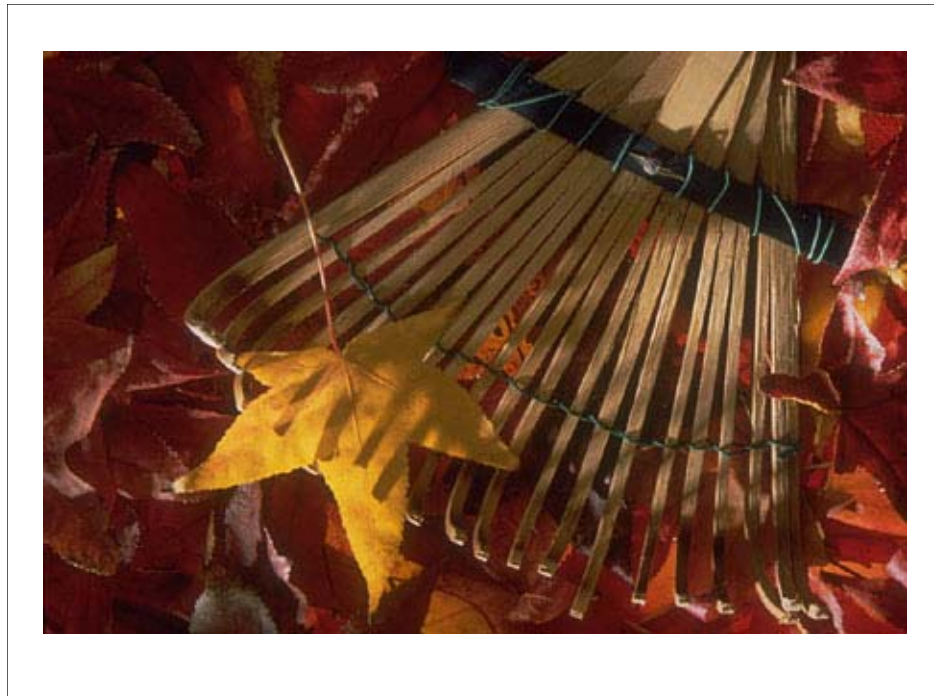


FALL WINTER 2005 / 2006

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Administrative Staff

John M. Whalen, Jr., M.Ed.,
CPRP, CPO
Recreation Director

Carol E. Shank
Receptionist/Secretary

Jean LaBroad
Part Time Secretary

Recreation Commission

Richard Paige, Chair
Nancy Roberts, 1st Vice Chair
Michael O'Neill, 2nd Vice Chair
Faith Leahy
Vincent Scordino
Richard Matuszczak
Steven Beaumier
Paul Nardi
John O'Heir

OFFICE LOCATION & HOURS

Pleasantview

328 North Main Street
Phone: 525-5437

Office Hours: Monday – Friday
8:00 a.m. to 4:00 p.m.

Contact us at jwhalen@eastlongmeadow.org
Web Page: www.eastlongmeadow.org

GENERAL INFORMATION

PROGRAM NOTES

Participants should NOT arrive more than ten (10) minutes prior to the scheduled start of an Activity, unless so instructed by the Coach and/or Instructor.

Parents should NOT just drop off participants at an Activity; they should make sure that there is adult supervision, before leaving. From time to time, due to any number of circumstances beyond our control or that of the instructor, arrival of the instructor, at the site may be delayed. If an instructor does not show within fifteen (15) minutes of the scheduled starting time, we request that parents take their children home and the class will be rescheduled.



Many of the Recreation Programs are held at the Schools, please obey All Rules set forth by the School and Recreation Departments.

OTHER INFORMATION

NON-RESIDENT REGISTRATION & FEES

Some East Longmeadow Recreation Department administrative and program costs are covered by East Longmeadow tax dollars. Therefore, those who are not residents of East Longmeadow will be assessed a surcharge for each program registered for (unless otherwise noted) that fee is \$10.00.

New Program and/or Suggestions for Improvements in Current Programs

The East Longmeadow Recreation Department is ALWAYS open to suggestions for improving existing Programs and/or for NEW IDEAS for additional programming. If you have any suggestions, please contact the Recreation Director directly by calling 525-5437 or write us at our office address listed on the front cover.

Use of Ball Fields

The Recreation Department has set aside times for the use of "Ball Fields" by Town residents who are not involved in an organized team or league. If you are interested in reserving an available time, please contact the Recreation Department to secure a field.

Photo Policy

The Recreation Department reserves the right to photograph participants for publicity purposes. If for any reason you do not want to be photographed, please notify the Recreation Director.

CANCELLATIONS

If we are required to cancel a class or program, either a program credit or full refund will be granted. Individual programs MAY be cancelled due to unfavorable weather conditions. We reserve the right to postpone, reschedule or cancel programs, change locations, substitute staff or make other changes as necessary.

Tennis Sport for Life

The Recreation Department in conjunction with Tennis Sport for Life will be sponsoring the following programs:

All First Session Programs will be held at the Forest Park Tennis Courts

Tots Cartoon Tennis Club: Ages 3 -5. A fun introduction approach to tennis for tots using special equipment. The program will run for four (4) weeks beginning September 12th from 10:30 to 11:00 a.m. or 1:00 to 1:30 p.m. Cost for the Session I is \$30.00 and Session II is \$55.00 indoor at Grande Meadows. Activity Number is Session I: 320400-A and Session II: 320400-B.

USPTA Little Tennis: Grades 1 - 4. Uses special balls to insure immediate success in learning the lifetime sport of tennis. The program will run for four (4) weeks beginning September 12th from 4:30 to 5:15 p.m. Cost for the Session I is \$40.00 and Session II is \$70.00 indoor at Grande Meadows. Activity Number is Session I: 320400-C and Session II: 320400-D.

Children's Tennis Clinic: Grades 5 - 8. For youth who may or may not have some tennis but would like to learn to improve on their shot making skills! The program will run for four (4) weeks beginning September 12th from 3:30 to 4:30 p.m. Cost for the Session I is \$50.00 and Session II is \$80.00 indoor at Grande Meadows. Activity Number is Session I: 320400-E and Session II: 320400-F.

Adult Tennis (open to teens and adults). A beginner's tennis clinic, both creative and fun, that will introduce the lifetime sport of tennis with its many health benefits. The program will run for four (4) weeks beginning September 12th from 9:30 to 10:30 a.m. or 5:30 to 6:30 p.m. Cost for the Session I is \$50.00 and Session II is \$75.00 indoor at Grande Meadows. Activity Number is Session I: 320400-G and Session II: 320400-H.

Intermediate Tennis Clinic. For those who have already played tennis and wish to continue to improve their strokes and strategy combining drills and match play. The program will run for four (4) weeks beginning September 13th from 9:00 to 10:30 a.m. Cost for the Session I is \$65.00 and Session II is \$90.00 indoor at Grande Meadows. Activity Number is Session I: 320400-I and Session II: 320400-J.

All programs are under the direction of Conrad McIntire, Jr., Director - Tennis Sport for Life. Conrad is a former collegiate state champion who was the winner/finalist in over 50 New England Tennis Tournaments. He has coached both boy's and girl's tennis teams at Somers, Fermi and Tolland High School as well as Springfield College. He is well known for his creative, imaginative and fun approach to teaching tennis to both children and adults.

BUILDING RULES

1. Smoking is NOT permitted in any building and/or school grounds.
2. Food and Drink are prohibited in all areas.
3. Individuals whose language and/or behavior is deemed inappropriate will be removed from the program.
4. Persons doing physical damage to the facility will be held financially responsible.
5. Children will not be allowed to attend programs, unless specifically designated "Family". Nor should they wait unattended outside the activity.
6. Parents who wish to observe youth programs are encouraged to do so on the first and last day. Other arrangements may be made through the Program Staff.
7. Concerns and problems relating to the program, staff and/or facilities should be directed to the Recreation Director immediately.

LOCKER ROOMS

1. Children under the age of six (6) MUST be supervised by an adult.
2. Children six (6) & up MUST use locker rooms of the appropriate gender.
3. Please LIMIT the time for taking showers.
4. No locks can be left overnight, as school personnel will remove them.

GYM RULES

1. Only appropriate gym attire is to be worn.
2. Clean, NON-MARKING gym shoes are permissible.
3. Footwear MUST be WORN at all times.
4. No street clothes are allowed at any time.

POOL RULES

1. A shower is required before entering the pool.
2. Proper bathing attire is required. No cutoffs.
3. Follow all RULES & REGULATIONS posted in the pool area.
4. No Flotation devices are allowed.
5. Please obey LIFEGUARDS at all times.
6. Please be courteous to fellow swimmers.
7. During Family Swim, an adult MUST be in the area to supervise children under the age of 14.

RECREATION NIGHTS AT THE FALCONS

The East Longmeadow Recreation Department and the Springfield Falcons are pleased to announce seven (7) Group Nights at the "NEST" for the 2005/2006 Season. We are pleased to be able to offer these nights at One Great Low Discount Price of \$10.00 per ticket for Adult, Seniors and Children with \$1.00 per ticket returned to the Recreation Department for Youth Activities. All ticket purchases must be made at least 24 hours prior to game date and can be obtained at the Recreation Department Office.



Friday, October 21 vs Hartford at 7:30 pm

Tuesday, December 27 vs Providence at 7:00 pm (Free Skate after game)

Saturday, February 25 vs Norfolk at 7:00 pm

Saturday, April 15 vs Portland at 7:30 pm

Sunday, November 20 vs Binghamton at 4:00 pm (Free Skate after game)

Saturday, January 21 vs Lowell at 7:00 pm

Friday, March 31 vs Hartford at 7:30 pm

COMPETITIVE SWIM – HIGH SCHOOL POOL

This program is offered to boys and girls ages 6 – 18 who want to develop their swimming skills, be part of a team, and make new friends. Swimmers get in excellent physical condition as they learn and improve the four competitive swimming strokes. Swimmers must be able to complete 25 yards freestyle to participate in the program. Program will be limited to 100 swimmers.



Practices are held Monday, Tuesday, Wednesday and Thursday at the ELHS Pool. Schedules will be developed by the Coach prior to the start of the season. The program will start on Tuesday, October 11th. Meets are usually held on Saturdays beginning in December concluding with the League Championships in early February.

Registrations will start on Wednesday, September 28th and Thursday, September 29th at the High School Cafeteria from 7:00 to 8:15 p.m. Registration after these dates may be made in the Recreation Office. Purchase of additional Team equipment may be required (i.e.: team uniform, etc.) Payment of the registration fee MUST be made PRIOR to participating in this program. Fee for this program will be \$110.00 per swimmer. The fee for High School students prior to the start of the High School Season will be \$55.00. (Activity Number is #210206-A).

Wee Playtime (1-3 yrs) Pleasantview Thursdays 9:15 to 10:30 AM

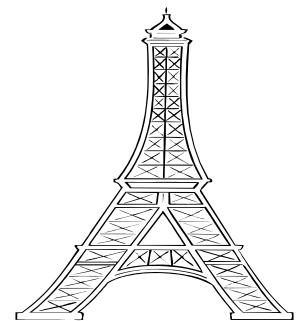
Open to ages 1-3 years. Cooperative play for children & adults. We provide space, opportunity, equipment and toys. You provide supervision & cleanup. This program will run for eight (8) weeks and will utilize facilities at Pleasantview and Heritage Park (playground area). There will be a limit of fifteen children in the program. A fee of \$10.00 per family will be charged—this will be used to purchase snacks for the program. The Recreation Department is seeking any unused toys you may want to donate to the program. The program will be coordinated by Debbie Clark who is a certified special education teacher. This program is a non-instructional class designed to be a social group for all participants. Program will start September 22, 2005.



IES Schools Foreign Language Courses

French / Spanish for Beginners – (Pleasantview) Monday 5:30 to 6:30 p.m. or Saturday 10:30 to 11:30 a.m.

IES (International Education Systems) will be offering a program for those in Grades K – 5th. Children are natural learners. Most adults consider themselves incapable of learning a foreign language, and have difficulty pronouncing foreign words and phrases. But children delight in this task; it is as natural as play to them. They quickly and eagerly assimilate inflections, and sound patterns of any language, to which they are exposed. IES offers children a simple, efficient means of learning and speaking foreign languages. How the program works: Your child will participate in one hour club meetings at Pleasantview. The method is a natural, oral approach in which language acquisition occurs through activities, games, stories, and songs. Children listen and imitate, then, they understand and speak, and finally read and write. Our approach emphasizes good communication skills. Features: Progressive program of Instruction; Program provides language acquisition with one word and short sentence responses; one year or more provides progression of fluency; each student receives 1-8 books and/or tapes, which include 1-8 curriculum units for the entire program; classes of 8-15 students held one hour each week; instructors are usually native speakers, all are bilingual and trained by IES through ongoing seminars and children receive a certificate at the end of the program.



Monday class will begin on September 26th and the Saturday class will begin on September 24th.

Tuition: The fee is \$120 per session which will include all supplies and instruction.

To Enroll: Send registration and tuition by September 10th to Adina Alexandru, 67 Silver Birch Road, Longmeadow, MA 01106. Classes will start the last week of September. If we cannot accommodate your child in a class, the entire payment will be refunded. There will be no refund after 30 days from the beginning of the first class. For more information call (413) 565-5751.

TODDLERS ART

Me & My Art (ages 2—4) - Pleasantview—Friday –10:30 to 11:20 a.m.

Children and adults work together to create unique sculptures, paintings, crafts. Children develop self-confidence as they “stand on the chair” to present their finished artworks...adults have fun, too! Program fee includes all materials and one (1) makeup class. Program fee is eight (8) weeks for \$96. Session begins September 16th.

Call the instructor, Marla Shelasky, for more information at 626-2891 (East Longmeadow number) or pick up a brochure / registration form at the East Longmeadow Recreation Department.

AEROBICS PROGRAMS – PLEASANTVIEW

Aerobics – Pleasantview (Fall ‘05 Programs)

Day Program

Tuesday & Thursday 8:30 – 9:30 am

Open to all those College Age and Older. This is a choreographed fitness program that incorporates techniques into simple easy to follow routines. Cost for the ten (10) week program is \$25.00. **CLASS SIZE IS LIMITED.** Program begins on September 13th (Program #220100-A). Registration for this program will begin on August 15th for residents and August 22nd for non-residents. Non-Residents add \$10.00 and Seniors take a \$5.00 Discount.

Evening Programs

Monday & Wednesday - 6:00 to 6:55 p.m. or Tuesday & Thursday - 6:00 to 6:55 p.m.

The program is open to women of College age and older. Exercise is performed to music. Classes will begin the week of September 12th. Cost for the ten (10) week program is \$25.00. **CLASS SIZE IS LIMITED.** Men are welcome in the Tuesday & Thursday program. Program Codes (Mon/Wed #220101-A or Tue/Thurs #220102-A). Registration will begin on August 15th for residents and August 22nd for non-residents. Non-Residents add \$10.00 and Seniors take a \$5.00 Discount.

Young Adult and Adult Exercise – Pleasantview (Fall ‘05 Program)

Tuesday & Thursday 4:50 to 5:50 p.m.

This program is a coed program of High School age and older. Exercise is performed to music. Classes will begin on Tuesday, September 13th. Cost for the ten (10) week program is \$25.00. **CLASS SIZE IS LIMITED.** (Program #220103-A). Registration will begin on August 15th for residents and August 22nd for non-residents.



American Red Cross Skill Levels

Level I

- * Supported floating and kicking on front and back
- * Alternating arm action
- * Water safety rules
- * How to get help in an emergency
- * Reaching assists without equipment
- * Fundamentals of using a life jacket

Level II

- * Floating and kicking on front and back
- * Rhythmic breathing
- * Combined stroke on front and back
- * Turning over front to back, back to front
- * Reaching and extension assists
- * Familiarity with rescue breathing

Level III

- * Fundamentals of elementary backstroke
- * Jumping into deep water with a life jacket
- * Diving from side of pool
- * Treading water
- * Self rescue skills
- * Rescue breathing

Level IV

- * Deep-water bobbing
- * Dives from the side of pool from stride and standing positions
- * Breaststroke and side stroke
- * Turns at the wall
- * Familiarity with CPR

Level V

- * Alternate breathing
- * Swimming underwater
- * Butterfly
- * Open turns on front and back
- * Diving safety
- * Beginning diving progression from diving board

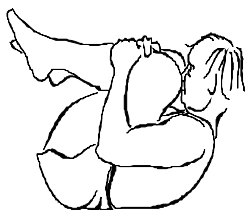
Level VI

- * Approach and hurdle on diving board
- * Tuck and pike surface dives
- * Alternative kicks for treading water
- * Throwing rescues
- * Turning spinal injury victim face up
- * Approach stroke

Level VII

- * Incorporating learn-to-swim skills and activities into lifetime fitness
- * Springboard dive in tuck and pike positions
- * In-water rescue techniques utilizing equipment
- * Conditioning principles
- * Review Basic Water Safety Skills
- * Assist with a backboard rescue

Pilates at Pleasantview



The Exercise Class—Doctor Recommended, For All Ages & Abilities, Can be Done Sitting in a Chair and you Gain Strength, Flexibility & Balance. A Program will be offered under the Direction of Chlake Raineu, AFAA, AEA, AFA, FRA, STOTT State Certified Athletic Coach. She will be at Pleasantview on Friday's from Noon to 1:00 p.m. Program begins September 9th. There is a fee for the program and is paid directly to the instructor. For more information you can call 860-377-6326.

Additional Registration Information

- Registrations will not be accepted at sites unless otherwise specified.
- An individual must meet age requirements of the program by the start date of that program. Some exceptions may be made as long as the participant turns the proper age within that year.
- When a program has been filled, we do maintain waiting lists in the event that a space may open. There is no fee to be added to our waiting list. However, if a space does become available, fees would be collected at that time, if you wish to participate.
- A full refund will be given for withdrawal from a program two weeks prior to the start date. A 90% refund will be given for withdrawal from a program one week prior to the start date. A 75% refund will be made for withdrawal from a program after the first week. No refunds will be given after the second week of a program start date unless accompanied by a written medical note.
-

NEW PROGRAMS

From time to time “NEW” Programs will be added to our offerings. Please check our Web Site at www.eastlongmeadow.org for current information.

Thank You
The Recreation Department would like to
“THANK” the
SYLVAN
Learning Center
East Longmeadow

WINTER PROGRAMS

It is anticipated that the following programs will be offered sometime in the New Year. Please watch the newspapers or visit us on our web site at www.eastlongmeadow.org for the most up to date information.

Learn to Ski Program

The Recreation Department is looking to continue this very successful program at Blandford Ski Area. Details should be available around the 1st of November with registration deadline mid-December.



Winter Swim Lessons (High School – Pool: Weekdays)

This program is offered each Winter once the Competitive Swim program has ended. Lessons will be offered as follows: 3 to 5 year old (parents participate and go in the water); Red Cross Levels I, II and III. Starting dates, times for these classes along with the fees will be announced shortly after the New Year.

Family Swim – (High School – Pool) Friday – 6:30 to 8:30 p.m.

THIS IS NOT A LEARN TO SWIM PROGRAM. The program is geared toward “Family” participation, with those under 14 needing to be accompanied by an adult (adult need not swim). Starting date is Friday, October 7th. Cost is \$3.00 per person not to exceed \$12.00 per family and is payable at the door. We request that you check with the Department on the evening that you plan to attend, since not all Friday dates are available. You can also check our evening answering service at 525-5437.

YOUTH BASKETBALL PROGRAMS

The East Longmeadow Basketball Association is pleased to announce that registration for our 2005/2006 basketball program will begin on September 7th. This program is being offered to boys and girls from 1st grade through High School.

Teams will be evenly developed based on registration numbers, skill level, grade and gender as part of the EVALUATION SESSIONS for all age groups, which will take place in October. Dates, times and locations for Evaluation Sessions will be announced after the October 3rd Registration Deadline. Practices & games are scheduled to run from November to March.

We anticipate each Age Group will have the following (based on registration numbers):

- * A Girls only League * A Boys only League
- * A Traveling Select Team CYO or Teams for Suburban (excluding 1st & 2nd Grade)



Activity Numbers are as follows:

	In town	CYO	Suburban		In town	Travel	Suburban
Boys 1/2	#240100-A	N/A	N/A	Girls 1/2	#240100-E	N/A	N/A
Boys 3/4	#240100-B	#240101-A	N/A	Girls 3/4	#240100-F	#240101-D	N/A
Boys 5/6	#240100-C	#240101-B	#240102-A	Girls 5/6	#240100-G	#240101-E	#240102-C
Boys 7/8	#240100-D	#240101-C	#240102-B	Girls 7/8	#240100-H	#240101-F	#240102-D
Boys HS	#240100-M	N/A	N/A	Girls HS	#240100-N	N/A	N/A

Program Costs are:	Boys and Girls Grades 1/2	\$ 50.00	Boys and Girls Grades 3/4	\$ 60.00
	Boys and Girls CYO	\$ 90.00	Boys and Girls Grades 5/6 and 7/8 In town	\$ 70.00
	Boys and Girls HS	\$ 80.00	Boys and Girls Suburban	\$100.00

Participant must select either the In town or Travel Program. Those not selected for the Travel Program will be asked to attend the In town evaluation. Program Costs include Uniform, Gym Expenses, Equipment Expenses, Referee Expenses, etc.

VOLUNTEERS NEEDED. Coaches, Assistant Coaches, Referees, Snack Bar Volunteers, etc. For those men and women who are interested in helping, please contact the Recreation Department.

REGISTRATION DEADLINE - OCTOBER 3rd

YOUTH WRESTLING PROGRAM

The East Longmeadow Recreation Department will be sponsoring a program headed by Tom Sawyer, head coach at ELHS. This program is open to Boys and Girls in Grades 1st to 8th and will be held at the High School. The program will start November 29th and run through February and will meet Tuesday and Thursday evenings from 6:00 to 7:30 p.m. Coach Sawyer and his assistant coaches, along with select members of the East Longmeadow High School wrestling team will provide instruction for all participants. This is the second time this program has been offered and volunteers are welcome. Cost for the program will be \$55.00. Activity Number #610100-B.



SPRING SPORTS PROGRAMS

Registration for **SPRING SPORTS** (Baseball, Softball, Lacrosse and Soccer) will take place during the months of **November to February**. Exact dates, times, fees and final registration dates have not been established at this time; however, information will be available after mid November. You should call in or stop by after this date for details. Flyers will be sent home to each student in the East Longmeadow Public School District.



PINE KNOLL RECREATION AREA

FAMILY MEMBERSHIPS – 2006

Pine Knoll Recreation Area is entering the 11th season of operation. Family and Individual Memberships allow for the use of the Pool and other facilities during specific hours. Rental of Facilities for a "Family Reunion", "Birthday Party" or other Family gathering is possible. You will need to contact the Recreation Department for details.

Pool Membership Passes

Fee Structure:

<u>RESIDENTS:</u>	<u>FEE</u>	<u>ACTIVITY NUMBER</u>
Sr. Citizens (Single)	\$ 55.00	#130200-A
Sr. Citizens (Couple)	\$ 65.00	#130201-A
Adults (Individual)	\$ 75.00	#120200-A
Adults (Couple)	\$ 85.00	#120201-A
Family (3 or more)	\$100.00	#130300-A
<u>NON-RESIDENTS:</u>		
Sr. Citizens (Single)*	\$ 75.00	#130202-A
Sr. Citizens (Couple)*	\$ 85.00	#130203-A
Adults (Individuals)*	\$ 95.00	#120202-A
Adults (Couple)*	\$105.00	#120202-B
Family (3 or more)*	\$130.00	#140202-B



* Facility Improvement Fee: All non-residents will be required to pay a \$50.00 facility improvement fee, along with the seasonal pass fee, as indicated above.

HOLIDAY SEASON GIFT CERTIFICATES

Need a Holiday Season Gift ?
Why Not a Family Membership to Pine Knoll Recreation Area?
Gift Certificates will be available in December
Or
Give Someone a Certificate Good for one of our Summer Programs
Summer Brochure will be available in February

Need a place to hold your "Family Picnic" or "Reunion" check us out
We have two buildings that are available for any size party
We rent from Mid-April to Mid- September

INSURANCE

The Town of East Longmeadow does not carry insurance to cover the cost of hospitalization and/or medical costs of persons injured during the course of participation and/or as a spectator at any of the Recreation Department Programs. All participants and spectators enter at their own risk.

ARE YOU A POTENTIAL INSTRUCTOR?

Do you have a talent or interest?

Would you like to teach a program for the East Longmeadow Recreation Department?

Fill out the form and return it to the Recreation Department, 328 North Main Street or Call 525-5437.

Name: _____ of Class: _____ Phone: _____ Address: _____ Type _____

GENERAL REGISTRATION INFORMATION

Registration for most Programs will be handled on a "Mail-In" registration basis. Certain restrictions will apply, when necessary, and will not be available on a "Mail-In" basis. These restrictions or exceptions will be noted in the program information.

Mail-In Registration for most Programs will begin on Wednesday, September 7th.

Please adhere to the following registration guidelines:

1. Fill out the Application form completely. Only one form is needed per family. Fill-in the appropriate fee and total all fees at the bottom of the form.
2. Make checks payable to: **Town of East Longmeadow.**
3. Send registrations to:

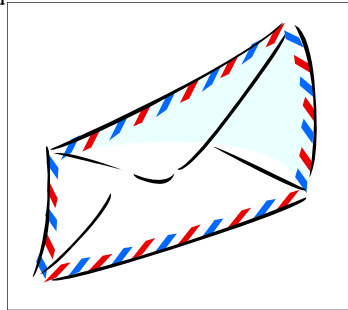
Fall /Winter Registration

East Longmeadow Recreation Department

328 North Main Street

East Longmeadow, MA 01028

5. You will, within five (5) working days, receive a receipt, along with any other information that you will need to participate in the selected program (s).



Mail In Registration speeds the process and saves you time waiting in line.

How to watch a Good Program Die

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies.

Please Register Early

All Program Descriptions, Fees, Dates and Times are Subject to Change. Additional Program Offerings will be announced in the Local Media. Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. If so, we will do everything possible to correct the situation promptly. Thank you for your patience and understanding.

Additional Program Notes

Walk In Registration, for RESIDENTS, will be accepted beginning September 12th

Non-Resident Registration will begin on September 14th

Numbers in (#) are Activity Numbers

Call 525-5437, after 4:00 p.m. each evening for a listing of All programs scheduled for that evening

FEE REDUCTION POLICY

We will no longer be able to fill requests for any "FEE REDUCTIONS",

All program fees are as stated in each program description.



SPECIAL SERVICES / NON-DISCRIMINATION POLICY

The East Longmeadow Recreation Department provides its services, programs and activities to all children and families without regard to race or color, gender, sexual orientation, physical or mental ability, religion, ancestry or national origin. The Town provides reasonable accommodations to qualified individuals with special needs upon request.



Call us if you need Special Services

NATIONAL YOUTH SPORTS COACHES ASSOCIATION

NYSCA is a National Organization, which provides training for the Town's volunteer Coaches. We serve as a recognized Chapter of NYSCA and conduct Clinics during each sport season. Clinics are conducted via video taped presentations and include: Psychology of Athletes; Motivation of Youngsters; and Care / Prevention of Injury. Each Sport is shown a sports specific tape dealing directly with their sport and consists of organization of practices and the teaching of fundamentals of that sport. Each Coach is required to sign the Code of Ethics pledge and they will be held accountable to a Code of Conduct that defines expected behaviors of an NYSCA certified Coach.

For more details about the program and how you can become a certified coach, please contact the Recreation Director.