

The Guide

Winter 2017



Slide into Winter!

Family Fun Holiday
Happenings

Great Winter Classes

Opportunities For
Helping Others



Creating Community through
People, Parks & Programs

Register Online!
www.maltaparksrec.com



Winter 2017



Creating Community through
People, Parks & Programs

DEPARTMENT OF PARKS,
RECREATION & HUMAN SERVICES

Message from the Director

Life is About Balance

Free play is getting a renewed push as a more healthful way to develop athleticism in young people.

Injuries from specializing in one sport at a young age have long been discussed in medical journals and it remains an ongoing issue. Sports specialization leads to overuse, injuries and emotional burn-out among pre and early adolescents.

Researchers suggest that engaging in unstructured activities and sampling multiple sports before adolescence best predict long-term athletic success (and psychological maturity).

"Sport sampling in the formative youth years is clearly superior to early sport specialization" researchers wrote in the Kinesiology Review. National organizations agree with this perspective; the American Academy of Pediatrics, the American Medical Society for Sports Medicine and the National Strength and Conditioning Association recommend against early sports specialization.

Jay Mahoney, our new Recreation Specialist is featured on page 4. Coach Jay is bringing back our traditional sports in an improved format and is offering a new program called PhysEd Fun. There is no better focus in recreation than lifelong fitness. Take a look at all of the improved programs that Coach Jay is offering on pages 4 and 5.

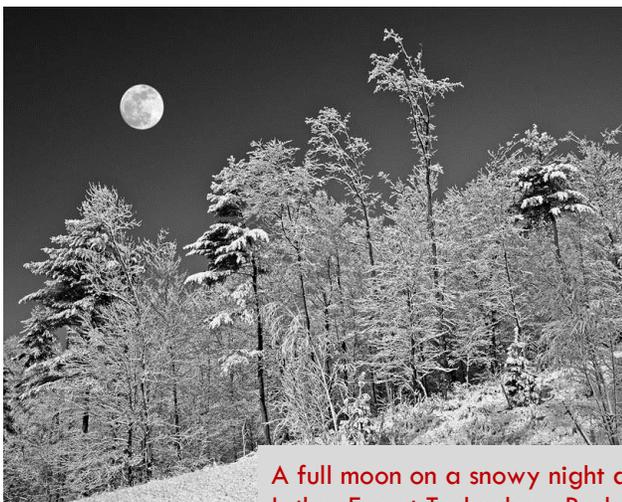
Audrey

Audrey C. Ball, Director
Parks, Recreation & Human Services
Town of Malta
One Bayberry Drive
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MISSION STATEMENT

To enhance the quality of life in our community, the Town of Malta Parks, Recreation & Human Services Department strives to be a leader by providing exceptional programs, facilities and services.



A full moon on a snowy night at Luther Forest Technology Park.

Photo by Craig P. Flood



Cover photo: Lucas R. loving the snow!

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Meet The Staff

Main Office	(518) 899-4411
Director - Audrey Ball <i>dirparksrec@malta-town.org</i>	Ext. 303
Assistant Director - Jean Williamson <i>commctr@malta-town.org</i>	Ext. 302
Artistic Director - Elyse Young <i>theater@malta-town.org</i>	Ext. 305
Youth Director - Barbara Mazurak <i>youth@malta-town.org</i>	Ext. 304
Programmer- Tracey Cooper Rivera <i>trivera@malta-town.org</i>	Ext. 301
Office Staff/Brochure Design - Holly Kane <i>hkane@malta-town.org</i>	Ext. 300
Office Staff - Anita Manpel <i>amanpel@malta-town.org</i>	Ext. 300
Office Staff - Denise Rutledge <i>drutledge@malta-town.org</i>	Ext. 300
Recreation Specialist - Jay Mahoney	

KEY CODES:

R = Resident Rate

NR = Non-Resident Rate

SRR = Senior Resident Rate

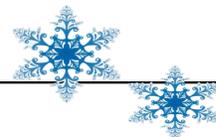
*See page 20 for more details.

Instructor Opportunities:

Program Instructors:

We are looking for new and fun programs to offer our community. If you are interested in sharing your talent and ideas please call the Department office (518) 899-4411.

Youth Sports-Gym Programs



Welcome
Jay Mahoney
Recreation
Specialist

We are excited to announce our new Recreation Specialist who joined us in September. James Mahoney has been a physical education teacher at Notre Dame/Bishop Gibbons for the middle and high schools for the last nine years. You may know him from the Greg Koubek or One on One basketball camps. In addition to his basketball experience, he has extensive experience in coaching baseball, soccer, volleyball and developing many other programs. Coach Mahoney is bringing a lot of experience and new ideas to us and we are excited to welcome him to our team and getting him out on the floor instructing the children in the love of sports, fitness and having fun.

Lil' Rockers Soccer

Inst: Jay Mahoney

Introduce your child to the sport of soccer in this fun filled class! Games and activities will get your child moving and learning the basics of kicking and scoring. A parent or caregiver may be asked to participate. Pre-registration is required.

Ages: 3.5 - 5 yrs | Min/Max: 6/12

***No class on 2/21/17**



Code	Dates	Time	Fee: R / NR
2700	Tu: 1/17 - 2/28*	4:30 - 5:15 pm	\$54 / \$60

Rockin' Soccer

Inst: Jay Mahoney

A fun introduction to the sport of soccer for children ages 5 to 7 years old. This program is for the player at any level to develop skills and have fun with the sport. Throughout the session the players will engage in a variety of soccer related games to improve their touch on the ball. Skills such as passing, shooting & dribbling will be taught each week. Students should wear shin guards and sneakers to class. Pre-registration is required.

Ages: 5 - 7 yrs | Min/Max: 6/12 *No class on 2/21/17

Code	Dates	Time	Fee : R / NR
3633	Tu: 1/17 - 2/28*	5:15 - 6:00 pm	\$54 / \$60

Phys Ed Fun

Inst: Jay Mahoney

NEW!

Are you looking for less emphasis on team sports and more on lifelong fitness activities for your kids? Have them bring a friend, come and exercise and have some laughs too. We will be playing a variety of different physical education games that will differ each week; the participants will decide what they want to play. Some ideas are capture the flag, dodgeball, kickball, ultimate Frisbee, basketball and soccer. Must wear gym shoes, bring water. Pre-registration is required.

Grades: 3, 4, and 5 | Min/Max: 8/20 *No class on 2/21/17

Code	Dates	Time	Fee: R / NR
3700	Tu: 1/17 - 2/28*	6:00 - 6:45 pm	\$54 / \$60

Grades: 6, 7, and 8 | Min/Max: 8/20

***No class on 1/16/17 and 2/20/17**

Code	Dates	Time	Fee: R / NR
4700	M: 1/9 - 2/27*	7:15 - 8:00 pm	\$54 / \$60

Monday Night Flag Football

Inst: Jay Mahoney

Monday night football is back! Do you have a child who wants to be the next Cam Newton? You want him/her to play the sport but are afraid of head injuries? Monday Night Flag Football is the answer. In this co-ed program, players will learn the basic skills, rules, and fundamentals of Flag; building the groundwork to eventually play in flag football games. Participants must wear a mouth guard, gym shoes; and bring water. Pre-registration is required.



***No class on 1/16/17 and 2/20/17**

Ages: 5 - 7 | Min/Max: 6/16

Code	Dates	Time	Fee: R / NR
3803	M: 1/9 - 2/27*	5:00 - 5:45 pm	\$54 / \$60

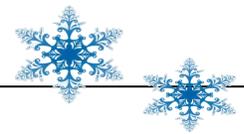
Ages: 8 -10 | Min/Max: 6/16

Code	Dates	Time	Fee: R / NR
3804	M: 1/9 - 2/27*	5:45 - 6:30 pm	\$54 / \$60

Ages: 8 -10 | Min/Max: 6/16

Code	Dates	Time	Fee: R / NR
3805	M: 1/9 - 2/27*	6:30 - 7:15 pm	\$54 / \$60

**Registration begins
Tuesday, Nov. 1st**

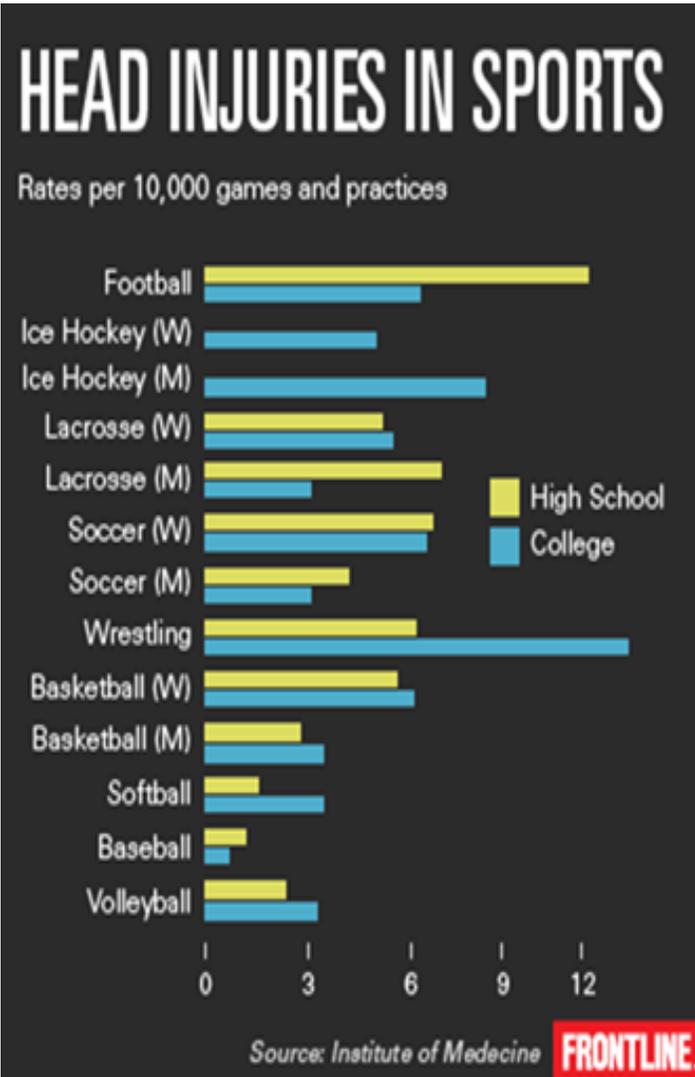


Coach Jay is bringing back Flag Football Here is Why

The Silent Danger of Concussions

The media has paid a lot of attention to concussions of kids and professional players, but what about all of those hard hits? Studies on head trauma in a variety of high school sports estimated that high school football players suffered 11.2 concussions for every 10,000 games and practices. Among college players, the rate stood at 6.3.

Bring your football players out to have a great time and learn the necessary skills to learn how to play the game.



It's Here and It's All NEW!



FUN-damental Basketball

Inst: Jay Mahoney

Is your child the next LeBron James or Diana Taurasi but needs a little help honing those basketball skills. Coach Jay is ready to lay down the fundamentals of dribbling, shooting, and passing. We have lower hoops and smaller basketballs to help your child learn the proper techniques and fundamentals ensuring success and having fun. Please wear gym shoes. Pre-registration required.

Grades: K - 2 | Min/Max: 6/12

*No class on 2/22

Code	Dates	Time	Fee: R / NR
3634	W: 1/18 - 3/1*	5:00 - 5:45 pm	\$54 / \$60

Dream League Hoops

Inst: Jay Mahoney

By the time kids reach age 9, basketball becomes the most popular competitive sport (according to the Sports and Fitness Industry Association). Coach Jay will work skills and fundamentals but will also teach other aspects of the game. For fun, game play will be incorporated within the first few weeks and players will learn basic principles of the games such as court spacing, defending and teamwork. Pre-registration required.

Grades: 3 - 5 | Min/Max: 6/20

*No class on 2/22

Code	Dates	Time	Fee: R / NR
3635	W: 1/18 - 3/1*	6:00 - 6:45 pm	\$54 / \$60

NBA Hoops

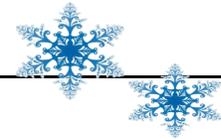
Inst: Jay Mahoney

Coach Jay is ready to bring your kids to an all new level with jr.nba. Every class will end with 30 minutes of game play where players can practice the skills and drills they learned for the first half hour. Players will be split and will play against players of the same height and ability in games to make all games as fair and competitive as possible. Pre-registration required.

Grades: 6 - 8 | Min/Max: 6/20

*No class on 2/22

Code	Dates	Time	Fee: R / NR
4703	W: 1/18 - 3/1*	7:00 - 8:00 pm	\$54 / \$60



Youth Sports-Gym Programs

Malta Basketball Camps

Inst: Jay Mahoney

Campers will receive four days of expert instruction presented in a fun and low pressure environment. Camp includes instruction in all aspects of basketball fundamentals, while learning concept in teamwork and sportsmanship. Games, contests, and a t-shirt for all who attend. Children will be grouped by age. Bring a water bottle. Pre-registration is required.



Winter Camp

Inst: Emmie Doin

Come join **Go Kids** for a fun FULL day camp during Winter Break. Activities include games, arts and crafts, sports and much more! Camp is open to children in grades K-3. Campers should come prepared with comfortable clothing, a snack, lunch, water bottle and clothing to play in the snow. Dry gym shoes are required. Contact Emmie Doin 518-878-6502 for more information.

Camp Facts

Location: Malta Community Center

Dates: Winter Break Tuesday - Friday, Feb. 21 - Feb. 24

Times: Camp meets 9:00 am - 3:00 pm daily

Fees: \$145 per child per week

To Register: www.123gokids.com or call 518-878-6502

Holiday Break Basketball Camp

Ages: 8 - 14 yrs | Min/Max: 10/40 Register by 12/21/16

Code	Dates	Time	Fee: R / NR
3639	Tu - F 12/27 - 12/30	9 am - 12 pm	\$90 / \$99

Winter Break Basketball Camp

Ages: 8 - 14 yrs | Min/Max: 10/40 Register by 2/15/17

Code	Dates	Time	Fee: R / NR
3640	Tu - F 2/21 - 2/24	9 am - 12 pm	\$90 / \$99



Go Kids, the Capital Region's only multi-sport and exercise program specifically designed for children aged 2-6. You'll find Go Kids every **Monday & Saturday mornings** running and jumping at the Malta Community Center.

Go Kids' sports and fitness activities teach preschoolers the fundamentals of 7 different sports in a social, team based, non-competitive environment. Go Kids seeks to promote a healthy lifestyle, help develop a lifelong passion for physical activity, decrease childhood obesity, increase confidence and prepare children for participation in school and the broader community. Please wear gym shoes.

Contact Emmie Doin 518.-878-6502 for more information.

To Register: www.123gokids.com or call 518-878-6502

New classes will start the week of 1/7/17 & 1/9/17

Ages: 2 - 3 yrs Mondays or Saturdays 10:00 am - 10:45 am

Ages: 3 - 6 yrs Mondays or Saturdays 11:00 am - 11:45 am

Go Kids

Home School Gym

The Go Kids Home School PE class provides a safe and positive physical education experience for home-schooled children. Children of all skill and fitness levels are invited to have fun and keep their bodies moving. The aim is to help children improve their physical skills, enjoy fitness and build their confidence in a structured, non-competitive environment. Go Kids goal is to provide an atmosphere in which children of varying ages can come together and learn physical skills that will lead them to a lifetime of health, fitness and fun. Please wear gym shoes.

Contact Emmie Doin 518-878-6502 for more information.

To Register: www.123gokids.com or call 518-878-6502

***New classes will start the week of 1/6/17**

Ages: 4 - 11 yrs Fridays | 1:00 pm - 2:00 pm

Santa and Ella at last year's "Santa Claus is Coming To Town."

See all our family friendly special events on pages 16 and 17.





Move & Groove

Inst: Roseanne Clavin

Foster a love of movement in your child with this fun and energetic class that consists of basic dance technique, promoting gross motor skills, rhythm and creativity. Emphasis on coordination and rhythm will be introduced in creative and imaginative ways. Listening skills, taking turns and working as a group will also be developed. Students will enjoy the experience of dance and begin a journey into the dynamic arena of movement and music. Child participates without parent. Parents are welcome to wait in the lobby outside the dance room. Ballet slippers encouraged but not required. Pre-registration required.

Ages: 2.5 - 3 yrs | **Min/Max:** 8/10

***No class on 2/20/17**

Code	Dates	Time	Fee: R / NR
1303	M: 1/23 - 3/6*	4:00 - 4:30 pm	\$27 / \$30

Let's Dance with Miss Roseanne

Inst: Roseanne Clavin

Come and have some dance fun with Miss Roseanne! Each week you will get to experiment with a variety of new dances and themes. No dance experience necessary. Proper dance attire including tap/ballet shoes required. Pre-registration required.

Ages: 4 - 5 yrs | **Min/Max:** 8/12

*** No class on 2/20/17 and 2/22/17**

Code	Dates	Time	Fee: R / NR
2307	M: 1/23 - 3/6*	4:30 - 5:15 pm	\$54 / \$59
2308	W: 1/25 - 3/8*	4:30 - 5:15 pm	\$54 / \$59

Instructor
Roseanne Clavin
with
some of her
students.



Feel The Beat

Inst: Roseanne Clavin

Join us for this fun, energetic class. Each week a different style of dance including hip hop and jazz consisting of leaps, turns, unique moves and fancy footwork will be taught while dancing to your favorite music. No experience necessary. Please wear sneakers or soft soled shoes. Pre-registration required.

Ages: 5 - 7 yrs | **Min/Max:** 8/12

***No class on 2/20/17 and 2/22/17**

Code	Dates	Time	Fee: R / NR
3313	M: 1/23 - 3/6*	5:15 - 6:15 pm	\$60 / \$66
3314	W: 1/25 - 3/8*	5:15 - 6:15 pm	\$60 / \$66

Ages: 8 - 12 yrs | **Min/Max:** 8/12

***No class on 2/22/17**

Code	Dates	Time	Fee: R / NR
3308	W: 1/25 - 3/8*	6:15 - 7:15 pm	\$60 / \$66

BIRTHDAY PARTY PACKAGES AT THE MALTA COMMUNITY CENTER



Packages are available for guests ages 4-14 on Saturdays from 11:00 am to 1:00 pm or 12:00 pm to 2:00 pm.

Birthday Party Includes:

- Use of party room complete with tables and chairs for the full 2 hours
- Table decorations (based on your chosen color)
- Use of 1/2 of the gymnasium for 1 hour
- Use of specified sports and recreational equipment for party games and activities. (Ideas for games and activities can be provided.)

Equipment available for use: Basketballs, Soccer Balls, Cones, Hoops, Jump Ropes, Bean Bags, Buckets, Parachute, Kick Balls, Dodge Balls, Balance Beam, Target Tosses, Frisbees, "Soft" Indoor Baseball and Flag Football.

Fees:

Small groups of 10 or less guests \$125
Standard groups of up to 25 guests \$150

Call (518) 899-4411 for more info & availability.

Youth Programs



Miss Barb sharing a story with some of her young students.

Makin' Music

Inst: Barbara Mazurak

This class is especially planned for preschoolers 18 months to 4 years who delight in the process of exploration and discovery and who are ready to engage in music and movement activities. Upbeat and fun songs and activities will encourage your child to move while enjoying and making music. Children will stretch, jump, sing, dance, and play together. The class also includes a story, craft project and snack. Children participate at their own developmental level. This class has mixed ages so siblings can enjoy the class together. Pre-registration is required.

Ages: 18mo - 4yrs | **Min/Max:** 12/20

Code	Dates	Time	Fee: R / NR
1607	W: 1/11 - 2/8	9:30-10:30 am	\$40 / \$44
1608	W: 3/8 - 4/5	9:30-10:30 am	\$40 / \$44

Food Fun For Preschoolers

"Gingerbread Man Adventure"

Inst: Barbara Mazurak

Join us at different times of the year for this new adventure program featuring food projects and fun stories. For our first adventure, children will hear the story of "The Gingerbread Man" and then will make a gingerbread man cookie. While the gingerbread man is baking, children will make a craft project and have some musical fun. A snack of a tasty gingerbread man cookie and homemade applesauce will be the finale of this fun adventure. Children must be accompanied by an adult. Pre-registration required.

Ages: 2 - 5 | **Min/Max:** 12/20



Code	Dates	Time	Fee: R / NR
6035	W: 12/14	9:30 - 11:00 am	\$10 / \$12

**Registration begins
Tuesday, Nov. 1st**

FREE Imagination In Motion Try It Class

Your 2½ - 5 year old will love this opportunity to explore their imagination in this high energy class!

Code: 1400

Friday, February 3rd 10:30 am - 11:15 am

Imagination In Motion

Inst: Elyse Young

Go on a Safari and meet the animals, become butterflies or travel through space. Your preschooler will explore their imagination with costume pieces, songs, simple gym equipment and creative movement exercises. Children explore at their own level and parent/caregiver participate as much as the child needs. Develop large motor skills, social interaction, rhythm and creativity during this high energy class. Wear dry gym shoes. Pre-registration required.

Ages: 2.5- up to 5 yrs | **Min/Max:** 8/14

* No class 2/24/16

Code	Dates	Time	Fee: R / NR
1401	F: 2/10 - 3/17*	10:30 - 11:15 am	\$45 / \$50



Little Butterflies learning how to fly in Imagination In Motion Class.

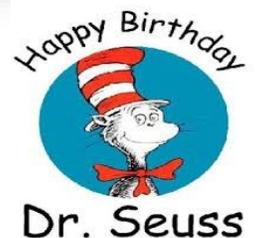
Food Fun For Preschoolers

"Happy Birthday Dr. Seuss"

Inst: Barbara Mazurak

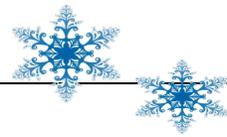
For our second class of **Food Fun For Preschoolers**, children will celebrate Dr. Seuss's birthday. Get ready to make your own Dr. Seuss hat and cast a line in the "Red Fish, Blue Fish" fish pond. Our "Sam I Am" friend will be on hand to complain about the dish of green eggs and ham. Your child will enjoy different food related Dr. Seuss' books. Class also includes a craft, snack, and music. Children must be accompanied by an adult. Pre-registration required.

Ages: 2 - 5 | **Min/Max:** 12/20



Code	Dates	Time	Fee: R / NR
6039	W: 3/1	9:30 - 11:00 am	\$10 / \$12

Youth Programs



Winter Acting & Performance Camp

"All the World's a Stage"
Shakespeare

Inst: Elyse Young, Artistic Director

Your child will love this imaginative, dramatic and fun NEW camp. Activities will cater to each camper's age group and ability. Your child will have a great time with acting exercises, theater games, improv, vocal technique in speech and singing, creative movement and dance, character analysis, makeup techniques, art projects and more. Each camper will also rehearse and present a short performance including costumes, set pieces, props, lights and sound at the end of the last day Friday, February 24 on the Malta Community Center Stage.

* Children will be separated into 2 groups, Grades K-5 & 6-9
Pre-registration is required by 2/3/16

Grades: K - 9 Min/Max: 10/25 5 day camp option

Code	Dates	Time	Fee: R / NR
3408	M-F: 2/20 - 2/24	9:00 am - 4:00 pm	\$185 / \$204

Grades: K - 9 Min/Max: 10/25 4 day camp option

Code	Dates	Time	Fee: R / NR
3409	T-F: 2/21 - 2/24	9:00 am - 4:00 pm	\$165/ \$182

Acting And Performance Academy

Inst: Elyse Young, Artistic Director

Study acting this winter on the stage at the Malta Community Center! Specialty training will include acting technique, dance, voice, stage crafts, makeup and more! Students will improve stage presence, character analysis and performance styles through monologues, scene work, and musical and vocal presentations. Both classes will culminate in a performance on the last evening, complete with costumes, sets, and lights! Pre-registration required.

"If you are on stage, you are a star!"

*Elyse Young,
Theater Director*

Ages: 5 - 10 | Min/Max: 8/12

***No class on 2/22/17**

Code	Dates	Time	Fee: R / NR
3407	W: 2/1 - 3/15*	4:30 - 5:30pm	\$60/ \$66

Ages: 11 - Adult | Min/Max: 8/12

***No class on 2/22/17**

Code	Dates	Time	Fee: R / NR / SRR
5601	W: 2/1 - 3/15*	6:00 - 7:00pm	\$60/ \$66 / \$30

Make It Move Again!

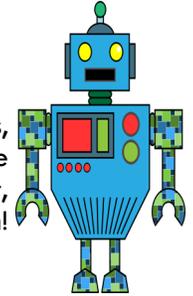
Lego Robotics

Inst: Mary Hogan, Kids Compute

In this more advanced Lego Robotics class, students will assemble and create more complex models, program their movement, and even create a model of their own design! Pre-registration is required.

Ages: 6 - 10 | Min/Max: 6/10

***No class on 12/29**



Code	Dates	Time	Fee: R / NR
3106	Th: 12/1 - 1/26*	5:00 - 6:00 pm	\$136 / \$150

Child & Babysitting Safety

Inst: Jennifer Speenburgh

Babysitting is not just "watching" the children. It is being responsible for their safety and well being.

The American Safety & Health Institute "Child and Babysitting Safety" course is geared to provide 11-15 year olds with the knowledge and skills needed to be effective babysitters. Topics covered include: decision-making and leadership principles, basic care techniques, discipline, safety and safe play. Participants will learn and practice basic first aid skills including how to respond when someone is choking, how to perform CPR and how to help someone with a sudden illness or injury. Please bring a lunch. Pre-registration required.

Ages: 11 - 15 | Min/Max: 4/12

Code	Dates	Time	Fee: R / NR
4907	Sa: 2/18	9:00 am - 2:30 pm	\$41 / \$45

Staying Safe at Home Alone

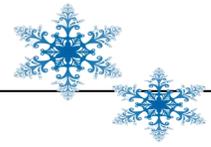
Inst: Jennifer Speenburgh

When children reach an age and maturity level that parents feel comfortable leaving them at home alone, there are some basic guidelines that will teach them responsibility and keep them safe. This course is geared to provide 10-12 year olds with the knowledge and skills needed to assume personal responsibility and stay safe while at home alone. Participants will learn about following family ground rules such as how to handle phone calls and what to do if a stranger knocks at the door, as well as preparedness tips, recognizing emergency situations and how to handle them. Pre-registration required.

Ages: 10 - 12 | Min/Max: 5/15

Code	Dates	Time	Fee: R / NR
4906	Sa: 2/4	9:00 - 11:30 am	\$33 / \$36

Adult Sports & Fitness



Golf Instruction for Individuals- One On One Golf Instruction

NEW!

Inst: Charles R. Veeder Jr.

This course is designed to provide one on one high quality affordable training in golf. This program is open to all golfers beginner to advanced. The program consists of one hour lessons working with individual students covering all aspects of the game. Lessons are offered as a single one hour session or as a bundle of 3 one hour lessons. Lessons will be tailored to the individual's needs to improve their golfing skills.

Beginners are recommended to sign up for the three lesson bundle. The instructor can provide equipment so no clubs are required.

Register by contacting:

Charles Veeder - CV Golf at 518-421-1798 for availability, scheduling and to discuss your individual golfing goals and what you would like to work on to improve skills.

Then you must register for the session of classes by contacting the Malta Community Center at 899-4411.

One Hour Session Fees: Malta Res: \$31 / Non Res: \$34

**Bundle 3 One Hour Sessions Fees: Malta Res: \$92
Non-Res: \$101**

Available times and dates: Dec. 3, 2016 - Feb. 25, 2017

Wednesdays: 6:00 pm - 8:00 pm

Saturdays: 9:30 am - 11:30 am

*All sessions will be at the Malta Community Center.



**Registration
begins Tues,
November 1st!**



FREE!

Beginner Dance Lessons with Spa City Swingers

Come check out different styles of partner dances and see what makes it so much fun! No partner is necessary. Pre-registration is required. Call 899-4411 or log-on www.maltaparksrec.com to reserve your spot!

For Ages: 12+

Friday, Jan. 6, 2017 7:00 pm - 8:00 pm

Friday, Feb. 24, 2017 7:00 pm - 8:00 pm

Beginning Partner Dancing

Inst: Aaron Romano, Spa City Swingers

Have two left feet? Always sitting on the sidelines? This course will get you comfortable on the dance floor no matter the song or the event! See how easy and fun dancing can be. No partner necessary! **Drop-in** anytime for \$15 per class (class minimum must be met) or register for the complete course and save money! Pre-registration is required.

Code	Dates	Time	Fee: R/NR/SRR
5514	F: 1/13 - 2/17	6:30 - 7:30 pm	\$60 / 66 / 30

Age: 12+ | Min/Max: 6/30

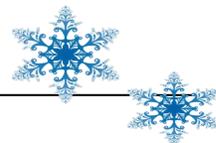
Continuing Swing

Inst: Aaron Romano, Spa City Swingers

This six week intensive course will focus on learning new complex dance moves as well as honing the skills and techniques needed to enhance the quality of students' dancing. This class is appropriate for the serious intermediate or advanced swing dancer.

Drop-in anytime for \$15 per class (class minimum must be met) or register for the complete course and save money!

Code	Dates	Time	Fee: R/NR/SRR
5513	F: 1/13 - 2/17	7:30 - 8:30 pm	\$60 / 66 / 30



Total Body Stretching & Meditation

Inst: Janice Pastizzo, M.A.

NEW!

Stretch, relax, feel good, renew & recharge! Enhance your health, fitness and wellness! This one hour stretching & meditation class is for everyone at all fitness levels. Exercises are done sitting in a chair with simple stretches from head to toe to make your body feel good, leading to a more relaxed state of body & mind....deep breathing letting go of everyday tension and stress. This will allow you to get in touch with your inner self. Leave class feeling the positive energy. Please bring water, a dynaband, small play ball, a blanket and pillow. Pre-registration is required.

Ages: Adults | Min/Max: 9/14

Code	Dates	Time	Fee: R/NR/SRR
5050	W: 1/4 - 2/15	10:05 - 11:05 am	\$56 / 62 / 28

Mat Pilates...Mind / Body Fitness

Inst: Janice Pastizzo, M.A.

NEW!

Look and feel physically stronger and leaner as well as be more mentally relaxed and empowered to meet life's challenges. Mat Pilates...Mind/Body Fitness will help you develop muscles of the abdomen, back, buttocks, hips, and chest while engaging mind and body. You will perform floor exercises to build core stability and flexibility while enhancing body awareness and relieve stress. Bring a floor mat, a water bottle, small play ball, and an optional 2, 3, or 5lb. weighted ball. Pre-registration is required.

Ages: Adults | Min/Max: 9/14 No class on 1/16/17

Code	Dates	Time	Fee: R/NR/SRR
5049	M: 1/9 - 2/13	10:05 - 11:05am	\$40 / 44 / 20

Guts N' Butts - Core Training

Inst: Janice Pastizzo, M.A.

Strengthen your core muscles (abdominals, buttocks, back, hips and chest) in this non-aerobic floor workout. In this class we will use the big fitness ball, dyna-bands, weights, noodles and the small playball as we perform resistance exercises to firm and tone the core. Each class will end with total body stretching. Bring a floor mat and a small play ball. Pre-registration required.

Ages: Adults | Min/Max: 9/14

Code	Dates	Time	Fee: R/NR/SRR
5014	W: 11/30 - 12/21	9 am - 10 am	\$32 / 35 / 16
5017	W: 1/4 - 2/15	9 am - 10 am	\$56 / 62 / 28



Santa is performing the Upward Facing Dog yoga pose.

20-20-20 Cardio, Strength, Flexibility

Inst: Janice Pastizzo, M.A.

Add variety to your workouts! Get energized, toned and stretched out! Twenty minutes each of cardiovascular fitness, strengthening and total body stretching all in one class. You will look and feel healthy and fit. Bring a dynaband, water and a floor mat. Pre-registration required.

Ages: Adults | Min/Max: 9/14 * No class on 1/16/17

Code	Dates	Time	Fee: R/NR/SRR
5008	M: 11/28 - 12/19	9 am - 10 am	\$32 / 35 / 16
5015	M: 1/9 - 2/13*	9 am - 10 am	\$40 / 44 / 20
5045	Tu: 11/29 - 12/20	8:45 - 9:45 am	\$32 / 35 / 16
5035	Tu: 1/3 - 2/14	8:45 - 9:45 am	\$56 / 62 / 28
5011	Th: 12/1 - 12/22	9 am - 10 am	\$32 / 35 / 16
5016	Th: 1/5 - 2/16	9 am - 10 am	\$56 / 62 / 28

Simple Meditation for Everyday Stress

Inst: Janice Pastizzo, M.A.

Experience the mind/body benefits of simple meditation. In this 30 minute class. You will practice mindfulness, breathe deeply, let go of stressors, increase mental clarity and feel totally relaxed! Improve your physical, mental & emotional health and well being. Bring a blanket and pillow to class. Pre-registration required.

Ages: Adults | Min/Max: 9/10

Code	Dates	Time	Fee: R / NR
5029	M:11/28 - 12/19	10:15-10:45 am	\$16 / 18
5048	Tu:11/29 - 12/20	10:00-10:30 am	\$16 / 18
5033	Tu:1/3 - 2/14	10:00-10:30 am	\$28 / 31
5032	Th:12/1 - 12/22	10:15-10:45 am	\$16 / 18
5034	Th:1/5 - 2/16	10:15-10:45 am	\$28 / 31

Adult Sports & Fitness



PiYo® Live

Inst: Audeliz Matias

Ready to find your flex appeal? PiYo® is a music-driven, athletic workout inspired by the mind/body practices of Pilates and Yoga that also includes flexibility training, strength training, conditioning and dynamic movement. It includes modifications for less challenge or more challenge, yet offers exercise progressions to challenge all levels. No weights. No jumps. Participants will need to bring a yoga mat, water bottle and wear clothing that is comfortable yet functional. Pre-registration required.

Ages: 16+ | Min/Max: 6/15

***No class on 2/14**

Code	Dates	Time	Fee: R/NR/SRR
5144	Sa: 1/7 - 2/11	10:00 - 11:00 am	\$50 / 55 / 25
5143	Tu: 1/10 - 2/21*	6:30 - 7:30 pm	\$50 / 55 / 25

Beginning Yoga

Inst: Julie Lindenbaum

Beginning Yoga is designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses. We will practice yoga with step-by-step verbal description and demonstration. We will explore the interaction between the mind and body and the relaxation that results. This class is open to all participants (with the ability to move among reclined, seated, kneeling and standing positions unassisted). Please bring a yoga mat. Younger teens may enroll with a parent. Pre-registration required.

Ages: 16+ | Min/Max: 6/12

Code	Dates	Time	Fee: R/NR/SRR
5121	W: 1/18 - 2/22	5:20 - 6:20 pm	\$66 / 73 / 33

Yoga Flow

Inst: Julie Lindenbaum

Balance and strength result from attention to breath as we move through our yoga practice. The basic postures introduced in Beginning Yoga will serve as our foundation for each class sequence. Modifications are suggested as needed. Some yoga experience is helpful, although not required. Open to everyone (with the ability to move through seated, standing, kneeling and reclined positions unassisted). Please bring a yoga mat and your positive energy! Pre-registration required.

Ages: 16+ | Min/Max: 6/12

Code	Dates	Time	Fee: R/NR/SRR
5125	W: 1/18 - 2/22	6:30 - 7:30 pm	\$66 / 73 / 33

Restorative Yoga

Inst: Julie Lindenbaum

This two hour restorative yoga workshop invites the participant to settle more deeply into yoga poses, welcoming the comfort provided by the strategic placement of multiple props, such as blankets and pillows. This body comfort allows our minds to release and restore. Wear comfortable clothing and bring a yoga mat, blanket and a firm pillow or bolster. Pre-registration is required.

Ages: 16+ | Min/Max: 6/10

Code	Dates	Time	Fee: R/NR
5141	Sa: 12/10	9:15 - 11:15 am	\$23 / 25
5142	W: 12/14	6:00 - 8:00 pm	\$23 / 25

***Drop-ins for both classical yoga classes will be permitted after the minimum number of students registered has been met.**

Classical Hatha Yoga

Inst: Antoinette DiMascio

This classical Hatha Yoga class will challenge the beginner/intermediate yoga practitioner. Focusing on graceful fluid movements and held poses/stretchers, students will increase strength and stamina with these fun flow sequences. Learn appropriate breathing techniques, proper poses, tone muscles, build strength, gain increased flexibility, and apply meditation. Leave feeling balanced, grounded and at peace. No experience needed. Must move through seated, standing, kneeling and reclined positions unassisted). Bring a yoga mat and strap. Pre-registration required.

Ages: 16+ | Min/Max: 6/15

Code	Dates	Time	Fee: R/NR/SRR
5138	F: 1/13 - 2/17	8:30 - 9:30 am	\$50 / 55 / 25
5128	F: 3/3 - 4/7	8:30 - 9:30 am	\$50 / 55 / 25

Classical Gentle Yoga

Inst: Antoinette DiMascio

Come and start your week with Classical Gentle Yoga! Learn to breath and relieve stress with these gentle stretching asanas (poses). Build stamina, improve posture, create a positive mental and physical shift, and leave better than you came! Class is taught by a certified yoga instructor with over 500 hours of training in yoga and Ayurveda. Focus on relieving tense muscles and work to build strength in your joints. No experience is necessary, just a desire to improve your wellness and learn to manage your stress better and live life to the fullest!. Pre-registration is required.

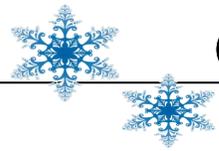
Ages: 16+ | Min/Max: 6/15

Code	Dates	Time	Fee: R/NR/SRR
5162	T: 1/10 - 2/14	8:15 - 9:15 am	\$50 / 55 / 25
5163	T: 2/28 - 4/4	8:15 - 9:15 am	\$50 / 55 / 25

NEW!

NEW!

Adult Sports & Fitness



Tai Chi Ruler

Inst: Anthony Grimaldi

Tai Chi Ruler is a rare system of Taoist Yoga or Chi Kung utilizing a specially designed wooden dowel. The exercise with this dowel will help with blood flow, breathing, and flexibility. Tai Chi movements are slow and precise. Great for the beginner and the advanced student. A dowel will be provided for class. Please wear loose comfortable clothing to class. Pre-registration required.

Ages: 16+ | Min/Max: 8/12

Code	Dates	Time	Fee: R/NR/SRR
5304	T: 1/3 - 2/7	6:30 - 7:30 pm	\$43 / 47 / 21.50

Zumba Fitness®

Inst: Iris Galvez

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. Pre-registration required.



***Drop-ins will be permitted after the minimum number of students registered has been met.**

Ages: 16+ | Min/Max: 8/25

No class on 11/24/16 and 12/1/16

Code	Dates	Time	Fee: R/NR/SRR
5220	Th:11/3 - 12/15*	6:00-7:00 pm	\$41/ 44 / 20.50
5224	Th:1/5 - 2/9	6:00-7:00 pm	\$48 / 53 / 24
5231	Th: 2/23 - 3/30	6:00-7:00 pm	\$48 / 53 / 24



Canasta Club

Get together at the Center on Mondays and Fridays 1pm - 4 pm to play the card game Canasta. This group of players enjoys the social and competitive aspect of card playing and welcomes anyone with an interest to join.

Zumba Gold®

Inst: Bernadette Knight

This is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community oriented dance fitness class that feels fresh and most of all exhilarating! Zumba Gold classes provide modified, low-impact moves for active older adults. This program includes dancing the merengue, salsa, belly dance, flamenco and tango over a sixty minute time period. Pre-registration is required.

Ages: Adult | Min/Max: 7/25

***No class on 11/22/16 and 11/24/16**

Code	Dates	Time	Fee: R/NR/SRR
5221	Tu: 1/3 - 1/24	10:00- 11:00 am	\$30 / 33 / 15
5222	Th: 1/5 - 1/26	10:30- 11:00 am	\$30 / 33 / 15



Bernadette Knight, Zumba Gold Instructor, with some of her students.

Zumba Gold - Toning®

Inst: Bernadette Knight

Zumba Gold - Toning takes the basic Zumba Gold dance fitness party and adds in light weights. This unique combination of cardio and dynamic resistance exercises incorporates progressive light weight training to improve overall performance. Zumba Gold -Toning class is an effective, full - body workout specifically created for the active older adult, the beginner participant and other special populations that may need modifications for success. Pre-registration is required.

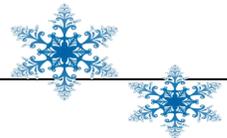
Ages: Adult | Min/Max: 7/25

***No class on 11/22/16**

Code	Dates	Time	Fee: R/NR/SRR
5235	Tu: 1/3 - 1/24	11:15 - 12 pm	\$30 / 33/ 15

**Registration begins
Tuesday, Nov. 1st**

Adult Programs



Featured instructor for Winter 2017, Eva Marie Loucks



Eva Marie Loucks is an artist who lives and works in Saratoga County. She has worked for the past 28 years as a graphic designer, and a small business artist. She works in many mediums, originally serigraphy (silkscreen prints) to acrylic, watercolor and pastel. She is a great addition to our group of instructors here at the Center. Come in and take a class!

Step-by-Step Watercolor

Inst: Eva Marie Loucks

This class is a step-by-step introduction to watercolor painting. Projects will be designed to be completed during class time with class demonstrations of various techniques. No experience necessary. Materials are not included, please obtain a materials list upon registration. Pre-registration required.

Ages: Adult | Min/Max: 5/12

Code	Dates	Time	Fee: R/NR/SRR
5438	Th: 12/1– 12/22	12:30-2:30 pm	\$41/ 45/ 20.50
5439	Th: 1/5 –2/16	12:30-2:30 pm	\$72 / 79 / 36

Watercolor

Inst: Eva Marie Loucks

In this inspiring art class, explore the world of watercolor painting as you experiment with paints, brushes and various watercolor techniques. Work from subject matter such as still life, landscapes, floral, abstraction or any other subject matter that truly inspires you. All levels welcome. No artistic background necessary. Materials are not included, please obtain materials list upon registration. Pre-registration required.

Ages: Adult | Min/Max: 5/21

Code	Dates	Time	Fee: R/NR/SRR
5422	W: 11/30 - 12/21	9:30-11:30 am	\$46 / 51 / 23
5435	W: 1/4 - 2/15	9:30-11:30 am	\$80 / 88 / 40

Watercolor Paint-n-Share

Join us this Winter for a program which provides a unique opportunity to work independently in the company of other artists. Bring your own supplies and get ready to create! No formal instruction provided. Pre-registration is required.

Ages: Adult | Min/Max: 5/20

\$8 discount when taking this class with any painting class. You must register in person to receive the discount.

Code	Dates	Time	Fee: R/NR
5412	Th: 11/30 - 12/21	12:00-2:00 pm	\$12 / 13

\$14 discount when taking this class with any painting class. You must register in person to receive the discount.

Code	Dates	Time	Fee: R/NR
5440	Th: 1/4 - 2/15	12:00-2:00 pm	\$21 / 23

Acrylic Painting

Inst: Eva Marie Loucks

Explore acrylic painting. Learn various techniques creating beautiful painting, still life, landscapes, floral and abstracts. All levels welcome. No experience necessary. Materials are not included, please obtain materials list upon registration. Pre-registration is required.

Ages: Adult | Min/Max: 5/15

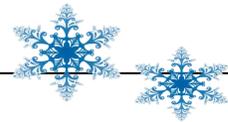
Code	Dates	Time	Fee: R/NR/SRR
5436	Th: 12/1 - 12/22	9:30-11:30 am	\$41 / 45 / 20.50
5437	Th: 1/5 - 2/16	9:30-11:30 am	\$72 / 79 / 36

Watercolor Class "How About Those Apples"



Artwork Exhibit at the Malta Community Center

Did you know that the Malta Community Center has long been a place that displays works of local artists? Each month a new exhibit can be found in the hallways of the Center. Take some time to view these talented artists' work; you just might find out that it's your neighbor!



No Place Like Home Cooking!

Classic Comfort Food - Savory Pot Pies

Inst: Christine Levy

It's time to hunker down for cold, long winter days. What could be better this time of year than healthy, delicious pot pies to keep you warm. Christine Levy will show you how to make an amazing crust from scratch and three types of pot pies: chicken, turkey and beef. This class is great for beginners and experienced cooks. Take home the best pot pies you will ever have! Pre-registration is required.

Ages: 16+ | Min/Max: 6/12

Code	Dates	Time	Fee: R/NR
5930	Th: 12/8	6:30-8:30 pm	\$25 / 28

Slovakian Cooking for Beginners

Inst: Christine Levy

Learn how to make traditional Czechoslovakian goulash and spaetzli from scratch. It's surprisingly simple and delicious! This recipe was the instructor's #1 Farmer's Market Bestseller. You will learn all the steps from start to finish in making this wholesome and flavorful comfort food. Each student will take home a sample. Pre-registration is required.

Ages: 16+ | Min/Max: 6/12

Code	Dates	Time	Fee: R/NR
5931	Th: 1/5	6:30-8:30 pm	\$25 / 28

Romantic Dinner for Two

Inst: Christine Levy

Surprise your sweetheart with an elegant, romantic dinner for two! Learn how to prepare rack of lamb accompanied by roasted vegetables, followed by tiramisu for dessert, surprisingly easy and wonderfully delicious! This a great class for new cooks, ladies and gents. We will sample our delicious creations in class. Pre-registration is required.

Ages: 18+ | Min/Max: 6/12

Code	Dates	Time	Fee: R/NR
5932	Th: 1/12	6:30-8:30 pm	\$26 / 29

Writers Workshop

Inst: Mary Ingnoli, Author

Do you have a story to tell but are unsure about how to begin? How will your characters, settings, and plots actually come to life on the page? In this 6 week course, participants will learn the basic ingredients for starting his or her writing project. Each session will include a lesson, writing time, and a discussion geared to supporting the writing goals of each student. Pre-registration required.

Ages: 16+ | Min/Max: 6/10

Code	Dates	Time	Fee: R/NR/SRR
5411	Tu: 1/10 - 2/14	6:30-8:30 pm	\$57/ 63/ 28.50

Connecting the Generations

Inst: Sophia Faul

Seniors, are you afraid of the internet? Ever wonder what all the hype is over texting and social media? Let teens help you discover the latest technology and discover the internet. Learn about texting, skype and social media. Bring any cell phones, laptops or iPad you are mystified by and let's figure them out together. If you don't have a device to conquer, we will have some on hand for you to work on. You must pre-register for these free classes.

Ages: Adult | Min/Max: 1/10

Code	Dates	Time	Fee
5927	Sa: 12/17	10:00 am - 11:00 am	Free
5928	W: 12/28	1:00 pm - 2:00 pm	Free
5929	W: 2/22	1:00 pm - 2:00 pm	Free

Defensive Driving Course

Inst: Jeremy Lebediker

Are you looking for ways to save money? Would you like to automatically save 10% on your auto insurance for the next three years?

When you take this 6 hour class, state law requires all insurance companies to provide a 10% reduction for three years. You'll also reduce 4 points on your DMV record.

This course is certified by the Empire Safety Council and is NYS DMV approved. NO TESTS!

Drivers must have a NYS driver license or permit to participate. Pre-registration is required.

Ages: 16+ | Min/Max: 5/40

Code	Dates	Time	Fee: R / NR
5912	Sa: 1/14	9:00 am - 3:00 pm	\$30 / 33



Special Events



Spotlighter's Theatre Troupe Presents:

A Fairy Tale Christmas Carol The Musical



The first 50 children to sign up with a registered adult will receive a FREE TICKET to "A Fairytale Christmas Carol" for the Saturday Dec. 10th matinee at 2:00 pm only. Door tickets are not eligible For the free ticket.

Perfect for the holiday season, this fun musical will charm you with it's cast of storybook characters and great musical score telling the story of the Christmas Carol in a new and clever way.

Advanced tickets: \$10

Door tickets: \$15

Code	Date
6036	Sat. 12/10 Matinee 2 pm
6037	Sat. 12/10 Night 7 pm
6038	Sun. 12/11 Matinee 2 pm

Audition Opportunities

Café' Malta

This years Café' Malta is tentatively scheduled for Saturday, March 11. We are looking for a combination of folk artists and Irish dancers and musicians for this year's show. Auditions are by appointment only and will be held starting the first week of February. To schedule your audition, please contact Elyse Young (see below).

Spotlighter's Theatre Troupe Spring Musical

(Show not selected yet)

Auditions for the Spring Musical will be Sunday, March 26 and Monday, March 27. To schedule an audition, please contact Elyse Young (see below).

For an audition or more details contact:
Elyse Young, Artistic Director at:
theater@malta-town.org or call 899-4411 x 305
(More appointment dates maybe available.)

Parents Night Out!

Parents, grab some friends and enjoy a night out or do some last minute shopping while we watch your kids.

Curious?

See page 18 for more info.

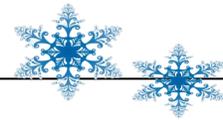
Malta Community Center

Arts, Crafts and Gift Fair

Sat, Nov. 5 9am-3pm



Free Admission



Santa Claus is Coming to Town

The Town of Malta Annual Holiday Party will be held at the Malta Community Center on Sunday, December 4th. This afternoon party will feature a variety of activities including a holiday singalong at 1:15 pm, a presentation by the Puppet People titled "Holiday Potpourri Puppet Fun" at 1:30 pm and an opportunity to create your own ice cream sundae after the puppet show. The craft room will be open from 1:00 pm-3:30 pm. Santa Claus will be stopping by after the puppet show and will visit with the children until 3:30 pm. Children can also bring in their letters to hand Santa personally.

Sunday, December 4 • 1:00 pm - 3:30 pm

Code: 6013 Min/Max: 20/100

Malta Residents \$5 per child

Non-Residents \$8 per child

Register your child by Thursday, 12/1

Holiday Helper Tree

Last year, our community generously provided gifts for many local families in need. This year we are inviting you to help us in this endeavor again.

In the lobby of the Malta Community Center we will have a tree decorated with ornaments detailing an item needed for our holiday recipients. Take an ornament and return the item listed to the Center no later than December 10th for distribution to the local families. Also, food pantry items and personal care items are being sought. Look for the tree around mid November.



Santa's Mailbox

A special mailbox will be installed in the lobby of the Malta Community Center from 12/1 - 12/15 for children to mail their letters to Santa Claus. Children will receive a response back from the jolly old elf and a special Santa picture to color. Please remember to include a self addressed stamped legal size envelope.

Decorate for the Holidays Contest

2016



This annual event is open to all Malta residents and businesses. Enter yourself, a neighbor, a friend, or your business establishment. Awards will be given in six categories to the entries that reflect a special holiday spirit.

1. **The WOW! Award:** The display that makes people say "wow!"
2. **One Color Beauty:** The best use of one color decorations, lights, etc.
3. **All Blown UP:** The best use of blow-up decorations.
4. **Christmas in Motion:** The best use of moving decorations or lights.
5. **Sweet & Simple:** The best use of a minimal amount of decorations or lights.
6. **Fun For Kids:** The display that reflects a child's wonderland quality.

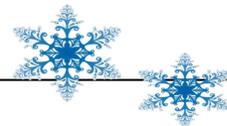
Winners in these categories will receive a beautiful engraved plaque.

All interested parties must fill out an entry form and submit it to the Malta Community Center.

Deadline for entry is Wednesday, December 14, 2016.

Judging will take place on Saturday, December 17th & Sunday, December 18th.

Contact the Malta Community Center 899-4411 for more information or to obtain an entry form.



Drop-in Gym

Adult Drop-In Basketball

Want to play some ball?

Get your friends together for some exercise and fun. Enjoy a game of pick-up basketball in the gymnasium. Picture ID required to verify age and residency.

Please wear clean, dry gym shoes.

*Gym schedule subject to change.

*New Drop-in fee

Ages: 18+

Fee: R \$4 / NR \$5 per drop-in

Dates	Time
F: 12/2/16 - 2/24/17	6:00-8:00 pm

Indoor Walking Program

A free indoor walking program for adults of all ages takes place in the Center's gymnasium. The walking program provides adults an indoor setting for regular exercise, as well as, opportunities to meet and talk with others. There is no charge and registration is not necessary. Please wear clean, dry, soft-soled walking shoes or tennis shoes.

*Gym schedule subject to change. School break weeks will amend the schedule.

AM Walk 8:00 am - 9:00 am

Dec.1 - Feb. 28 | M - F

Lunch Walk 12:00 pm - 1:00 pm

Dec.1 - Feb. 28 | M - F

Open Gym Schedule

Free open gym times are available at the Malta Community Center Gerald R. Winters Gymnasium. Times are listed for different age groups.

Please bring your own gym appropriate equipment. Sign in at the front desk. Please wear clean, dry gym shoes. The current gym schedule can be found at www.maltaparksrec.com.

*Gym schedule subject to change.

15 laps around the perimeter of the gymnasium floor is equal to 1 mile in distance.

Parents Night Out!

Parents, grab some friends to do some last minute shopping while we watch your children!

Coach Jay will be on hand and will keep them entertained and active in our gymnasium with fun games and a pizza dinner will be provided. Please wear gym shoes. Pre-registration is required.

Ages: 8 - 13yrs | Min/Max: 10/30

Code	Dates	Time	Fee: R/NR
6040	W: 12/21	5:30 - 8:30 pm	\$15 / 17



Looking for a place to play basketball, volleyball, soccer or for team practice space?

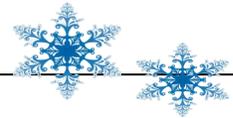
The Malta Community Center is taking Winter reservations for the **Gerald E. Winters Gymnasium**.

The gymnasium features wood floors, is air conditioned and is lined for full court basketball and volleyball. Other sports such as pickle ball, tennis, badminton and soccer can be played. The gym can also be divided into half courts by using the suspended curtain.

Rentals can be conducted Monday - Friday 8:00 am - 9:00 pm or Saturdays 9:00 am - 2:00 pm when available.

2016 / 2017 Rental Rates:

Whole Gymnasium	Peak time \$100/hr - Non-Peak \$80/hr
1/2 Gymnasium	Peak time \$55/hr - Non-Peak \$45/hr
Gym Peak:	M-F 5 pm - 9 pm & Sat. 9 am - 2 pm
	Sept. thru May
Gym Non-Peak:	M-F 8am - 5pm daily



AARP Tax Prep

Tax-Aide, a volunteer tax preparation program will be offering free tax preparation and filing of tax returns for low to moderate incomes, with a preference for seniors:

February 1, 2017 through April 13, 2017.

Appointments are required by calling the Malta Community Center at 899-4411. AARP tax prep volunteers will be available, Wednesdays, 9 am-1 pm and Thursdays, 9am - 4 pm, February 1st through April 13th. Please make your appointment after you have received all of your income and tax documents.

Legal Services

Sponsored by the Office For the Aging, this program is for Saratoga County residents age 60 or over. Call 884-4100 for an appointment to meet with a private attorney at the Malta Community Center. Dates that legal services will be provided at the Malta Community Center are:

Nov. 9, 2016, Dec. 7, 2016, Jan. 11, 2017 and Feb. 8, 2017.



**Kids
Roc,
frequent
food
donators**

Food Pantry

The number of people who need assistance in our community has increased in recent years; the Malta Community Center is here to help. Our goal is to increase access to nutritious food for those in need.

Come pick up a bag of groceries to pull you and your loved ones through.

Food donations are also accepted during these times. Shelf stable products like can tuna & chicken, cereals, brown rice, can beans, pastas, pasta sauce, and can fruits are great examples.

We can not except food that has passed it's expiration date.

Seniors Community Dining

Hot nutritious lunches are served daily, Monday-Friday at noon at the Malta Community Center for those ages 60 and up. Reservations must be made by noon the day before by calling 899-4411.

Services for Seniors

The Saratoga County Office for the Aging is our local office that plans, develops and supports in-home and community services for local Senior Citizens. To learn more about the services offered by Saratoga County and the State of New York, call 884-4100 or stop in at 152 West High Street in Ballston Spa.

Delivered Food Program

The Home Delivered Meals of Saratoga County is in URGENT need of volunteers to deliver meals to the homebound elderly in your community. For more information or to volunteer, call Billie Joe or Carmella at 363-4020 or 363-4033.



Sponsorship Opportunities

The 2017 Malta Summer Concert Series is going to be spectacular with talented musical acts performing outside the Malta Community Center on warm summer nights. Residents and visitors will be invited to bring friends and family to enjoy a variety of styles of music. The concerts are free to the public; therefore, we rely on sponsors to enable us to provide this impressive series. Sponsorship opportunities are available in varying levels from Friends of the Concert Series all the way up to Presenting sponsor. If you or your company has an interest in supporting this great community event, please call 899-4411. Information can be found at www.maltaparksrec.com.

Looking For Some Rewarding Volunteer Work?

The AARP Foundation TaxAide Program may be just the answer. You could help your neighbors with their tax returns...all it takes is a commitment and some training. Each year from February 1 to April 13, AARP TaxAide volunteers help prepare federal and state tax returns for low and middle income taxpayers. AARP TaxAide, the nation's largest free volunteer-run tax counseling and preparation service, is seeking volunteers to assist in tax preparation at sites throughout the Capital Region including the Malta Community Center. No prior experience in tax preparation is necessary and volunteers of all ages who have some basic computer familiarity are welcome. Volunteers are needed not only for tax preparation, but also to assist taxpayers with document review and appointment scheduling and confirmation.

To volunteer for AARP TaxAide you can register on-line <http://nytaxaide.org> On the right side under "Home" there is a link titled "Volunteer with AARP Tax-aide". Clicking there takes you to an application you can complete and "Submit". Signing up does not carry any obligation, it will simply allow one of our local representatives to contact you about the program or, you can contact Stan Gee at stangee.sg@gmail.com or call (518) 832-3507 for further information about volunteering.

How To Sign Up

5 Easy Ways to Register!

1. MAIL IN

Mail the registration form on the following page and your payment to:

**Class Registration,
Malta Community Center**

One Bayberry Drive Malta, NY 12020.



2. WALK IN

Register in person at the Malta Community Center.

Monday-Friday 8:00 am to 8:00 pm

Saturdays 9:00 am - 12:00 pm

We accept cash, check, Visa, MasterCard & Discover



3. AFTER HOURS DROP OFF

Drop off your registration form and fees in our After Hours Night Drop Box located at the parking lot side of the Center.



4. FAX: 899-4448

Fax the signed and completed registration form with credit card information to (518) 899-4448. We accept MasterCard, Visa and Discover



5. ON - LINE

Register on-line at:

www.maltaparksrec.com

We accept MasterCard, Visa and Discover



50% OFF

If you are a Town of Malta or Village of Round Lake resident age 60 or older **most** Town of Malta Parks and Recreation classes priced \$30 or more have a senior discount rate of up to 50% off! What a bargain!

Malta Department of Parks, Recreation & Human Services

ADMINISTRATION OFFICE

One Bayberry Drive, Malta, NY 12020

Phone: (518) 899-4411 • Fax: (518) 899-4448

Email: commctr@malta-town.org

OFFICE HOURS

Monday - Friday 8:00 am - 8:00 pm &

Saturdays 9:00 am - 12:00 pm

Office closed: Nov. 11, 2016, Nov. 24-25, 2016, Dec. 26, 2016
Jan. 2, 2017, Jan. 16, 2017, and Feb. 20, 2017

Online Registration! www.maltaparksrec.com

No convenience fees!

*Setup your account and
then Register Online!*

No need to wait in line or send your form in the mail. You can register in the comfort of your own home any time, day or night. Of course, you are always welcome to utilize the 4 other ways to register too.

Here are the easy to follow steps to setup your online account and get started!

Online Registration Instructions:

- Navigate to: www.maltaparksrec.com
- Select the link "Create an Account." if you have not registered online before. To get started, input information to complete your household account.
- After your account has been approved you will be eligible to enroll in activities online.

To Register:

- Log in to your account.
- Click on, or place your cursor over, the Browse Activities link at the top of the screen and select a program of interest.
- Click "Choose Member" then select a member from the list that appears. This will allow you to add activities to the cart for that member of your household.
- Click "Change Member" to add activities to the cart for another member in the household
- Click "Check Out" to review your shopping cart, then continue to move forward with your order.
- Choose "Pay Online" (when available) or Create a Registration Form and follow the steps.

DIRECTIONS

From the Northway Exit 12-
East on Route 67 to the Route 9 roundabout (at the Gazebo). Follow roundabout signs to north on Route 9. Continue north approximately 1/2 mile. Turn left on Bayberry Drive. The David R. Meager Malta Community Center is the first building on the left.

REGISTRATION DATES

Registration on-line, walk-in, fax-in, mail-in & drop-off begins Tuesday, November 1, 2016.

All methods of registration occur simultaneously. Registration continues until courses are filled or closed. You must register at least a week prior to the start of any class, program or workshop.



1. ADULT PARTICIPANT OR PARENT/GUARDIAN INFORMATION

_____ | _____ | D.O. B. ____/____/____
 Last Name First Name

_____ | _____ | _____ | _____ Malta Resident Yes No
 Address City State Zip

(____) _____ | (____) _____ | (____) _____
 Home Phone Work Phone Cell Phone

_____ | _____ (____)
 Email Address Emergency Contact Name / Phone

Check this box to receive e-mails from the Malta Department of Parks, Recreation & Human Services. Transactions confirmations, links to receipts, information about programs, events and classes and facilities are communicated via email. Email addresses are for Department use only and will not be shared.

2. READ & SIGN THE WAIVER

I have read and fully understand the policies and the Town of Malta Assumption of Risk on the reverse side of this form. I understand my signature, or primary guardian's signature (if under 18), is required to take part in Malta Parks & Recreation programs.

_____ | _____
 Signature of Participant or Parent/Guardian Date

3. TELL US WHAT YOU ARE REGISTERING FOR (PLEASE FILL OUT COMPLETELY.)

PARTICIPANT'S NAME (FIRST, LAST)	GRADE	BIRTH DATE	SEX	CODE	PROGRAM NAME	FEE
			<input type="checkbox"/> M <input type="checkbox"/> F			
			<input type="checkbox"/> M <input type="checkbox"/> F			
			<input type="checkbox"/> M <input type="checkbox"/> F			

4. COMPLETE PAYMENT METHOD

TOTAL AMOUNT DUE: \$ _____ Cash Check # _____ Visa MasterCard *Make checks payable to Town of Malta.*

Cardholder Name: _____ Authorized Signature: _____

Credit Card Number: _____ - _____ - _____ - _____ Exp. Date: _____ CVC Code: _____
 (Card Verification code)

5. LET US KNOW OF ANY SPECIAL NEEDS

We welcome individuals with disabilities. Please describe any accommodations needed for successful inclusion in the program(s). _____

6. RETURN

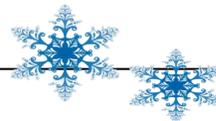
By Mail: Class Registration, Malta Community Center
 1 Bayberry Drive
 Malta, NY 12020

By Fax: 899-4448
 (Credit cards only)

Cancellation Policy: Since the fees collected must offset personnel and other program expenses, any requests for a refund or credit must be made a full week prior to the start of class. Requests after this time will not be considered. There will be a \$5 service charge for each activity refund although there is no service charge for accepting a credit on your account. Only amounts greater than \$10 will be refundable. For refund requests under \$10, money will be applied to customer account. In the event that an activity is filled or cancelled, a full refund will be made. Please allow up to four weeks for refunds to be issued.

T-Shirts (If Applicable)
 Select programs receive participation shirts. If so, please indicate the shirt size next to the participant's name using the following sizes.
 YS (6-8) YM (10-12) YL (14-16) AS AM AL AXL

Registration Information



Town of Malta

Assumption of Risk

Upon payment and/or participating in this activity, I agree to indemnify and hold harmless the Town of Malta Parks & Recreation Department, The Town of Malta, its employees, personnel, independent contractors and volunteers from any and all liability for injuries or damages which may arise as a result of participating in this activity. I assume all risks and hazards incidental to participation on behalf of myself or my child. I recognize the difficulties and challenges that may be involved in participating in this activity and I or my child are physically and mentally fit to participate and have not been advised otherwise by a physician.

Although the Town of Malta endeavors to provide nut free programs, I understand that the Town cannot guarantee that the program or the premises in which it is held is totally free of exposure to nuts and nut-products.

I also understand that I am responsible to determine whether it is safe for my child to participate in this program and assume the risk by enrolling my child in the program. I do hereby waive, relinquish, release, discharge, and hold harmless from any and all liability, for any physical or mental injury or aggravation of any pre-existing illness, handicap, death, loss of enjoyment, exposure to nut products or any other harm or loss of any nature which may be sustained by me or my child while participating in any activity registered for.

I further agree that the Town of Malta Recreation personnel or class instructor may act in an emergency as best fits the situation in the event my emergency contact cannot be reached. I am aware that the sponsoring organization does not carry medical insurance for participants.

Registration Information

- All program registrations are on a first come, first served basis.
- You must register at least a week prior to the start of any class, program or workshop. All fees must be paid at that time.
- No pro-rated class fees.
- Before you buy supplies, check three days in advance to make sure the class will begin as scheduled.
- Register early as classes have been filling up quickly.
- Make checks payable to *Town of Malta*.

Fees

The **Resident Rate (R)** applies to Town of Malta and Village of RoundLake residents.

The **Senior Resident Rate (SRR)** applies to those persons age 60 and up who live in Malta.

Registrants may be asked for proof of residency.

All others are designated as **Non-Resident Rate (NR)**.

Minimum/Maximum

This designation is for the number of students needed to hold a program (Min) and the number to fill a program (Max). These guidelines are necessary to ensure the best possible experience for each participant. The Malta Parks and Recreation Department may increase or reduce the class size if necessary. Activities may be cancelled if there is not sufficient enrollment.

Possible Changes in Listing

The Malta Parks and Recreation Department reserves the right to cancel, combine, or divide classes; to change time, date or location of classes; to change instructor assignments; and to make any other changes that may be necessary.

Refund Policy

Since the fees collected must offset personnel and other program expenses, any **requests for a refund or credit must be made a full week prior to the start of class. There will be a \$5 service charge for each activity refund** although there is no service charge for accepting a credit on your account.

There are no refunds for missed classes.

Only amounts greater than \$10 will be refundable via check. For refund requests under \$10, money will be applied to customer account.

Please allow up to four weeks for check refunds to be issued.

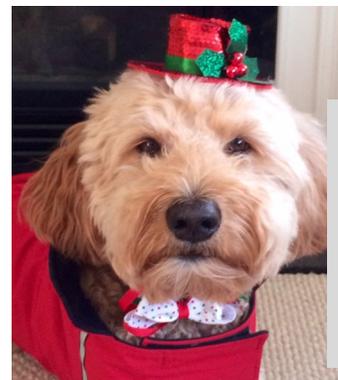
In the event that an activity is filled or cancelled, a full refund will be made. If there is an unplanned cancellation of a single class, that class will be rescheduled whenever possible. If it cannot be rescheduled, a prorated refund in a form of a credit will be issued.

Some classes, events, camps, etc. may have a refund policy specific to them. If so, it will be stated in that enrollment form.

For classes where registration is processed with the provider of the class, refunds would be subject to and processed by them.

Returned Checks

There is a \$20 service charge for all returned checks due to insufficient funds. This fee in addition to the original amount must be paid in full via cash or money order in order to resume participation in programming or facility use.



Yogi says,
“Don’t wait.
Sign up today.”

Rental & Reserve Information

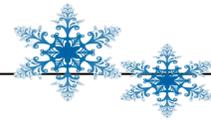


Photo / Video Policy

The Town of Malta photographs and videotapes program participants. By registering for a program or involvement with an activity / event, the participant consents to use by the Town of her / his likeness in Town promotions and other uses.

The
Luther Forest
Athletic Fields



Room Rental

Rooms and the gymnasium at the Malta Community Center are available to rent Monday - Friday 8:00 am - 9:00 pm and Saturdays 9:00 am - 12:00 pm when they are not being used for classes.

To rent a room for parties, meetings, sports practice or special occasions, pick up an application and fee schedule at the Center. Applications, fees, damage deposit and insurance requirements must be submitted at least 48 business hours prior to the rental time in order to reserve a facility.

Gerald E. Winters Gymnasium

The gymnasium features wood floors, is air conditioned and is lined for full court basketball and volleyball. Other sports such as pickle ball, tennis, badminton and soccer can be played. The gym can also be divided into half courts by using the suspended curtain. Many classes and programs are offered in the gymnasium, as well as, open gym times for families, adult basketball and indoor walking.

Open Gym: A current gym schedule can be found at www.malta-town.org under the Parks and Recreation page. Schedules are subject to change. You must bring your own equipment and clean dry gym shoes. Be sure to sign in at the front desk. Adult supervision is required for those under 12 and a parent signed waiver is required for those 12 - 17.

Field Information and Rentals

The Malta Athletic Association is the governing agent and provides maintenance and operations of designated field space in the Town. Field rentals are available at the Shenantaha Creek Park, Malta Community Park and the Luther Forest Athletic Fields. To reserve a field please download a Field Use Permit Application at www.maltaathleticassociation.com. This form is used to reserve Town of Malta ball fields. Submit the completed application and fees to:

Malta Athletic Association
PO Box 2913 Malta, NY 12020

The reservation will be reviewed and processed by the MAA.

To check field availability please visit www.maltaathleticassociation.com. To find out how to become a member, call Audrey Ball at 899-4411.

Pavilion Reservations

The Malta Parks and Recreation Department reserves pavilions in the Malta Community Park and the Shenantaha Creek Park for picnics and parties. Reservations are taken for May - September.

One pavilion in each park can be reserved per day. You can select from two reservation times either 10:00 am- 2:00 pm or 3:00 pm- 7:00 pm for your event.

Reservation requirements also include the Pavilion Use Permit Application, deposit and insurance. The application form, which includes the reservation requirement information, rules and regulations, can be found at www.maltaparksrec.com under the Dept. Info. heading.

Code of Conduct

In a continuing effort to provide quality, well maintained, clean and safe programs and facilities for the public, all participants and visitors are expected to exhibit appropriate behavior at all times, show respect to other participants, users, volunteers and staff and take direction from facility/program staff and volunteers.

The following examples of behavior could result in an ejection or suspension:

- fighting or intent to harm,
- swearing, threatening and arguing,
- vandalism.

The reasons listed are not meant to be exhaustive. Town staff or Program volunteers are responsible for the safe management of facilities and programs. If a potential exists for disorder, personal injury, conflict or destruction of property, staff has the authority to eject or suspend any or all participants and visitors. There can also be additional consequences such as criminal charges, arrests, etc.



Shenantaha
Creek
Park
Pavilion

Town of Malta

Department of Parks, Recreation & Human Services

David R. Meager
Malta Community Center
One Bayberry Drive
Malta, NY 12020

PRSR STD
U.S. Postage
PAID
Clifton Park, NY
Permit No. 53

Postal Customer

**Registration for Winter Activities
Begins November 1st!**

Seasonal Events

Arts, Crafts & Gift Fair

Nov. 5 9:00 am - 3:00 pm See pg. 16

Holiday Helper Tree

Nov. 14 - Dec. 10 See pg. 18

Santa Claus is Coming to Town

Dec. 4 1:00 pm - 3:30 pm See pg. 17

A Fairy Tale Christmas Carol

Dec. 10 & 11 Show times on pg. 16

Decorate for the Holidays Contest

Judging dates: Dec. 16 & 17 pg. 17

Parents Night Out

Dec. 21 5:30 pm - 8:30 pm See pg. 18

***Get out there and
enjoy the snow this
winter!***

