

City of Long Beach City News & Recreational Brochure



Fall/Winter 2016-17

City Council

Len Torres, President
Anthony Eramo, Vice President
Eileen J. Goggin
Scott J. Mandel
Anissa D. Moore

City Manager

Jack Schnirman

Deputy City Manager

Michael H. Robinson

Assistant Superintendent of Recreation

Paul Ferrante

Youth & Family Serv. Executive Director

Johanna Mathieson

City Hall Information

One West Chester Street
Long Beach, NY 11561
(516) 431-1000
www.longbeachny.gov

Fall/Winter Hours
9:00am - 5:00pm

Recreation Center

700 Magnolia Boulevard
Long Beach, NY 11561
516-431-3890
www.longbeachny.gov/rec

CARDIO & WEIGHT ROOM

Monday-Friday
6:00am to 10:00pm
Saturday
7:00am to 9:00pm
Sunday
7:00am to 6:00pm

MUNICIPAL POOL

Monday-Thursday:
6:00am to 5:00pm & 8:00pm to 9:30pm
Friday:
6:00am to 1:30pm &
2:30pm to 5pm & 8:30pm -9:30pm
Saturday:
9:30am to 8:30pm
Sunday:
9:30am to 5:30pm

Youth & Family Services Community Center

650 Magnolia Boulevard
Long Beach, NY 11561
516-431-3510
jcruz@longbeachny.gov
www.longbeachny.gov

Open seven days a week
Senior Center
9:00am - 3:00pm

Ice Arena

150 West Bay Drive
Long Beach, NY 11561
516-705-7385
icearena@longbeachny.gov
www.longbeachny.gov/icearena

PUBLIC SESSIONS

Monday: 9:00am-12:00pm &
3:30pm - 5:30pm
Tuesday: 9:00am-11:00am
Wednesday: 9:00am-11:00am
Thursday: 9:00am-11:00am
Friday: 9:00am-11:00am &
3:30pm-5:30pm,
Saturday: 1:00pm-3:00pm
Sunday: 12:45pm-2:45pm, &
3:30pm-5:30pm

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“Long Beach Response” Mobile App

Provides prompt information, answers & solutions for residents and visitors. The app is free and available for both iOS and Android mobile devices providing a user-friendly guide to connect directly with city staff in order to more effectively and efficiently resolve issues in the community. In addition, it provides a direct link to event information, city news, and updates, local bus and train schedules, restaurant information and so much more. Just type in “Long Beach Response” and download the app.



A Message From City Council President Len Torres



The City of Long Beach was definitely the place to be on Long Island for the summer of 2016. It all kicked off Memorial Day weekend with USA Today declaring us one of the top 10 beach destinations in the entire country, and it kept on rolling. Every local media outlet from ABC to Fox helped shine the spotlight on our new offerings, including the five boardwalk concession buildings, single-stream recycling on the beach and boardwalk, smoke-free parks and beaches, extended ADA beach mats, more beach showers, extended hours for bathrooms, ATMs, and additional social bicycles at more convenient locations. Popular favorites like our free summer concert series, arts and crafts festivals, and the Long Beach International Film Festival were all tremendously successful as well. And, for the first time, we closed out the season with a bang, hosting the Fireworks Extravaganza on Labor Day weekend.

While the City was proud to present residents and visitors an unparalleled offering of entertainment in the summer, Long Beach is far more than ‘just the beach’ – with endless options at our shops and restaurants, our vibrant community has so much to offer throughout the entire year. To this end, as we enter the fall, we are prepared to again deliver a wide array of fun and exciting events. Our ever-popular Fall Festival, now in its 20th year, occurs in October, and the Christmas Tree and Chanukah Menorah lightings will take place in December. We hope you will join us at these traditional events, along with the many others detailed in this booklet.

As always, we encourage you to sign up for email, text, and phone alerts on longbeachny.gov, and we recommend that you download the Long Beach Response mobile app so you can stay up-to-date on everything going on in our shining City by the Sea.



Council Member Eileen J. Goggin, Council Vice President Anthony Eramo, Council Member Anissa D. Moore, Council President Len Torres & Council Member Scott J. Mandel

A Message From Police Commissioner Michael Tangney

A Friendly Reminder To Share the Road



Across the nation, auto crashes are on the rise this year. Unfortunately, we are seeing an uptick here in our city as well. From lower speed limits, to additional stop signs, to enhanced enforcement, the Long Beach Police Department’s traffic division is dedicated to doing everything it can to reduce the number of crashes occurring on our streets.

The LBPD has partnered with AAA to promote the “School’s Open – Drive Carefully” awareness campaign. The six core tenets of this campaign include slow down, come to a complete stop, eliminate distractions, reverse responsibly, watch for bicycles, and talk to your teen. With children traveling to and from school, this program emphasizes the importance of being particularly vigilant for pedestrians before and after school hours.

We were fortunate to have been awarded a \$15,000 grant from New York State, allowing us to participate in the Governor’s Traffic Safety Program. The goal of this program is to increase seatbelt usage and reduce dangerous driving behaviors in an effort to reduce serious injury and death from traffic crashes. Remember to buckle up for safety!

In addition, we partnered with AT&T in August, promoting the “It Can Wait” campaign, which is designed to discourage texting and driving. Many believe that the rise in crashes can be tied in part to the increasing number of drivers who are distracted by their cell phones. We strongly encourage you to silence your phones and keep them out of reach while driving – these simple precautions make the road safer for everyone.

It is important to remind bicyclists to obey the same traffic laws that motorists follow. Going with the flow of traffic and stopping at stop signs are two simple laws that bicyclists absolutely need to follow. The LBPD partnered with the New York Coalition for Transportation Safety to hold an event that included bike safety tips, maintenance checks, bicycle registrations, and helmet fitting. The event culminated in a fun, guided trip along a scenic Long Beach route to lemonade stands stationed around the City.

In recent years, we have taken numerous precautions to help keep our streets safe for motorists, bicyclists, and pedestrians, alike. We hope that you will continue to be mindful of others while traveling and remember to share the road. As the City slogan says...

“Sand, Surf, & Safety First -- Drive, Bike, Walk Responsibly.”

Fall Events 2016

SATURDAY, OCTOBER 8: MCAVOY RACE RESCHEDULED

5-Mile McAvoy Race rescheduled from Labor Day. Registration begins at 6:30am at Laurelton Blvd. and the boardwalk. Race begins at 8:00am. Visit longbeachny.gov/rec for more information.

SATURDAY & SUNDAY, OCTOBER 8 & 9 20TH ANNUAL FALL FESTIVAL

The pleasures of Fall for all ages. Craft vendors, carousel, pumpkin patch, petting zoo, music, hay rides and more. 10am - 5pm at Kennedy Plaza. (Fees are charged for attractions). See page 10 & 11 for more information.



SATURDAY, OCTOBER 8: LB RECREATION COSTUME PARADE

Children of all ages are invited to participate Fall Festival Costume Parade. Awards are given for the best costumes. Begins at the Recreation Center Fields at 12 noon. Rain Date is Sunday, October 9.



SATURDAY, OCTOBER 15: CIRCULO PEACE WALK

Walk to End the silence on Domestic Violence; raise awareness and provide support services. The walk will begin at 9am on Laurelton Boulevard boardwalk.

SATURDAY, OCTOBER 15-SUNDAY, OCTOBER 23: RESTAURANT WEEK

The Long Beach Chamber of Commerce is proud to sponsor the Semi-Annual Restaurant Week Celebration featuring over twenty restaurants. Take advantage of the unique tastings the restaurants will be offering with their Prix Fixe menus of \$21.95 and under.

SATURDAY, OCTOBER 15: LANDMARKS ASSOCIATION HAUNTINGS

Bus tour leaving from Kennedy Plaza, visiting ghostly sites involving mayhem, mysteries and folklore of Long Beach. Stopping off for Wicked Refreshments served at a Haunted Mansion \$20.00. (516) 574-3212

SUNDAY, OCTOBER 16: FALL CAR SHOW

The Chamber of Commerce will hold a car show from 10am to 5pm in Kennedy Plaza. Visit longbeachchamber.com for more information.

THURSDAY-SUNDAY OCTOBER 20 - SUNDAY, OCTOBER 23: MERCHANTS WEEK

Merchants Week will offer a host of great deals and events from our local businesses. On Sunday, October 23: Complimentary Trolley Service, Shopping Crawl, Free Totes & Raffles; Customer Appreciation Cocktail Party at Lola's Kitchen 4pm to 6pm. www.thelongbeachchamber.com. #shoplocalbny

SATURDAY, OCTOBER 22: ARTS IN THE PLAZA LOVE DAY!

A celebration of love and art from 10am to 3pm in Kennedy Plaza. Renew your promise to your true love at our Wedding Vow Renewal Ceremony at 11:30am led by Love and Peace Ceremonies (email aitplaza@gmail.com to pre-register). Let your heart and spirit soar at our Tribal Hoop Jam and Drum Circle at 12pm with Spirit Sky Drum and Sammi Hoop. Get groovy with funk band DysFunkTone at 2pm. Explore handcrafted local art all day! artsintheplaza.com

SUNDAY, OCTOBER 23: CROSSFIT FUNDRAISER

Barbells for Boobs is a 501C3 organization that provides funding for breast cancer. Presented by CrossFit Island Park in Kennedy Plaza at 10am.

**FOR UP TO DATE INFORMATION ON
LONG BEACH EVENTS,
PLEASE VISIT
www.longbeachny.gov/rec**

**SATURDAY, OCTOBER 29:
RACE TO REBUILD 5K FUN RUN, KIDS 1K**

Join us to mark the fourth anniversary of Superstorm Sandy and support continued recovery. Registration will take place at 8am on New York Avenue & the boardwalk. Kids Race at 9am; 5K at 9:30am. Community breakfast to follow. Visit longbeachny.gov/rec for more info.



**SATURDAY, OCTOBER 29:
REMEMBERING SUPERSTORM SANDY:
ONE COMMUNITY, ONE FUTURE**

Long Beach residents are invited to join City Officials to reflect, recognize, and resolve on the 4th Anniversary of Superstorm Sandy. Time and place TBA.



**SATURDAY, OCTOBER 29:
AITP HALLOWEEN IN THE PLAZA**

Come in costume to our Annual Halloween Bash! Costume parade at 11am followed by a hula hoop dance party! Trick or Treat around the Plaza all day! Live music by Studio Noir Kids! Handcrafted art by our amazing local artists! Free Kids Art Station! Kennedy Plaza 10am - 3pm. artsintheplaza.com



**SUNDAY, NOVEMBER 6:
KRISTALLNACHT COMMEMORATION**

City, County, State and religious leaders from local congregations will join together with Holocaust survivors in prayer, remembrance and testimony. City Hall 6th floor. Doors open at 12pm; ceremony 1pm.

**THURSDAY-SUNDAY, NOVEMBER 6-8:
5TH ANNUAL KICKIN' COUNTRY MUSIC FESTIVAL**

Presented by Artists in Partnership, Inc. and the Long Beach Public Library. Entertainment takes place at the Long Beach Public Library and other venues. Events are free, but we ask that participants bring non-perishable food and personal care items for our Food Drive to benefit Long Beach Friendship Inn. For a schedule of events visit www.aip-arts.org.

**FRIDAY, NOVEMBER 11:
VETERANS' DAY**

The Joint Veterans Organization will hold an observance ceremony at 10:30am in Kennedy Plaza. The Veterans Day Ceremony is the community's way to publicly thank the many Veterans who have bravely served our country. All are welcome!



**SUNDAY, NOVEMBER 20:
12TH ANNUAL TURKEY TROT**

Join us at the Annual City Council Turkey Trot. 1-Mile Fun Run for children (grades 1-12) and 10K Race at New York Avenue boardwalk. Registration begins at 6:30am at LBCRS Gym, 735 West Broadway. 1 Mile Race begins at 8:30am and 10K race begins at 9am. Awards presented in age categories. Turkeys awarded to the top finishers. Visit longbeachny.gov/rec.



Winter Events 2016/2017

FRIDAY, DECEMBER 2:

KENNEDY PLAZA CHRISTMAS TREE LIGHTING

Please join City Officials and Long Beach Organizations as we celebrate the season at the Annual Kennedy Plaza Tree Lighting Ceremony. The celebration starts at 5:00pm in the plaza. Caroling, children's crafts, hot chocolate, cookies and more. There will even be a visit from Santa. The celebration is free and all are welcome to attend.



WEDNESDAY, DECEMBER 7:

PEARL HARBOR COMMEMORATION

The Joint Veterans Organization of Long Beach invite all to honor the more than 2,400 Soldiers, Marines and Seamen who lost their lives when the Japanese Air Force attacked Pearl Harbor, Hawaii, on that "day of infamy," December 7, 1941. The ceremony will take place at Veterans Park (LB Ice Arena if inclement weather) at 11am.

SATURDAY, DECEMBER 10:

REC CENTER CHILDREN'S HOLIDAY SHOW

The Department of Parks & Recreation will hold its Annual Children's Holiday Show at 11:00am in the Long Beach Middle School Auditorium. Santa Claus will hand out presents and pose for a picture with all children in attendance. The event is free and open to all families who reside in the School District.

NOMINATE SOMEONE GREAT!

If you would like to "Nominate Someone Great!" for the Kennedy Plaza Christmas Tree Lighting, please visit www.longbeachny.gov/winter.

We want to know who has gone above and beyond this year, whether it is a neighbor helping a neighbor, a teacher going the extra mile or someone serving in the military, we want to hear about them. In addition to being placed on the Kennedy Plaza Christmas Tree, one person will be selected from the nominees to light the tree. Deadline for submission is December 1.



SATURDAY, DECEMBER 10:

WEST END ELECTRIC LIGHT PARADE

Antique cars, fire trucks, floats and bicycles will be wrapped in Holiday lights for this festive holiday parade. The parade begins at 6:30 pm on Ohio Avenue and West Beech Street and will head East on Beech Street to New York Avenue. Call 705-7414 for more information.



SUNDAY, DECEMBER 11:

3RD ANNUAL JINGLE BELL 5K FOR TOYS FOR TOTS

The City of Long Beach in cooperation with the VFW will host a Jingle Bell 5K Fun Run for Toys for Tots. Santa hats and jingle bells will be given to the first 100 registrants. Please bring an unwrapped toy to donate to the annual Marine Corps Toys for Tots drive. Registration at the VFW, 675 West Park Avenue. For more information visit www.longbeachny.gov/rec or call 431-3890.



SATURDAY, DECEMBER 17:

LONG BEACH ISLAND LANDMARKS ASSOCIATION HOLIDAY CANDLELIGHT TOUR

The trolley leaves Kennedy Plaza at 2:00pm and will ride through the Red Brick Street District on the way to visit beautifully decorated homes. There will be entertainment and refreshments at a historical home. Visit www.lbila.org for more information.

**SATURDAY, DECEMBER 24:
MENORAH LIGHTING**

Please join us at the Annual Menorah Lighting presented by the Chabad of the Beaches in Kennedy Plaza at 5:00pm. There will be music, dancing and treats. The Menorah will be lit each night of Chanukah



**SATURDAY, DECEMBER 31:
FIRST NIGHT**

A night of alcohol-free family fun celebrating from 4pm to 7pm at the Long Beach Ice Arena. Visit www.longbeachny.gov for information.

**MONDAY, JANUARY 16:
MARTIN LUTHER KING JR MARCH**

The Martin Luther King Center will hold the MLK Day Parade at 11:30am. The parade will step off from Laurelton Blvd. and end at the MLK Center.



**SATURDAY, FEBRUARY 4:
SNOWFLAKE RACE**

The Long Beach Recreation 4-Mile Snowflake Race will be held on Saturday, February 6, 2016. Registration begins at 7:30am at Long Beach Catholic Regional School in the Gymnasium. The race begins at 9:00am. Please visit www.longbeachny.gov/rec or call 431-3890 for more information.



**SUNDAY, FEBRUARY 5:
POLAR BEAR SPLASH**

The Long Beach Polar Bears will make their annual plunge on Sunday, February 7th on Riverside Blvd. beach with proceeds benefiting Make-A-Wish. Visit www.longbeachpolarbears.org.



Boardwalk Lights is a free holiday nautical themed light show display on the boardwalk. Families looking for a little sparkle during the holiday season are invited to stroll the boardwalk and then visit the great local restaurants and shops throughout the city.

The festivities kick off Thanksgiving week and will run through mid-January from Long Beach Boulevard to Magnolia Boulevard. The Boardwalk Lights will be on every evening from 5:00pm to 9:00pm.





Department of Parks and Recreation

www.longbeachny.gov/rec

516-431-3890

The City of Long Beach Parks and Recreation Department offers something for everyone including recreation programs and athletics, adult leagues, fitness groups, special events as well as passive recreation at one of our seven playgrounds. The Recreation Campus includes an indoor municipal pool, ice arena, turf fields, basketball courts, roller hockey rink, fishing pier, boat launch, skate park, brand new dog run and boardwalk promenade. We are located at 700 Magnolia Boulevard (Magnolia Boulevard and the bay).

Indoor Swimming Pool

The Municipal Indoor Pool (a 25 yd. swimming pool and separate diving pool) is located at the Recreation Center and offers men's and ladies' steam rooms, lockers, showers, bathing suit dryers and changing rooms. Swim lessons are available during the year as well as Swim Club and Swim Team. We also offer Splash Ball. Adult exercise classes including swimnastics and an arthritis class. Call 431-3890 for more information.



Fitness Center

Fitness at the Rec has never been better. If you're looking to lose weight, get strong or just stay healthy, the Rec has what you need. With a designated cardiovascular room and separate weight room you can achieve all your fitness goals. There are treadmills, elliptical machines, stationary bikes, arm bike and stationary rower to get your heart rate pumping. We have a complete Cybex circuit of weight machines as well as free weights and cable stations to challenge your muscles.



ADMISSION & HOURS

The Recreation Center is open seven days a week. Members are required to check in at the front desk upon arrival each time they use the facility or pay the daily admission rate. Membership entitles members to unlimited use of the facility including weight room, cardio room, steam room, locker room and pool.

Membership passes for residents and non-residents are available annually, semi-annually, for three months or monthly. Daily admission for the Pool and or Fitness Center is as follows: Resident Adult (16 & over) \$8.00; Resident child, senior citizen, physically challenged \$4.00. Non-Resident Adult \$10.00 Non-resident child \$5. Residents may sign up to use the facility for \$35 per month indefinitely (\$15 for seniors and children 15 and under). Yearly and monthly rates are also available for residents, school district residents and non-residents.

RECREATION CENTER FALL/WINTER HOURS

FITNESS CENTER CARDIO & WEIGHT ROOM

Monday-Friday:

6:00 a.m. to 10:00 p.m.

Saturday:

7:00 a.m. to 9:00 p.m.

Sunday

7:00 a.m. - 6:00 p.m.

MUNICIPAL POOL

Monday-Thursday:

6:00 a.m. to 5:00 p.m. & 8:00 p.m. to 9:30 p.m.

Friday:

6:00 a.m. to 1:30 p.m. & 2:30 p.m. to 5:00 p.m.

& 8:00 p.m. to 9:30 p.m.

Saturday:

9:30 a.m. to 8:30 p.m.

Sunday:

9:30 a.m. to 5:30 p.m.

Long Beach Municipal Ice Arena

www.longbeachny.gov/icearena
516-705-7385

The City of Long Beach Municipal Ice Arena, located at 150 West Bay Drive at the Recreation Campus, is open year round and offers public skating, group and private lessons, youth and adult hockey programs, birthday parties and much more. We have a party/meeting room also used as a teen center, a snack bar and a pro shop. The Ice Arena is home to the Long Beach Skating Academy which offers professional instruction to all age groups from tots to teens to adults, at all skill levels from beginner to advanced. Whether it be hockey, figure or recreational skating, we offer group, private and semi-private lessons. Look for our Fall and Winter program descriptions in the Recreation Programs section of this booklet. For more information, please visit our website at www.longbeachny.gov/icearena or call 705-7385.



Ice Arena Public Schedule

Public Sessions

Monday: 9:00AM-12:00PM & 3:30PM - 5:30PM
 Tuesday: 9:00AM-11:00AM
 Wednesday: 9:00AM-11:00AM
 Thursday: 9:00AM-11:00AM
 Friday: 9:00AM-11:00AM, 3:30PM-5:30PM
 Saturday: 1:00PM-3:00PM
 Sunday: 12:45PM-2:45PM, 3:30PM-5:30PM

Freestyle Sessions

Check Website Weekly for Added Sessions

Youth Open Hockey

Friday: 5:40PM-6:40PM

Sticks & Pucks Sessions

Check Website Weekly for Added Sessions

Open Hockey Sessions

Tuesday: 11:15AM-1:15PM
 Wednesday: 11:15AM-1:15PM
 Friday: Check Website Weekly for Added Sessions.
 Saturday: Check Website Weekly for Added Sessions.
 Sunday: Check Website Weekly for Added Sessions.

Schedule subject to change

FEE SCHEDULE

Resident Adult \$6
 Resident Child \$4 (12 and under)
 Resident Senior \$4 (55 & over)
 Non-Resident Adult \$9
 Non-Resident Child \$7
 Non-Res. Senior \$6 (55 & over)
 Skate Rental \$4

Open Hockey/Sticks & Pucks/Freestyle
 Resident \$10
 Non-Resident \$17
 Coaches & Goalies are Free!



20th Annual

Saturday & Sunday October 8th & 9th

Kennedy Plaza

Pumpkin Patch, Hay Rides, Haunted House, Carnival Rides, Vendors, Kids Korner

RIDES/ATTRACTIONS

Saturday & Sunday, October 8th & 9th, 10:00 a.m. - 5:00 p.m.
In Kennedy Plaza

Ferris Wheel, Carousel, Pumpkin Patch, Petting Zoo, Kids Korner, Pumpkin Bounce House, Skudin Surf Ride, Popcorn, Cotton Candy, Live Entertainment Behind City Hall

Hay Rides, Fire Truck Rides, Giant Slide, Haunted House, Mechanical Pumpkin & Corn Maze

FOOD & CRAFT VENDORS

Saturday & Sunday, October 8th & 9th, 10:00 a.m. - 5:00 p.m.
In Kennedy Plaza

Shop for fruits & vegetables, pies, crafts, toys, candles, jewelry, clothing and more.

ANNUAL HALLOWEEN COSTUME PARADE

Saturday, October 8th, 12 Noon (Rain Date: Sunday, October 9th)

Begins at the Recreation Center, Magnolia Boulevard & the bay

Children march from the Recreation Center to Kennedy Plaza. Prizes for the best costumes.

*Pay one price bracelets will be available for purchase at the Rec Center Campus

CITY OF LONG BEACH INFORMATION VILLAGE

Saturday & Sunday, October 8th & 9th, 10:00 a.m. - 5:00 p.m.
In Kennedy Plaza

Talk with FECS, sign up for Swift 911, get a dog license, join the Volunteer Fire Department, Learn About Trivirtus, Get Information about Recreation Programs, the Animal Shelter & More

WINE & FOOD TASTING

Saturday & Sunday, October 8th & 9th, 12 Noon
In the Wine & Food Tent in front of City Hall

Sample cuisine from some of the barrier islands's favorite Restaurants including: Seasons Asian Pan, Lookout Deli/Whales Tail, Long Beach Social, Beginning's, Stone Crab Restaurant, Swingbelly's Barbeque and Seafood and the Waffle Cabin.

Wine Tasting will be provided by Beach Liquors.

(21 & older for tent entrance, I.D. required, no strollers)

Celebrating
75
YEARS

Bethpage
Federal Credit Union

Honest
tea



www.longbeach.org

Fall Festival

10th & 9th 10:00 a.m. to 5:00 p.m.

Plaza, City Hall

Costumed House, Live Entertainment,
Puppet Show, Wine & Food Tent & Much, Much More

LIVE ENTERTAINMENT ON THE BANDWAGON

Saturday, October 8th

10:30 a.m.

"Benoir and Studio Noir Kids"

12:30 p.m.

Costume Parade Awards Presentation

1:00 p.m.

"Magic Show with Handsome Harry"

3:00 p.m.

"Copy Cats"

Sunday, October 9th

10:30 a.m.

"The Long Island Harmonizers"

12:00 p.m.

Puppet Show

1:00 p.m.

"The Darlene Graham Band"

3:00 p.m.

"Jukebox Explosion"

FALL FESTIVAL BAKE-OFF

Sunday, October 9th, 1:00 p.m.

Drop off entries at City Hall

Residents are invited to bring their favorite fall dessert, along with the written recipe to the lobby of City Hall between 1:00p.m. and 3:00p.m. on Sunday. Desserts should be placed in a disposable dish or container. The judging will begin at 3:00p.m. and will be judged on presentation and taste.

The entry fee is a non-perishable food item or a monetary donation which will be given to the Long Beach Soup Kitchen.

Prizes will be awarded for first, second and third prize.

The competition is fierce, so get out your best recipes now! Entry forms will be available at the Rec Center or on line at www.longbeachny.gov/fall.

PAY ONE PRICE (P.O.P.) INFORMATION

Pay One Price bracelets \$20.00 a day or

\$30.00 for both days (best value)

Cash or Charge (Visa & Mastercard only)

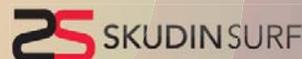
Individual tickets may be purchased for \$3.00 each



SUNPOWER®

by EmPower Solar

www.longbeachny.gov/fall



Parks & Recreation Fall & Winter Programs

For information about programs, applications, schedules and fees, log onto www.longbeachny.gov/rec or call 431-3890

Adult Strength Training

A six week, circuit style class that utilizes the state of the art fitness equipment at the Recreation Department. Lead by our Exercise Physiologist, Diane Danby, each participant will exercise at their own pace while being supervised in a group setting. Meets every six weeks. Admission or membership required.

Location	Day	Date & Time	Fee
Fitness Center	Wednesdays	11:00am-12:00pm	*From \$60-\$117

Aquatic Arthritis Exercise Program

The Arthritis Foundation Aquatic Program is a recreational program conducted by the City of Long Beach Recreation Department and conforms to the guidelines of the Long Island Division of the Arthritis Foundation. This program consists of 30 sessions over a 3 month period. Meets September 26 through December 19.

Location	Day	Date & Time	Fee
Municipal Pool	Mon & Wed Fridays	10:00am-11:00am 9:00am-10:00am	\$40 plus admission

Basketball Clinic

The basketball clinic uses an instructional format that introduces the sport to Kindergarten and 1st grade boys and girls. The program scales down all aspects of regulation basketball – including equipment, court size and basket height to tailor the game for this age group. Meets in the winter.

Location	Day	Date & Time	Fee
Middle School Gym	Saturdays	TBA	\$65 resident \$80 non-resident

Basketball League

Boys & Girls basketball league for grades 2-10. Children are taught the fundamentals & rules of the game. There will be one practice and one game per week. Meets in the winter.

Location	Day	Date & Time	Fee
School Gyms	Saturdays	TBA	\$65 resident \$80 non-resident

Earth Arts

Classes are available for children in grades K-3 and grades 4-8. Students will work on art projects including painting, pottery, clay, drawing and crafts. Classes will meet eight times. Meets September 20 through November 15.

Location	Day	Time	Fee
Earth Arts 162 W Park Ave	Tues & Thurs	K-3 4:30pm-5:30pm 4-8 5:30pm-6:30pm	\$80

Flag Football Clinic

An instructional format that introduces the sport to Pre-Kindergarten, Kindergarten and 1st grade boys and girls. The program scales down all aspects of regulation football - including field dimensions and ball size to tailor the game for this age group. Meets September 19 through November 22.

Location	Day	Time	Fee
Rec Fields	Mondays Tuesdays	4:30pm -Pre-K 4:30pm-K-&1st	\$65 resident \$80 non-resident

Flag Football League

Boys & Girls league consists of three intramural divisions; 2nd & 3rd Grade Boys & Girls, 4th & 5th Grade Boys & Girls, and 6th, 7th & 8th Grade Boys & Girls. Begins September 19.

Location	Day	Time	Fee
Rec Fields	Mondays, Tuesdays & some Fridays	5:30pm-6:30pm	\$65 resident \$80 non-resident

Jiu Jitsu

Long Beach Jiu Jitsu is offering Martial Arts conditioning for children in Kindergarten through 7th grade. Classes will include Brazilian Jiu Jitsu, self-defense, partner work, respect, self-control and fun! Meets September 21 through November 16.

Location	Day	Date & Time	Fee
LB Jiu Jitsu 162 W Park Ave	Mondays Tuesdays	4:30pm-K-3rd 4:30pm-4th-7th	\$75

Kickball League for Women

This very popular Women's League is a fun, recreational game of kickball. Games are played Sunday evenings. Begins September 18.

Location	Day	Date & Time	Fee
Rec Fields	Sundays	5:00-7:00pm	\$350 per team

Learn to Play Hockey

This is a 7 week half hour class designed for skaters, who have never played hockey before and want to progress to our house league program. Skaters must have basic level skating skills: be able to skate forward and backward unaided, turn and stop. This is not a Learn to Skate Program. For those lacking the necessary skills we recommend our Basic Skills Hockey 1 to 4 Program. Skaters may move into the Learn to Play Class anytime they master the basic skills, at the discretion of the Skating Director. Fall Program Begins September 18 Winter Program: TBD

Location	Day	Date & Time	Fee
LB Ice Arena	Sundays	3:00pm-3:30pm	\$165 plus \$15 USFSA Fee

Learn to Skate

Designed to teach beginners, ages 4 & up, the basic and advanced techniques of skating, such as forward, backwards and crossovers, while building balance and speed, whether it is figure, hockey or recreational skating.

Fall program begins September 16. Winter program: TBD

Location	Day	Date & Time	Fee
LB Ice Arena	Fridays Saturdays Sundays	4:30pm 12:30pm 12:15pm&3:00pm	\$165 plus \$15 USFSA Fee

Learn to Skate TOTS

This is a six week program for preschool children who have never skated. The objective is to acquaint young children with the ice and develop coordination in a creative and playful environment.

Fall program begins September 11. Winter program: TBD

Location	Day	Date & Time	Fee
LB Ice Arena	Fridays	11:00-11:30am	\$165 plus \$15 USFSA Fee

Lifeguard Training

In this training course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguard techniques, such as surveillance, how to use rescue equipment for a distressed swimmer, active drowning victim, and passive drowning victim, and how to care for someone who may have a head, neck, or back injury. Must be at least 15 years of age to register. Begins October 13.

Location	Day	Date & Time	Fee
LB Rec Center	Tuesday Thursday Sunday	6:00-9:30pm 9:00am-3:00pm	\$40 pre-course evaluation test \$235 for course

Running Club

The Running Club is open to all boys and girls ages seven through fifteen. The Club will meet every Sunday at Laurelton Boulevard on the boardwalk. All participants will receive a free entry into the City Council Turkey Trot 1K on November 20, 2016. Program runs September 18 through November 20.

Location	Day	Date & Time	Fee
Laurelton Blvd Boardwalk	Sundays	10:00-11:00am	\$65 residents \$80 non-residents

Skateboard Club

Long Beach Department of Parks and Recreation with Skudin Surf is offering a Skateboard Club to Intermediate Skaters ages 7-16. Participants must be able to successfully drop in on the ramp, hit corners of transition in the park and have their own skateboard, helmet and pads. Meets September 13 through October 20.

Location	Day	Date & Time	Fee
Skate Park	Tuesdays & Thursdays	4:30-6:30pm	\$390

Soccer Pre-K, Kindergarten & 1st Grade Clinic

The clinic uses an instructional format that introduces the sport to Pre-K, Kindergarten and 1st grade boys and girls. The program scales down all aspects of regulation soccer- including equipment, field dimensions, ball size and scoring to tailor the game for this age group. Runs September 17 through November 12.

Location	Day	Date & Time	Fee
Rec Fields	Saturday - Pre K Saturday - K&1	9:00-10:00am 10:00-11:00am	\$65 residents \$80 non-residents

Soccer League

The boys and girls Fall Soccer League will consist of five intramural divisions; Boys 2nd & 3rd Grade, Girls 2nd & 3rd Grade, Boys 4th & 5th Grade, Girls 4th & 5th Grade and Co-Ed 6th, 7th & 8th Grade. Begins September 14.

Location	Day	Time	Fee
Rec Fields	Wednesdays Thursdays Saturdays	5:30pm 5:30pm 11:00am	\$65 residents \$80 non-residents

Special Needs VIP Soccer Program

The Special Needs VIP Soccer Program is designed to build and nurture every child's self-esteem, physical fitness and social skills. The program is open to boys and girls, between the ages of 6 and 18, with mental or physical challenges. Our goal is to enable young athletes with disabilities the chance to enjoy the benefits of athletics in a safe, fun and friendly atmosphere. The instructors will be members of the Parks and Recreation Department staff and local community volunteers. Begins September 21.

Location	Day	Time	Fee
Rec Fields	Wednesdays	4:30-5:30pm	FREE

Stay Connected

with the Recreation Department

E:News

Sign up for the e:news to stay up to date on upcoming Recreation programs and events.



Facebook

Like our Facebook page at Long Beach Parks & Recreation. Rec updates and pictures of programs are posted on this page.



Website

Visit our website for up to date information on Rec Programs, Races and Events.



Response App

Connect directly with City Staff. Direct link to event info, city news and updates, bus & train schedules, restaurant info & and more.



Parks & Recreation Fall & Winter Programs

Splashball

Splash Ball is designed to introduce the sport of water polo to children 5-10 years of age. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, Splash Ball harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit. Fall Program begins September 18. Winter Program TBD.

Location	Day	Time	Fee
Municipal Pool	Sundays	2:30pm, 3:30pm & 4:30pm	\$65 residents \$80 non-residents

Swim Club

This program is for swimmers 17 and under. Swim Club is for the swimmer who wants to excel in swimming but does not want to compete in meets. It is designed to teach freestyle, backstroke, breaststroke, and butterfly as well as proper starts and turns. All participants must have completed Red Cross Lessons through Level 4. A pool membership is required. Program runs September 26 through December 19. Winter dates TBA.

Location	Day	Time	Fee
Municipal Pool	Tues & Thurs 10 and under	5:00-6:00pm	Resident Child 10 & under \$150 Non-Resident Child 10 & under \$175
	Mondays, Wednesdays & Fridays 11-17	5:00-6:00pm	Resident Child 11-17 \$175 Non-Resident Child 11-17 \$200

Swim Club for Adults

The Adult Swim Club is for swimmers 18 and older. The program is designed to teach freestyle, backstroke and butterfly as well as proper starts and turns. A current pool membership is required. Swim Club meets October 4 through January 26.

Location	Day	Time	Fee
Municipal Pool	Tuesdays & Thursdays	6:00 - 7:00am	Resident Adult \$150 Non Res Adult \$175

SPONSORSHIP OPPORTUNITIES

The City of Long Beach Parks and Recreation Department has a variety of sponsorship opportunities available for local businesses, organizations, and groups.

Sponsorship is a great opportunity to gain exposure for your group and be part of your community. We have a variety of opportunities available in varying price ranges to meet the financial and exposure needs of your organization or business. Call 516-705-7407

Attention Shutter Bug! - Photos Wanted!



If you would like to have your photographs of Long Beach considered for the 2017 Long Beach Calendar, please submit in digital format to:
lbevents@longbeachny.gov

Photos should be horizontal, 300dpi high resolution jpegs. Remember only horizontal photos are accepted. Deadline is 11/1/16

Swim Lessons

Swim Lessons for all ages and skill levels are available for preschoolers, youth and adults. Children under 5 can take a lesson with a parent or caregiver. At the completion of the ten-week class periods, participants in progressive swim course levels 1- 6 are tested individually in the skills that are taught in their levels. Upon successful completion of the course and test, Red Cross Certification. A pool membership is required. Begins September 26.

Location	Day	Time	Fee
Municipal Pool	Seven Days a week	Various Times-see schedule	Resident Child /Adult \$120 Non-Resident Child /Adult \$145

Swimnastics

Swimnastics is an Aquatic Exercise program for adults. Program runs September 26 through December 19.

Location	Day	Time	Fee
Municipal Pool	Mon, Tues & Thurs Fridays	12:00-1:00pm	\$40 residents plus pool admission
		10:30-11:30am	

Tae Kwon Do Academy

Long Beach Tae Kwon Do Academy will be offering classes for children in grades K-6. Classes will include Tae Kwon Do Kicking Techniques, Plyometric, Agility, Strength Conditioning, Flexibility Training & Board Breaking. Meets September 21 - November 16.

Location	Day	Time	Fee
LB Tae Kwon Do Academy 160 W Park Ave	Wednesdays	4:15-5:15pm	\$65

Tae Kwon Do With Master Parks

Master Parks Tae Kwon classes are for children in grades 1 and up. Classes will include Tae Kwon Do Kicking and punching, stretching, Respect, Self Control and having fun!

Meets September 23 through November 11.

Location	Day	Time	Fee
Master Parks 217 East Park Ave	Fridays	6:45pm - 7:30pm	\$75

Tennis

Long Beach Recreation in cooperation with Long Island Foundation for Tennis and Learning will hold tennis for children in grades 2-5. Programs runs September 22 through November 10

Location	Day	Time	Fee
Rec Basketball Courts	Thursdays Grades 2 & 3 Grades 4 & 5	4:30-5:30pm 5:30-6:30pm	\$75

Little Yogis

Little Yogis is for children in Pre-K, Kindergarten, 1st & 2nd grade. It is a beginner yoga class aimed at introducing yoga to young ones. We unite mind + body by using our imaginations to go on adventures to various places and acting out the poses for the animals and things we encounter. Songs, stories, games, and breathing activities are included. Please bring a mat or towel for your child and dress them in clothes good for bending and stretching. Program meets September 20 through November 29

Location	Day	Time	Fee
LB Senior Center, 2nd floor	Tuesdays	4:30-5:30pm	\$65

Junior Yoga

In this class, children in 2nd through 5th grade will be exposed to a more traditional style of flowing sequenced yoga asana (movements) connected to breathing. Through the exploration of more challenging poses, partner & group poses, and meditations, children in this class will work on developing greater awareness and control, respect for themselves and others, as well as inner and outer strength, coordination, balance and focus. There will be more emphasis on accuracy of postures and more in-depth discussion of the mental and physical benefits of yoga. Please bring a mat or towel for your child and dress in clothes good for bending and stretching. Meets September 23 - November 18.

Location	Day	Time	Fee
LB Senior Center 2nd floor	Fridays	5:30-6:30pm	\$65

Root to Rise Yoga

Basic instruction in yoga for adults at all levels. It is recommended that you bring your own mat and water. Program runs Thursdays – September 1 through October 20 and Sundays – October 2 through November 20. Winter Dates TBD

Location	Day	Time	Fee
Senior Center Ranger Room	Thursdays Sundays	6:45pm 8:45am	\$65

Volleyball

Adult Indoor Volleyball

This is a competitive league for adults 18 & over. Each team will play three games a night. Games will be played at 7:00 pm, 8:00 pm, or 9:00 pm. Program begins September 26

Location	Day	Time	Fee
Lindell School Gym	Mon, & Tues	7:00pm 8:00pm or 9:00pm	\$500 per team

RECREATION BIRTHDAY PARTY PACKAGES
Ice Skating * Swimming * GaGa

Plan your child's next birthday party celebration at the Rec Center! Parties are 2 hours long and include play-time and food. Choose from Ice Skating, Swimming or GaGa. Bring your own cake; parents can relax while the party specialist takes charge of the set-up, serving and clean up of the party!

Affordable * Local * Fun

ALL PARTIES INCLUDE
Two (2) hours of party time.
75 minutes of pool time, ice skating or GaGa & refreshments in the party room.

FOR MORE INFORMATION
Contact 705-7404 or
visit www.longbeachny.gov/rec

Youth Indoor Volleyball

Indoor volleyball is for children in grades 2 through 6. Participants will learn the basic fundamentals such as serving, passing, footwork, setting and hitting. The children will also learn the correct rules of indoor volleyball.

Begins September 29

Location	Day	Time	Fee
Lindell School Gym	Thursdays	7:00pm 8:00pm	\$65 resident \$80 non resident

Wrestling

Wrestling program for children in Kindergarten through 7th grade. Winter dates TBA.

Location	Day	Time	Fee
Lido Multi Purpose-Room	Mon & Wed	6pm 7pm 8pm	\$65resident \$80 Non resident

JOIN THE REC FITNESS CENTER...
The Best Deal In Town
www.longbeachny.gov/rec

Magnolia Community/Senior Center



The City of Long Beach supports one of the most dynamic and active senior centers on Long Island. Located on the 2nd floor of the Magnolia Senior/Community Center, participants are provided with a modern and cheerful setting where they can engage in stimulating wellness, cultural, educational and recreational programs.

Our Exercise Instructors are certified professionals who offer programs of varying degrees of difficulty. You can choose from Aerobics, Yoga, Line Dancing, Stretch and Tone, and Latin Movement. We offer three levels of intensity to accommodate seniors of all ages and physical condition. It is recommended that before starting an exercise program that participants get clearance from their physician.

The Magnolia Senior Center is also a place to keep your hands and mind active with sculpture, painting, theatre groups, film appreciation and many other programs. Game day is held 4 days a week and on these days seniors can meet for a few hours and exercise their brains with games such as MahJong and Canasta. Every month there are a variety of different Art and Craft classes that range from beginner levels to more advanced ones. You can choose from acrylic or

watercolor painting classes, jewelry making, knitting, and the list goes on. Check out our monthly calendar on the City of Long Beach website, or pick one up at the Magnolia Center to see what is going on this month. You must provide a photo ID reflecting a City of Long Beach address and complete a registration card available in the main office on the 2nd floor. To access a current calendar of events and activities log on to www.longbeachny.gov. Handicap access to the Center is available through the rear parking lot or from the Recreation/Pool entrances. Call (516) 431-3510 for information.



Licensed Day Care Programs Before and After Care

The City of Long Beach Magnolia Child Care Center is licensed by the New York State Office of Children and Family Services and provides working families with full-day child care programs for children ages 6 weeks to 4 years old.

Full-day Infant, Toddler and pre-K childcare is available Monday through Friday from 8:45am-5:45pm. Additionally, we provide early morning care with drop-off at 7a.m. Children attending the pre-K program at Lido Elementary School can be bused to their program and back to the Magnolia Child Care Center for full-day care.

Our well-trained, professional and caring staff provides a safe, enriching and creative environment in which your child will develop, learn and grow. Space is extremely limited.

For those working families who qualify, financial assistance may be available through the Department of Social Services. For information or to request a tour of our facilities, please call (516) 431-3510.



The City of Long Beach Department of Youth and Family Services provides quality, safe and enriching care in a wholesome environment that caters to the needs of working parents. Five days a week we provide both early morning, before-school care and after school care. You can send your child every day or just on days that you need care.

For early morning care, parents may drop their children off at 7:00am to Lido or West School and we will provide care for your child(ren) until the start of the school day. Children attending school other than Lido or West will be bused to their respective school by the start of classes.

After the school day is over, children in any elementary school can be bused to our after school programs at either the Lido or West locations. During this time your child will enjoy sports, arts & crafts, movies, games and do some homework. Pick up time for the after school care program is until 6:00pm. Financial assistance may be available through the Department of Social Services for those working families who qualify. Please call (516) 431-3510 for information or to register

Holiday Care

Parents often find themselves at a loss when school holidays and breaks don't coincide with their own busy schedules. We are open during many school holidays and breaks and provide a safe and fun environment for your child. During holiday care your child will play games, watch movies, participate in arts & crafts or go on fun trips. Pre-registration and pre-payment are required. Financial assistance may be available through the Department of Social Services for



those working families who qualify. Please call (516) 431-3510 for information or to register. See below for the dates that we offer holiday care:

Monday & Tuesday, October 3rd & 4th - Rosh Hashanah
Monday, October 10th - Columbus Day
Wednesday, October 12th - Yom Kippur
Friday, November 11th - Veterans Day
Monday, Dec. 26th - Monday, January 2nd - Holiday Break
Monday, February 20th - Friday, February 24th Winter Recess
Monday, April 10th - Friday, April 18th - Spring Recess



Senior Wellness Programs

The WELLNESS PROGRAMS INFORMATION below is designed to guide participants in their selection of exercise programs. Each course is given a rating regarding the amount of energy required to perform the exercises and the difficulty level of the activities. An asterisk (*) indicates that the program is offered weekly year round except when the teacher is not available. The program rating levels are defined as follows:

Level 1 - Mostly seated exercises as well as mild standing activities
 Level 2 - Moderate energy required and active exercises
 Level 3 - High-energy required and fast paced exercises.
You should always check with your doctor before participating in any exercise program.

Aerobics For Fitness*

Get an intensive workout with quick aerobics movements, balance exercises and strength training. Bring 1 to 3 lb. weights and sneakers. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
3	Tuesdays	Lori Rozell

Aerobics With A Latin Beat

Join this challenging program with aerobic routines and dance moves to high energy Latin and pop music. Please wear loose clothing and sneakers. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
3	Various	Patricia Cappeto

Aerobics & Weights For Strength*

Get fit in this high-energy exercise program which includes aerobic routines, balance exercises and weight training. Bring 1 to 3 lb. weights and sneakers. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
3	Wednesdays	Tara Rice

Balance Booster By Lisa

Improve your balance in this class where you will practice seated and standing exercises for strength, flexibility, coordination and overall conditioning. Bring shoes. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
1	Wednesdays	Lisa Wisel

Balance Boot Camp By Lisa

This program is for the active senior and includes strength, flexibility, coordination and dynamic balance training in a standing position. Bring shoes. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
2	Thursdays	Lisa Wisel

Broadway/Doo-Wop Line Dancing

This program includes exciting and intermediate level line dances for the experienced line dancer. Dance shoes with thin soles preferred. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
3	Mondays	Isabelle Desio

Chair Yoga*

Intermediate level Yoga exercises will be done while sitting and standing. A participant must be able to place both legs on a chair in front of her/him while seated. Wear loose clothing.

LEVEL	DAY	INSTRUCTOR
2	Wednesdays	Liz Connors

Daosit Yoga*

Intermediate level Yoga exercises will be done while lying down, sitting and standing on a Yoga mat. Bring a non-skid Yoga mat and a Yoga belt. Wear loose clothing.

LEVEL	DAY	INSTRUCTOR
3	Tuesdays	Liz Connors

Early Bird Aerobics*

Get fit in this high-energy exercise program which includes aerobic routines, balance exercises and weight training. Bring 1 to 3 lb. weights and sneakers. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
3	Wednesdays	Tara Rice

Easy Does It Aerobics & Balance*

This fitness program includes stretching, light aerobics & balance exercises. Improving your endurance, balance and strength. Bring 1-3 lb. weights and sneakers. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
2	Mondays	Lori Rozell

Fitness With Tara

This fitness program combines cardio & abdominal exercises as well as strength & balance training. Bring 1-3 lb. weights, a resistance band and sneakers. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
2	Various	Tara Rice

Flexercise

Get a challenging total body workout which includes strength training, stretching, balance exercises & creative movements. Bring sneakers, 1-3 lb. weights & a resistance band. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
3	Mon/Tues	Jan Steinberg

Floor, Core & More

Hit the mat for a great workout that will engage all major muscle groups from head to toe. Bring a mat, 1-3 lb. weights and a towel.

LEVEL	DAY	INSTRUCTOR
3	Mon/Tues	Jan Steiberg

Fun With Line Dancing*

Learn line dances from a skilled and patient instructor and have fun too. Some line dance experience is suggested. Dance shoes with thin soles preferred. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
2	Fridays	Lori Shapiro

Senior Wellness Programs Continued

Gentle Yoga With Rosa*

Relax and practice many Yoga postures while sitting and standing with the aid of a chair. Wear comfortable and breathable clothing and closed shoes. No sandals.

LEVEL	DAY	INSTRUCTOR
1	Fridays	Rosa M. Goeller

Get Loose and Limber

Get loose and limber with dancer stretches, relaxation stretches and special dance moves that will improve your coordination. Dance shoes or sneakers preferred. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
2	Thursdays	Lori Shapiro

Get On Your Feet

Join an energetic aerobics class to increase your stamina and range of motion through balance, flexibility and strength training. Bring weights (1-3 lbs.), loose clothing and sneakers.

LEVEL	DAY	INSTRUCTOR
2	Various	Patricia Cappeto

Learn to Line Dance

Learn to line dance at a slow pace. Dancing to different rhythms is beneficial to your body and great for your memory. Dance shoes with thin soles preferred. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
2	Mondays	Isabelle Desio

Line Dancing With Lori

Exercise your mind and your body in an intermediate level line dance class. Get a great workout too. Dance shoes with thin soles preferred. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
3	Mondays	Lori Shapiro

Lisa's Latin Express

Spontaneous and simple dance steps, such as the Cha Cha, Merengue, Samba & Salsa, combined during this energetic and interactive exercise program. Bring closed shoes.

LEVEL	DAY	INSTRUCTOR
1	Fridays	Lisa Wisel

Movement To Music With Lisa

Enjoy moving to fantastic music while sitting or standing! Balance booster activities will be included. Bring closed shoes. No sandals or bare feet.

LEVEL	DAY	INSTRUCTOR
1	Wednesdays	Lisa Wisel

Qi Gong*

Improve your mental/physical flexibility as well as your strength, coordination and balance with gentle stretching movements while standing. Learn both Qi Gong and Tai Chi Chuan forms. Wear loose comfortable clothes and closed shoes like sneakers.

LEVEL	DAY	INSTRUCTOR
2	Tuesdays	Liz Connors

Seated Strength Training

Get an effective workout with mostly seated exercises that will improve your posture, increase your flexibility and strengthen your muscles. Bring 1-3 lb. weights, a resistance band and ball.

LEVEL	DAY	INSTRUCTOR
2	Mondays	Lori Rozell

Seated Tai Chi

In this form of exercise for everyone, regardless of age or fitness level, you will stretch and tone your muscles without putting stress on your knees, feet, thighs or back.

LEVEL	DAY	INSTRUCTOR
1	Thursdays	Judith Weitz

Seated Yoga*

Intermediate level Yoga exercises will be done sitting and standing. A participant must be able to place both legs on a chair in front of her/him while seated. Wear loose clothing.

LEVEL	DAY	INSTRUCTOR
2	Thursdays	Liz Connors

Sit and Get Fit

Improve your health, balance and fitness via exercises done while sitting or standing next to a chair. Please bring 1-3 lb. weights, stretch band, sneakers and an exercise ball.

LEVEL	DAY	INSTRUCTOR
2	Various	Patricia Cappeto

Smooth Movement with Tai Chi & Balance

This class is designed to gently strengthen your legs and work towards better balance using simple and effective Tai Chi forms and Qi Gong exercises. Bring flat and closed shoes.

LEVEL	DAY	INSTRUCTOR
2	Thursdays	Judith Weitz

Yoga Asanas

Join intermediate level Yoga sessions which include floor exercises, standing postures and seated postures on a Yoga mat. Bring non-skid Yoga mat and belt. Wear comfortable and breathable clothing.

LEVEL	DAY	INSTRUCTOR
3	Various	Rosa M. Goeller

Zumba Gold & Tone

Tone your body with this Latin-inspired and high-energy fitness program which includes strength training. Bring 1-3 lb. weights, dance shoes or sneakers with smooth soles.

LEVEL	DAY	INSTRUCTOR
3	Fridays	Ruth Karhu

Register at the Senior Center to get a monthly calendar of interesting programs. Proof of Long Beach residency & age are required. For more information, please call (516) 431-3510.

City of Long Beach News



BARKTOBER IS HERE!



The City of Long Beach is “Ruffing” things up for the month of “BARKTOBER” and invites you to join its mission in licensing your “Furry Friend”!

Licensing & Identification:

-The owner of any dog (6 months or older) is required to make application for a dog license to the City Clerk’s Office.
-It is unlawful for any person to own, possess, harbor or keep a dog which is not licensed.

Why License Your Dog?

A dog license tells everyone that your dog has a home. It also says your dog has an up-to-date rabies shot. If your dog is lost, a license tag on the dog’s collar is the fastest way to reunite you with your dog. Licensing fees go back to help other dogs. They are a major source of funding for spay/neutering and shelter care.

All dogs harbored within the City of Long Beach must have a City of Long Beach Dog License. Our licenses run for the calendar year (January 1 – December 31).

REC CENTER HOSTS SUMMER SPORTS ACADEMY



Pictured: Guest Instructors Tim Gittleman and Denis Nafté with Sports Academy staff and Academy Lacrosse participants.

The Long Beach Recreation Department completed its first ever Summer Sports Academy Camp. Over 300 boys and girls, ages six thru 15, participated in sports including Baseball, Softball, Lacrosse, Basketball and Soccer. Specific skills were taught and practiced with emphasis on individual ability and a solid teaching progression. The Recreation Department would like to thank all of the Summer Sports Directors; Kristen Ciccone – Basketball, Gina Calabrese and Heather Pomilio – Softball, Eugene Gozley – Soccer, Sean Kammerer – Baseball and Frank Haggerty – Lacrosse. The Recreation Sports Academy will be offered once again in the summer of 2017. We hope to see you all back next year!

Apply for a dog license at the: Office of the City Clerk, City Hall, 4th Floor. For more information, contact (516) 431-1002. Visit our information booth at the Fall Festival!

Long Beach Dog Run Open Daily from 7AM to DUSK

Located on National Blvd and the bay adjacent to the boat launch overlooking Reynolds Channel.

Your licensed dog is welcome to play in our dog run that features amenities such as separate areas for large and small dogs, a doggy water fountain, and additional benches and sitting areas.

But please note:

- No dog is permitted to enter in or upon the Ocean Beach Park or the Boardwalk
- No dog is allowed to enter or be upon any city-owned mall, park, playground square, plaza or grassplot
- It is unlawful & cruel to leave your dog unattended in any vehicle



SENIOR DAYS



Seniors are invited to take advantage of our Recreation Programs for Senior Citizens at the MLK Center - 615 Riverside Boulevard on Tuesdays &

Thursdays from 10am - 2pm. Activities include: Bid Whist, Spades, Chess, Checkers, Cooking, Baking/Cooking, Crochet, Knitting, Zumba, Quilting Fitness, Photo & More! Lunch will be provided. All activities are FREE of charge. Call 431-3890 for info.

CLARK STREET PARK RECONSTRUCTION

The City of Long Beach has begun the reconstruction of Clark Street Park! When completed by mid-November, it will feature a new safety surface, a new walking trail, and a brand new shade shelter. We appreciate your patience regarding the renovation of Clark Street Park, and look forward to offering these important quality of life enhancements upon completion.

City Council
Len Torres, President
Anthony Eramo, Vice President
Eileen J. Goggin
Scott J. Mandel
Anissa D. Moore

City Manager
Jack Schnirman

PRSRT STD
US POSTAGE PAID
Permit #30
Long Beach, NY 11561

ECR

POSTAL CUSTOMER

20th Annual

FALL FESTIVAL

Saturday & Sunday
October 8th & 9th
10:00 a.m. to 5:00 p.m.
Kennedy Plaza, City Hall



**Pumpkin Patch, Rides, Haunted House,
Live Music, Vendors, Wine & Food Tent
& Much, Much More**

Halloween Costume Parade

Saturday, October 8th - Noon
(rain date: Sunday, October 9th)

Starts at the Recreation Center
(Magnolia Boulevard & the bay)

Fall Festival Bake-Off

Sunday, October 9th - 1pm

Prepare your favorite dessert including pies, tarts, cakes, crisps, cobblers, bettys & buckles & submit it to the Fall Festival Bake-Off.
Drop off your dessert to the lobby of City Hall from 1:00pm-3:00pm
Winners will be announced when judging is complete.

See pages 10 & 11 for schedule of events!

www.longbeachny.gov/fall



**Fall and Winter
Recreation & Senior Program Listings,
City News and
Special Event Information Inside**