

Moreau Recreation

Adult Ultimate Frisbee Pick Up League

- Wednesday Nights 6—7:30 PM/ July 9th—August 3rd for 18+
- Come learn a fast paced, fun, and rapidly growing sport! Opportunities to play competitively are everywhere. Beginners welcome!
- Students entering grades 9– 12 are welcome to join and must have permission authorized by a parent/guardian—Use registration below. Drop ins welcome. Cost is FREE!

New Programs: Fall Rec FH, Geocaching, Birding, and more!

- More info coming soon, be on the lookout, coming prior to the end of school.

New! The Coolest Kids' Sport: Gaga Ball

- Gaga is a high energy sport played in an octagonal pit. The more players the better! Gaga combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a foam ball below the knees. Players keep moving to avoid getting hit. Everyone gets a serious workout. Easily addictive, people can't wait to get back in the pit. Games are action packed and the excitement surrounding gaga is exploding!
- Details regarding programming are coming soon! This is loved by all ages.

Registration For Fitness (\$29) and Kayaking (\$10)

Name _____ Age _____ DOB _____ Gender _____

Address _____

Preferred Phone: _____ Email: _____

Emergency Contact Name: _____ Phone: _____

____ Fitness (Tues/Wed/Thur) circle _____ Kayaking (Date): _____

____ Bring a Friend Rate: Name: _____ U18 Ultimate Frisbee

I certify that I am the participant and/or the legal guardian of the participant and give permission for the above named to participate in the Moreau Rec Program. I understand that participation may result in serious injury. I hereby agree to indemnify, save harmless, and waive liability of the Town of Moreau, The Town Board, the employees, and volunteers thereof, for any responsibility should any accident or injury occur as a result of Participation of in any program sponsored by the Moreau Department of Recreation or while using Recreation Program Facilities.

Parent/Guardian/Participant: _____

Signature: _____ Date: _____

MAKE CHECKS PAYABLE TO: THE TOWN OF MOREAU OR Pay in Cash

Mail to or Drop off registrations to Moreau Town Hall, 351 Reynolds Road, Moreau, NY 12828

M—F/ 8 AM—4 PM

Moreau Rec

Upcoming Programs

2014

Summer Kayaking

Adult and Family *FITNESS!*

Community Garden

Baseball Skill Camp

Senior Softball League

Ultimate Frisbee League

Birdbath Demo/Plant Swap

GA GA Ball

Geocaching & Birding

South Glens Falls Flag Football

Fall Rec Field Hockey

Moreau Rowing Club

Are you competitive, love the water, being a part of a fun community, and are looking for a new challenge?

For more info email:
photorow4@yahoo.com or
amprod@hotmail.com

Sand Bar Beach

Official Opening:

Friday, June 27th, 2014

Moreau Recreation

Dear residents of Moreau and South Glens Falls,

Many may be wondering what Moreau Rec is all about. Currently, we are in a developmental stage. With help from dedicated volunteers, parents, and participants, we have been growing! Our goal is to provide diverse opportunities for meaningful, inclusive recreation experiences that are extremely fun! We have many new and exciting opportunities, and we are just getting started!

This past winter, Rec Basketball was a hit and we welcomed 2nd grade students! The “Little Ninjas” Rec Wrestling had a great time learning new skills. We even started our first Rock Climbing Club for Middle School Students! Three of our participants were finalists in an all area competition! We hope to grow the program in the fall in both length and skill development. K → Lacrosse is having an incredible 2nd year season and the first Rec Field Hockey program is underway! SGF Flag Football is steadily growing and is excited for the fall season!

New and exciting upcoming opportunities include fitness for all ages/levels with fabulous, motivating instructors. We also received kayaks from the South Glens Falls Pep Grant this year and will be touring some local waterways! Thank you so much to SGF Schools! More info on programs gaining strength are Birding, Geocaching, and the wildly fun new game called GaGa ball! If you are interested in leading a program or sharing an idea, feel free to email recreation@townofmoreau.org. Be on the look out for a follow up flyer with additional program opportunities for the summer.

-Moreau Recreation





Moreau Recreation

Total Body Fitness Class: Tuesday Mornings

- Body sculpting, cardio, and Tabata style work out for all levels!
 - Meet friends and get into shape w/ incredible Fitness Instructor Beverly Butler
 - Work outs are motivating, supportive, and meet every level of experience!
- Tuesday Mornings: 9 AM—10 AM June 10th —July 22nd Cost: \$29
 Program Minimum: 5 (May be cancelled due to lack of participants)

Adult Fitness: “Fit Club” Wednesday Evenings

- Workouts are energizing, exciting, and meet every level of experience!
 - Experience training through P90X, Insanity, Turbo Fire, and more
 - Join Fitness Coach and National Rowing Champion Joan Lentini
- Wednesday Evenings: 6 PM—7 PM June 11th—July 23rd Cost: \$29 Drop in: \$5

Family Fitness: BOKWA! Thursday Evenings

- This new fitness craze is truly for all ages and abilities and is so fun!
 - Move your feet to letters and numbers and look cool doing it!
 - Get fit with this upbeat workout that all (4—80+) are lining up to join
- Thursday Evenings: 4:30 PM—5:30 PM June 12th—July 24th Cost: \$29
 ⇒ Sign up with a friend/family member - only \$19 for the second person!
 Program Minimum: 5 (May be cancelled due to lack of participants)

Fitness at the Annex:

WHERE? Fitness will be taking place at the Annex building (to your immediate right) as you enter the drive to Moreau Town Hall at 351 Reynolds Road, Moreau, NY 12828.

- Preregister using form attached or register on the first day of fitness class.

Moreau Community Garden

- Beds are full for this year! You don’t have to have a community plot to be a part of the Community Gardeners and creating or participating in garden events. Email recreation@townofmoreau.org to learn more!

Birdbath—How to Demo & Plant and Seed Exchange

- Thursday, June 5th at 5 PM/Moreau Rec Park Community Garden
- Learn how to build a beautiful, natural birdbath
- Bring your surplus plants and seeds to exchange with others! FREE

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Summer Kayaking!

- Learn Kayaking 101 tips and skills with an ACA Certified Kayak Instructor!
- More dates and tour locations to be added—email recreation@townofmoreau.org to join the updates/email list. Participation is limited due to number of boats.
- Dates listed are for 18+ participants. Youth demo days will be scheduled.
- All intro sessions start at 9 AM at the Sand Bar Beach unless indicated otherwise
- Cost \$10

Currently Scheduled: Intro To Kayaking

July 12th	July 17th (Sunrise/5:30 AM)	July 22nd (Sunset/7 PM)	July 26th
Aug. 2nd	Aug. 5th (Sunset/7 PM)	Aug. 9th	

Baseball Skills Camp w/ Skidmore Coach—Free!

- Learn FUNdamentals, skills, and drills to improve your success as a player
- Beginners are welcome and highly encouraged to join!
- Gain valuable skills from experienced Collegiate Coach Bogdan

For boys and girls: Ages 9—12 9:00 AM—10:30 AM
 Ages 13 + 10:30 AM—Noon

Mondays: July 7th, 14th, 21st, 28th Come to one or all clinics!

Parents can register when dropping off. Cost is Free.

Location: Moreau Rec Park/Legion Field

Senior Softball League

- Fun, non-competitive, sociable, and good times! May grow to 2x/week
- Tuesdays, June 10th—Mid August (TBD)/ Location: Moreau Rec Park 10 AM
- No preregistration required, cost is free.

SGF Flag Football: Summer Skills Clinic & Fall Flag League

- Summer Skills Clinic - Free! Learn with the SGF Flag Football League and SGF Team!
- July 27th, Aug. 3rd, 10th, 17th 2—3:30 PM at Moreau Rec Park: In the Bowl
- No pre-registration required/Register upon arrival/Come to one or all!

Fall League

- Season begins early August, coaches will contact you with details
- Forms will be distributed to schools, check the website to download the registration
- Cost \$10