventurer at our Mini Camp Day filled with an assortment of high-energy activities! Bring your enthusiasm and positive spirit as we embark on a day full of physical education games, multi-sports galore, challenging obstacle courses, and the beloved gaga game. Engage in friendly competitions that emphasize sportsmanship and teamwork during our diverse physical education games.

 FOR:
 Boys and

 TIME:
 12:30PM

 WHERE:
 Lewisbor

 FEE:
 \$65.00 -

 ACTIVITY #:
 November

 November 6th - 410205-A2

Boys and Girls, grades K-5 12:30PM - 4:00PM Lewisboro Elementary School Gym \$65.00 -- per day November 2nd - 410205-A1 0205-A2 November 8th - 410205-A3



ADULT PROGRAMS

YOGA – Tricia Keane, Instructor

Yoga has been revered for thousands of years for its many positive effects on the mind and body. A yoga practice benefits every system in the body, resulting in greater strength and flexibility. Yoga is also an excellent antidote to stress and anxiety. You will truly learn to **RELAX!** Class consists of gentle poses designed to stretch your body and release tension, followed by a period of relaxation. This class is appropriate for beginner through intermediate levels. (Please discuss any medical conditions with your doctor before beginning this or any other exercise program. It is also important to inform your instructor before beginning).

FOR:	Adults, 18 years of age and older
WHERE:	Onatru Farm House Yoga Studio
WHEN:	Thursdays, 8 weeks, Sept. 28th - Nov. 30th
	(no class 10/12 and 11/23)
TIME:	9:45AM – 11:00AM
FEE:	\$160.00
ACTIVITY #:	420101-B1
NOTE:	Participants must supply their own yoga mat.
	You must be able to easily transition unassisted
-5	from the floor to a standing position in order
	to participate.

ADULT PROGRAMS

GENTLE EVENING YOGA

- JoAnn Hickey, Certified Kripalu Yoga Instructor

Come explore your own body with as much or as little intensity as you like. This class will focus on functional mobility, how to be comfortable in your own skin, how to age gracefully while moving gracefully with confidence and flexibility. We will practice moving with the breath, feeling our bodies speak to us. All levels are welcome with an emphasis on safe yoga for those over 50. The class is 1 hour with the last 10 minutes devoted to meditation. Weather permitting in September and October we will practice outside at Lewisboro Gym.

FOR:	Adults, 18 years of age and older
WHERE:	Lewisboro Recreation Gym
TIME:	6:30PM - 7:30PM
Class 1	
WHEN:	Wednesdays, 8 weeks, Sept. 13th - Nov. 1st
FEE:	\$130.00
ACTIVITY #:	420305-D1
Class 2	
WHEN:	Wednesdays, 6 weeks, Nov. 15th - Dec. 20th
FEE:	\$100.00
ACTIVITY #:	420305-D2

ESSENTRICS – June Bird, Instructor

Essentrics is designed to work and rebalance the full body, engage all the joints and muscles. It is a low impact activity and non-aerobic. It will rapidly change and tone your body through a dynamic combination of stretching and strengthening. It will improve your posture, increase your range of motion, improve your balance, aid in pain relief and promote healing.

FOR:	Adults, 18 years of age and older
WHERE:	Lewisboro Recreation Gym
WHEN:	Wednesdays, 8 weeks, Sept. 27th - Nov. 15th
TIME:	9:30AM - 10:30AM
FEE:	\$120.00
ACTIVITY #:	420306-B1

ZUMBA – Geneoffa Palumbo, Licensed Zumba® Instructor

Zumba® class brings people together at a safe distance, outside! Latin and World rhythms drive this interval-style dance fitness class where the only requirement is to have fun. Simple moves, great music, and an inclusive atmosphere allow participants to let go, have fun, and connect while burning a ton of calories without even realizing it.

FOR:	Adults 18 and older
WHERE:	Lewisboro Recreation Gym
WHEN:	Mondays, 6 weeks, Oct. 2nd - Nov. 20th
	(no class 10/10 and 11/13)
TIME:	6:30PM - 7:30PM
FEE:	\$126.00
ACTIVITY #:	420303-D1

TAP CLASS - Anne-Marie Gerard Galler, Instructor

Maybe you have always wanted to learn to tap dance? Or it's been years but you would love to shuffle off to Buffalo again? Now is your chance! Join Broadway Vet Anne-Marie Galler for a multi-level Adult Tap Class, appropriate for those dusting off the old shoes to those putting them on for the first time!! We'll start with the basics and go from there! Please wear comfortable clothing you can move in (leggings, sweats etc) and bring water... and a pair of tap shoes!

FOR:	Adults, 18 years and older
WHERE:	JJHS Cafeteria
WHEN:	Tuesdays, 8 weeks, Sept. 26th - Nov. 21st
	(no class 11/7)
TIME:	5:30P.M - 6:30PM
FEE:	\$170.00
ACTIVITY #:	220501-A1

ADULT PROGRAMS

ADULT FALL TOUCH FOOTBALL

This informal program stresses fun and friendly competition.

ELIGIBILITY:	Town of Lewisboro and/or Katonah Lewisboro School District residents ages 25 and older.
WHEN:	Sundays, Sept. 10th - Dec. 10th
WHERE:	Fox Valley Park – upper field
TIME:	9:00AM - 12:00PM
REGISTRATION:	None required
NOTE:	teams are picked each week - two hand touch
CONTACT:	Rob Bellinson –
	rbellinson@wrslaw.com
	(917) 696-2310



TAI CHI CHUAN – Ron Statler, Instructor

Improve your life now! An ancient Chinese exercise, Tai Chi Chuan is renowned for its therapeutic benefits. For centuries, it has been used for health, relaxation, vitality, increasing longevity and calming the mind. It is characterized by soft, continuous movements, and is practiced by people of all ages. Come discover the artistic method to achieving a relaxed, yet strong, mind and body.

FOR:	Adults, 18 years of age and older
WHERE:	Lewisboro Recreation Gym
WHEN:	Mondays, 6 sessions, Oct. 2nd - Nov. 13th
	(no class 10/9)
TIME:	12:00PM - 1:00PM
FEE:	\$120.00
ACTIVITY #:	420701-C1

MEN'S BASKETBALL

This is an opportunity to have fun and gain physical fitness. The program will focus on pick-up games, with teams formed, on a weekly basis, on-site. The pick-up games are not part of a regularly scheduled season of competition or a championship series. Instead, it is a more-or-less spontaneous game, with teams often made up on the spot. There are no repercussions beyond the final score in terms of standings or future commitment. Participants must wear sneakers and bring their own water bottles.

FOR:	Adults, 18 years and older
WHERE:	John Jay High School Gym
WHEN:	Mondays and Thursdays, Nov. 27th – Feb. 29th
TIME:	8:30PM - 10:00PM
FEE:	\$175.00 unlimited pass
	\$10.00 for Residents/night
	\$15.00 for Non-Residents
	Cash or check only! Or pre-register on our
	website by credit card.
NOTE:	When KLSD schools are closed due to inclement
	weather, program is cancelled and will not be made up.
BRING:	Sneakers, water, and a basketball.

DATE	ACTIVITY CODE
Monday, November 27	420302-A1
Thursday, November 30	420302-C1
Monday, December 4	420302-A2
Thursday, December 7	420302-C2
Monday, December 11	420302-A3
Thursday, December 14	420302-C3
Monday, December 18	420302-A4
Thursday, December 21	420302-C4
Thursday, January 4	420302-C5
Monday, January 8	420302-A5
Thursday, January 11	420302-C6
Thursday, January 18	420302-C7
Monday, January 22	420302-A6
Thursday, January 25	420302-C8
Monday, January 29	420302-A7
Thursday, February 1	420302-C9
Monday, February 5	420302-A8
Thursday, February 8	420302-C10
Monday, February 12	420302-A9
Thursday, February 15	420302-C11
Thursday, February 22	420302-C12
Monday, February 26	420302-A10
Thursday, February 29	420302-C13



TENNIS / PLATFORM / PICKLEBALL

The Town of Lewisboro offers our residents two locations for tennis play. Four all weather courts are featured at Fox Valley Park in Goldens Bridge that were rebuilt in the Spring of 2012. There are four soft surface tennis courts at Onatru Farm Park on Elmwood Road in South Salem.

Here are some policies with court usage for the 2023 season:

PERMITS: You must have a permit to play.

 ABSOLUTELY NO LESSONS ARE PERMITTED UNLESS OFFERED BY THE TOWN OF LEWISBORO. No exception of any kind will be considered or permitted.

Individuals who were members last year can renew online at lewisbororecreation. com and we will mail the key and permit to you unless YOU email parks@ lewisborogov.com and make arrangements for your key to be picked up so you can play right away.

All new members will have to come to the office for a photo ID and pick up a key.

TENNIS TWO FACILITY PERMIT -Fox valley and onatru park

FALL FEES as of September 1st

··· ·· 1	
Resident Family	\$100.00
Resident Individual	\$65.00
Resident Senior	\$40.00

The tennis season for Fox Valley Park runs from April 1st through October 31st. Onatru Park tennis courts will be open May 1st (weather permitting) through October 31st.

A reservation system is in place using Court Reserve. All tennis permit holders will receive the link to download the app for their court reservations. Only permit holders will be able to reserve court time. Each household will be able to register for one hour play time (if no one signed up after you and no one is waiting to play, you can play longer).

NOTE:

1. Each permit holder may have ONE guest per visit. For doubles, there must be two permit holders on the court for two guests.

2. Individuals who have a valid 2023 tennis permit do not need to purchase a new permit for the fall season.

3. The tennis courts at Fox Valley are used by the Katonah-Lewisboro School District from September through October, Mondays through Fridays, 2:30PM - 5:30PM.

NEIL VREELAND MEMORIAL PLATFORM TENNIS COURTS

The Katonah-Lewisboro School District along with the Town of Lewisboro offers our residents three platform tennis courts for play with lights for nighttime play. The courts are located on the John Jay High School Campus at 60 North Salem Road, Cross River, NY.

Platform Tennis Court fees for the year

(September 1st, 2023 – August 31st, 2024)		
Resident Family	\$200.00	
Resident Individual	\$125.00	

Resident Individual	\$125.00
Resident Senior	\$ 80.00 (must be 65)



YOUTH FALL TENNIS LESSONS – ONATRU FARM PARK

The goal of our tennis classes is to teach the participants the basic strokes and rules of the game, so that they can become future players. Each class begins with a warm-up period, followed by stroke development exercises. These will include the forehand, backhand, and volley. For more advanced players, we will introduce or further develop the serve, overhead, and lob. We will concentrate on timing, accuracy, consistency, and court positioning. Exercises, drills and games will be age and level appropriate.

Players must bring their own racquet and water.

WEEKDAY LESSONS – Gail Ascher, PTR Certified Instructor

	5
WHEN:	Wednesdays, 6 sessions, Sept. 20th - Oct. 25th
RAINDATE:	Nov. 1st
WHERE:	Onatru Farm Tennis Courts
Class 1	
FOR:	Grades 1&2
TIME:	4:45PM - 5:30PM
FEE:	\$90.00
ACTIVITY #:	450101-A1
Class 2	
FOR:	Grades 3-5
TIME:	5:30PM - 6:30PM
FEE:	\$120.00
ACTIVITY #:	450101-A2
Class 3	
FOR:	Grades 6-8
TIME:	3:45PM - 4:45PM
FEE:	\$120.00
ACTIVITY #:	450101-A3

WEEKEND LESSONS – Gail Ascher, PTR Certified Instructor

WHEN: RAINDATE: WHERE: Sundays, 6 sessions, Sept. 24th - Oct. 29th Nov. 5th Onatru Farm Tennis Courts

Class 1

 FOR:
 C

 TIME:
 3

 FEE:
 \$

 ACTIVITY #:
 4

Grades 1&2 3:15PM - 4:00PM \$90.00 **450106-G1**

Class 2 FOR:

TIME

FEE:

ACTI

	Grades 3-5
:	4:00PM - 5:00PM
	\$120.00
VITY #:	450106-G2

Class 3

 FOR:
 Grade:

 TIME:
 5:00Pl

 FEE:
 \$120.0

 ACTIVITY #:
 45010





TENNIS / PLATFORM / PICKLEBALL

SERVING CLINIC - Gail Ascher, PTR Certified Instructor

If you would like to develop and improve your serve, this clinic is for you. In this session we will teach:

- -The mechanics of the serve stance, toss, back-swing and follow through
- -How to serve consistently on both sides of the court

-Developing accuracy using props as targets

-Strategies for first and second serves

-Strategies for return of serve and some point play

FOR:	Grades 6-12
WHERE:	Onatru Farm Tennis Courts
WHEN:	Sundays, 6 sessions, Sept. 24th - Oct. 29th
RAINDATE:	Nov. 5th – 2:15PM – 3:15PM
TIME:	6:00PM - 7:00PM
FEE:	\$120.00
ACTIVITY #:	450101-E1

PICKLEBALL – OUTDOOR PLAY (Through 11/14)

Residents must bring their own paddle and balls. Please call our office for the lock box combination.

Outdoor hours:

Adults:	Mondays, Wednesdays and Fridays	8:30AM - 1:30PM
	Tuesdays and Thursdays	10:30AM - 1:30PM
	Saturdays	8:30AM - 11:30AM
Family:	Saturdays and Sundays	11:30AM - 2:30PM

PICKLEBALL - INDOOR PLAY (Starting 11/15)

The Town of Lewisboro will be offering our residents an indoor location at the Lewisboro Recreation Gym, 79 Bouton Road, South Salem, NY. There are three indoor courts which will be first come, first served. Permits are required for indoor play.

Photo Permits - A photo ID system has been implemented for indoor pickleball permits.

Fees:	Resident/School District Individuals Non-Resident Individual Guests of permit holders (cash/check)	\$125.00 \$150.00 \$ 10.00
Indoor I	Iours	

Adults:	Mondays and Fridays	10:00AM - 1:00PM
	Wednesdays	11:00AM - 1:00PM
Family:	Sundays	9:30AM - 11:30AM

The pickleball season will run from Monday, November 15th, 2023 to approximately March 29th, 2024, weather and holidays permitting. No Play 12/24, 12/25, 12/31, 1/1 and 1/15.

PICKLEBALL – Rob Delman, Instructor

Beginners: This is for players new to the game or who have played before and want to play at a slower pace. Topics to be covered include scoring, positioning and how to sustain a rally.

Intermediate: This is for the more experienced player who can accurately keep score, knows proper positioning, can dink, serve, volley and hit forehands consistently.

FOR: FEE: NOTE: Adults, 18 years and older \$100.00 - residents, \$130.00 - non-residents Participants may bring their own paddle.



PICKLEBALL CLINICS FOR BEGINNERS AND INTERMEDIATES – OUTDOORS

ACTIVITY #	450202-A1	450202-A2		
TIME	9:00AM - 10:00AM	10:00AM - 11:00AM		
	Beginners	Intermediates		
RAINDATE:	(no class 10/25) TBD			
WHERE: WHEN:	Town Park Basketball Courts Wednesdays, 5 sessions, Sept. 27th – Nov. 1st			

PICKLEBALL CLINICS FOR BEGINNERS AND INTERMEDIATES -INDOORS

	Beginners	Intermediates		
 NOTE:	Participants MUST be pickleball permit holders.			
(no class 11/21)				
WHEN:	Tuesdays, 5 sessions, Nov. 14th - Dec. 19th			
WHERE:	Lewisboro Recreation Gym			

	Beginners	Intermediates		
TIME	9:00AM - 10:00AM	10:00AM - 11:00AM		
ACTIVITY #	450202-B1	450202-B2		

EVENING PICKLEBALL FOR BEGINNERS AND INTERMEDIATES - INDOORS

WHERE: WHEN: NOTE:	Lewisboro Recreation Gym Mondays, 5 sessions, Nov. 13th – Dec.18th (no class 11/20) Participants MUST be pickleball permit holders.		
	Beginners	Intermediates	
TIME	6:30PM - 7:30PM	7:30PM - 8:30PM	
ACTIVITY #	450202-C1	450202-C2	

PLATFORM TENNIS - FREE INTRODUCTORY CLASS

Rob Delman, Instructor

Platform tennis (also known as paddle) is a sport that is played outdoors in cold weather. It is played on a court the same size as a pickleball court, but is surrounded by wired walls. As a game that is played in a doubles format, it requires a great deal of cooperation and understanding, especially as the game is played on an enclosed court that is a great deal smaller than a regular tennis court. This class will familiarize beginners with the basic rules, scoring and strategy.

FOR:	Adults, 18 years and older
WHERE:	JJHS Platform Tennis Courts
WHEN:	Thursday, Sept. 26th
TIME:	7:00PM - 8:30PM
FEE:	Free pre-registration required
ACTIVITY #:	450301-A1
NOTE:	Bring a platform tennis paddle if you have
	one, otherwise a loaner will be provided.



LEWISBORO SENIOR ADULTS

Pamela Veith, Senior Adult Director

FOR MORE INFORMATION ON DAY TRIPS OR THE SENIOR ADULT PROGRAM, PLEASE CALL 232-6162 OR EMAIL PAM AT SENIORS@LEWISBOROGOV.COM

The Lewisboro Senior Adult Program has much to offer those aged 50 and older! The Senior Adult Program, under the leadership of Pam Veith, will enjoy many fun and interesting events throughout the year!

Our program will continue to offer a weekly meeting, senior adult newsletter, and bus trips two days a week on our handicapped accessible bus. Check the monthly newsletter for full information on all of our programs.

We invite you to read on and encourage you to participate in our program offerings.

OUTREACH

Our responsibility is to reach out to the growing number of homebound senior adults in Lewisboro. Through this program, access to needed information and referral services are available. If you or someone you know is in need of services such as home delivered meals, heating assistance, access to Westchester County information,



Medicare/Medicaid information, to name a few, please contact Pam Veith.

Transportation to and from medical appointments can be arranged Monday – Fridays. Hours for this transportation must be within office hours and are subject to availability. To make arrangements for transportation, please call Pam.

Medical equipment is available for loan including wheelchairs, walkers, canes, shower chairs, etc. Please call the office if you are in need of any equipment.

The **File of Life** is available through the Senior Adult Program and the Outreach Program. It is an informational tool to provide assistance during a medical crisis. Everyone should have one. The large info file attaches to the refrigerator and the small info file belongs in your wallet at all times. There is a sticker for your door to alert emergency services to the File of Life. The small File of Life is a must on all Town sponsored bus trips.

The **"Are You Okay?"** telephone reassurance system is available to all our seniors. Daily telephone calls to each participant are made to ensure an individual is safe and well. Confidentiality is always guaranteed.

VOLUNTEERS NEEDED!

If you might be interested in volunteering to assist in the Senior Program, please call Pam Veith.



MEETINGS

Weekly meetings are held on Wednesdays at the South Salem Firehouse on Route 35 in South Salem. The South Salem Fire Department has graciously extended an invitation to our Seniors to use their large meeting area for our programs.



Our program offers much variety such a monthly book group, guest speakers, holiday parties, "The Wise Act" acting group, trivia, casual gatherings of new and old friends, , reminiscing and fun. The Firehouse is open from 9:30AM to 2:30PM every Wednesday. Please join us!

NEWSLETTER



The Senior Adult Newsletter is printed and mailed out each month. The newsletter highlights the month's

activities and keeps you up to date on upcoming events and trips. To receive your monthly copy of the newsletter, simply phone the Recreation Office at 232-6162 to have your name added to the mailing list or email seniors@lewisborogov.com to be added to our email list.

BUS TRIPS

Led by our very dedicated bus driver, Doreen Svendsen, the Town of Lewisboro offers bus trips twice a week with door to door pick up service: Tuesdays will be for retail/grocery shopping and Wednesdays the senior adult meeting. Please call 232-6162 at least one day in advance to make a reservation on the bus or to get a schedule of shopping days. There is a suggested

two dollar donation per day.



UPCOMING TRIPS AND EVENTS

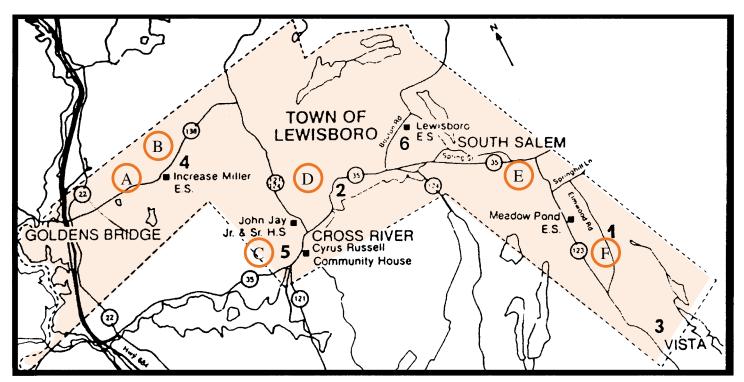
Details will be announced in the monthly newsletter.

	September 29	Trip: Culinary Institute of America, American Bounty in Hyde Park			
		Flu Shots (regular and high dose) at Lewisboro Town Park from 10:00AM – 12:00PM. Provided by Northern Westchester Hospital. Free for 65+ and \$20.00 fee for those under age 65.			
	October 18	80's Luncheon honoring those born in 1942, South Salem Fire House			
	October 19	Trip: Oktoberfest – "Jersey Dreamers"			
	November 1	Medicare Update			
	November 15	Thanksgiving luncheon at South Salem Firehouse			
	December TBD Holiday Luncheon For more information on day trips or the senior adult program, call Pam Veith at 232-6162.				

REGISTRATION FORMS

TENNIS REGISTRATION FORM		(PLEASE PRINT AND FILL OUT COMPLETELY)					
Adult Name							
Mailing Address				_City		_Zip	
Telephone (Day)			(Ever	ning)			
Emergency Name			(Tele	ohone)			
Elementary School Area (Check one): RESIDENT STATUS: □ Town of Lewis	boro Resi		ease Miller	□ Meade	ow Pond [] Katonah	
(Check one)	boro Scho	ol District	En Activity	nail		Tennis	
	Sex Age	D.O.B.	Number	Activit	y Name Grad		Fees
<i>Form of Payment:</i> □ CASH □ CHEC Make checks or money orders payable to 7 <i>By Mail:</i> Town of Lewisboro	GENER Parks an an accid	F LEWIS	BORO E: The under n Department y occur to the	, employees and afore named par	eleases the Town of L volunteers thereof, o ticipant as a result of	any responsibil participation in	wn Board, ity should the
Parks & Recreation Dept. 99 Elmwood Road South Salem, NY 10590	aforementioned program sponsored by the Lewisboro Parks and Recreation Department. Parent/Guardian Signature Date						
ACTIVITY REGISTRATION FORM (PLEASE PRINT AND FILL OUT COMPLETELY) Adult Name							
Mailing Address	CityZip						
Telephone (Day)							
Emergency Name			(Tele	ohone)			
Elementary School Area (Check one): RESIDENT STATUS:		dent	rease Miller	□ Meado	ow Pond [🛛 Katonah	
(Check one) □ Katonah/ Lewis Participant Name	boro sene			nail Activity			
Last First	S	ex Age	D.O.B.	Number	Activity Name	e Grade	Fees
Form of Payment: □ CASH □ CHECK □ CC NO REFUND POLICY TOTAL FEES: \$ Make checks or money orders payable to TOWN OF LEWISBORO Allergies/Medical Conditions							
By Mail: Town of Lewisboro Parks & Recreation Dept. 99 Elmwood Road South Salem, NY 10590	GENERAL RELEASE: The undersigned hereby releases the Town of Lewisboro, its Town Board, Parks and Recreation Department, employees and volunteers thereof, of any responsibility should an accident or injury occur to the afore named participant as a result of participation in the aforementioned program sponsored by the Lewisboro Parks and Recreation Department. Parent/Guardian Signature						

FACILITIES



1. RECREATION OFFICE/ONATRU FARM PARK

Parks & Recreation Department 99 Elmwood Road, South Salem - (914) 232-6162 Four multi-purpose fields for football, soccer, softball, field hockey, lacrosse, playground equipment, four soft surface tennis courts, hiking trails, restroom facilities, composting toilets and picnic pavilion. * Restrooms are not available November-April

2. TOWN PARK

1079 Old Post Road (Route 35), South Salem Ballfield, swimming pool complex, two basketball courts, two sand volleyball courts, playground equipment, picnic pavillion, pond for fishing, hiking trails and composting toilets. NOTE: Basketball and volleyball courts have lights for night time use.

3. VISTA FIELD

477 Smith Ridge Road (Route 123), South Salem Ballfield and toddler playground equipment.

4. FOX VALLEY PARK

4 Indian Hill Road (Route 138 and Indian Hill Road), Goldens Bridge

Four all-weather tennis courts, two multipurpose fields for baseball, football, soccer and softball, fitness trail, hiking trails, restroom facilities, picnic pavilion.

* Restrooms are not available November-April.

5. NEIL VREELAND MEMORIAL PLATFORM TENNIS COURTS

John Jay High School, 60 North Salem Road, Cross River Three platform tennis courts. Lights for night time use. Permits are required.

6. LEWISBORO RECREATION GYM

79 Bouton Road, South Salem.

TOWN PRESERVES

For more information, please go to the town's website at www.lewisborogov.com.

A. Falcon Ridge

- **B.** Brownell Preserve
- C. JJHS Cross Country and Community Trail

D. Old Field Preserve E. Leon Levy Preserve F. Onatru Farm Preserve



TOWN OF LEWISBORO DEPARTMENT OF PARKS & RECREATION

99 Elmwood Road South Salem, NY 10590 (914) 232-6162 Presorted Standard Mail U.S. Postage **PAID** White Plains, NY Permit No. 9001

POSTAL CUSTOMER ECRWSS

HOURS:

Monday – Friday 9:00AM – 5:00PM

PROGRAM REGISTRATION BEGINS WEDNESDAY, SEPT 13

TELEPHONE RESOURCE

POLICE, FIRE, AMBULANCE EMERGENCY New York State Police Town of Lewisboro (Non-emergency number)	
FIRE AND RESCUE South Salem Goldens Bridge Vista	763-3700 232-4600
AMBULANCE Lewisboro VAC Vista FD	
HOSPITALS Northern Westchester Emergency Room Norwalk Danbury	203-852-2000
POISON CONTROL SUICIDE AND CRISIS PREVENTION CHILD ABUSE WESTCHESTER COUNTY PARKS & RECREAT	

