



Spring 2026

Youth and Adult Recreation Program

NEW • NEW • NEW!

- Youth Super Sports
- Multi-Sport Skills Program

- Swimming • Basketball
 - Crafts • Theater
 - Zumba • Aqua Aerobics
 - Pickleball
- and More!***

REGISTER ONLINE AT

hewlett-woodmere.revtrak.net or www.hewlett-woodmere.net

IN-PERSON AT WEC

9:00 AM – 3:30 PM, Room 206

REGISTRATION BEGINS THURSDAY, MARCH 19!

No Classes will take place during school closings.

Please visit the District website for all refund/cancellation policies and general information.

ACTIVITY DESCRIPTIONS

HANDY-DANDY CRAFTS

This fun-filled class will provide an environment in which children will explore and create works of art through the use of a variety of arts and crafts media. This is for children with an interest in creative arts. Since activities will include crafts and sensory experiences, please wear clothes suitable for use with paints, glue and other fun, messy stuff! (*Mary Moshos*)

CREATIVE PLAY

Explore and enjoy various elements of art through many different arts and crafts media. The instructor will use guided activities to help children explore and express their creative imaginations. Time is provided for guided projects as well as independent art activities. Please wear clothes suitable for use with paints, glue and other fun, messy stuff! (*Mary Moshos*)

FUN AND FIT SPORTS

Young children will learn skills essential to the development of coordination, balance, stretching, strengthening and channeling energy through physical games and playful activities. These skills are fundamental to a good workout and the enjoyment of sports in later years. Children should wear layered and comfortable clothes and sneakers. (*Mary Moshos*)

THEATER ARTS

Is there an actor among you? This workshop allows children to tap into their theatrical talents. An exploration of all elements of the Community Theater including reading monologues, comedy, staging, sets, music, dance and choreography. The workshop will end with a short production. (*Mary Moshos*)

OPEN GYM – Friday Evenings

Basketball is the main court game. This is a drop-in program. Registration is on-site and \$5 each session. Written parental permission and proof of residency is required at the first session. Parents, for your safety, please escort your child in and out of the building during drop-off and pick up. No child will be permitted to leave the premises without prior parental permission. We will not take responsibility for any child who leaves the building without parental permission or before the session ends. At Woodmere Middle School, please enter through the doors by the tennis courts. **Note: All children MUST be wearing sneakers to participate.** Those who are not prepared will be asked to sit on the bleachers and issued a refund at the end of the session. **Residents only.**

OPEN GYM – Sunday Afternoons

Basketball is the main court game. This is a drop-in program. You may register on-site for \$5 each visit. Written parental permission and proof of residency is required at the first session your child attends. Parents, please escort children into the building. Enter through the pool doors at Hewlett High School. **Residents only.**

YOUTH SUPER SPORTS

Get up, get going, and get active! Super sports is an action-packed program designed to keep kids moving, learning, and having fun. Each week, participants will enjoy a variety of exciting sports and games including soccer, t-ball, capture the flag, basketball, dodgeball, relay races, kickball, and more!

Every class begins with fun warm-up activities to get bodies moving and energy flowing. Coaches will introduce and teach the basic skills and fundamentals of each sport in a supportive, encouraging environment that promotes teamwork, sportsmanship, and confidence-building.

Super sports is perfect for young athletes of all skill levels who are ready to play, learn, and have a blast!

YOUTH VOLLEYBALL

Come join our youth volleyball program for a fun and engaging environment suited for all skill levels. Our instructors will teach players the fundamentals of volleyball and assist with developing proper mechanics and skills to become a great player. Most importantly, players will learn the importance of teamwork, sportsmanship, personal growth, and friendly competition.

SWIM CONDITIONING

This program is for competitive swimmers who are swimming at Red Cross level 4 or higher. It is NOT a swim instruction class. It is a conditioning and training class for students who want to stay in shape while maintaining and improving their competitive edge in swimming. The coach will be there to assist students with conditioning and guide students in developing workouts that help them achieve personal goals. Conditioning is in a group setting. **Registration is open to District 14 residents only.**

MULTI-SPORT SKILLS PROGRAM (GRADES 5-8)

This dynamic multi-sport program is designed for students in **5th through 8th grade** who want to develop their athletic skills, stay active, and have fun in a supportive environment. The program focuses on learning fundamentals, improving coordination, building confidence, and promoting teamwork through a variety of sports.

Participants will rotate through **two-week sessions dedicated to a specific sport**, allowing athletes to gain deeper experience and skill development in each activity. Sports included in the program are: **soccer, basketball, football, lacrosse, and baseball.**

Each session will feature **engaging skill stations, drills, and fun competitive games** that focus on fundamentals such as passing, shooting, ball control, agility, teamwork, and game awareness. Coaches will emphasize **sportsmanship, effort, and skill progression**, while making sure every athlete enjoys the learning experience.

No Weekend Classes on 4/4-5, 4/11-12, 5/23-24 • No Classes will take place during school closings.

Please visit the District website for all refund/cancellation policies and general information.

WEEKDAY RECREATION SCHEDULE

PROGRAM	TIME	AGE/GRADE	LOCATION	DATES	FEE	LIMIT
MONDAY						
Fun and Fit Sports 921013-26	3:05 PM – 4:30 PM	Pre-K – K	FECC Café 2 & Gym 1	February 23 – June 22 (16 Sessions)	\$ 128	25
Youth Super Sports 930805-26	4:45 PM – 5:45 PM	Grades 2 – 4	FECC Gym New 2	May 4 – June 22 (7 Sessions)	\$ 132	15
Youth Volleyball 930802-26S	6:00 PM – 7:00 PM	Grades 5 – 8	FECC Gym New 2	May 4 – June 22 (7 Sessions)	\$ 132	15
TUESDAY						
Creative Play 921007-26	3:05 PM – 4:30 PM	Pre-K – 1st	FECC Art Room	February 24 – June 23 (17 Sessions)	\$ 136	25
WEDNESDAY						
Handy-Dandy Crafts 921010-26	3:05 PM – 4:30 PM	Pre-K – 1st	FECC Café 2	February 25 – June 24 (17 Sessions)	\$ 136	25
THURSDAY						
Fun & Fit Sports 921018-26	3:05 PM – 4:30 PM	K – 1st	FECC Café 2 & Gym 1	February 26 – June 25 (16 Sessions)	\$ 128	25
Multi-Sport Skills Program 930806-26	4:00 PM – 5:00 PM	Grades 5 – 8	OGDEN Elementary School Soccer Field	April 16 – June 18 (10 Sessions)	\$ 210 Residents only	40
FRIDAY						
Theater Arts 921017-26	3:05 PM – 4:30 PM	K – 1st	FECC Café 2 & Gym 1	February 27 – June 26 (15 Sessions)	\$ 120	25
Open Gym – Basketball	7:00 PM – 9:00 PM	Boys 6th – 8th Girls 6th – 8th	WMS Gym	October 3 – May 29	\$ 5 per Child Residents only	40
MONDAY THROUGH THURSDAY						
Swim Conditioning 921005-26	6:30 PM – 7:30 PM	Ages 6 – 16	HHS Pool	April 13 – June 18 (Monday through Thursday)	\$ 320 Residents only	
SUNDAY RECREATION SCHEDULE						
Open Gym – Basketball	1:00 PM – 3:00 PM	6th – 12th Grades	HHS Gym	October 5 – May 31	\$ 5 per Child Residents only	40

REGISTRATION BEGINS THURSDAY, MARCH 19!

No Classes will take place during school closings.

Please visit the District website for all refund/cancellation policies and general information.

WEEKEND AQUATIC SCHEDULE

SATURDAY & SUNDAY

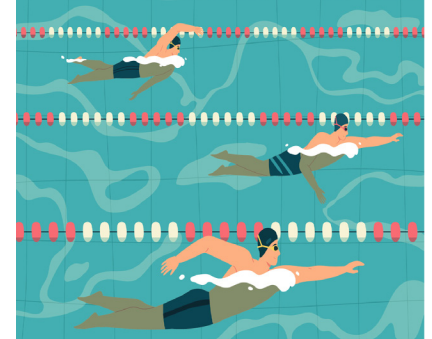
American Red Cross Swim Lessons (**children in 2nd grade and older**). These lessons follow a nationally recognized curriculum that uses a comprehensive and progressive approach to teaching swimming and water safety skills. Our Certified American Red Cross instructors provide a safe and structured environment for swimmers to improve their techniques and gain confidence in and around the water.

NOTE: All swimmers will be tested on the first day and their class time will be determined based on their skill set. We will try to accommodate requests for specific time slots, but can not guarantee the time. Skills testing will take place at 10:00 AM and 11:00 AM.

The group sessions are one hour with 40 minutes of instruction and 20 minutes of free swim time.

RED CROSS GROUP LESSONS FEES: \$ 175 RESIDENTS \$ 225 NON-RESIDENTS

SATURDAY SESSIONS	TIME	DATES – 7 SESSIONS
741036-A-26S	10:00 AM – 1:00 PM	May 2 – June 20
SUNDAY SESSIONS	TIME	DATES – 7 SESSIONS
741036-D-26S	10:00 AM – 1:00 PM	May 3 – June 21



YOUNG LEARNERS SWIM LESSONS

The Young Learners (Tadpoles) program, is designed specifically for toddlers (ages 1 to 3). Guided by a certified instructor, parents learn how to introduce their children to water, develop basic water safety skills and foster comfort and confidence in the aquatic setting.

PLEASE NOTE: A parent/caregiver (18 yrs and over), must accompany their child in the water throughout the lesson. Children MAY NOT wear disposable diapers in the pool. Children who are not fully toilet trained must wear rubber pants over a primary suit. For health and safety, bring in a plastic bag to place a wet or soiled diaper in before placing it in a trash container.

These sessions are one hour with 40 minutes of instruction and 20 minutes of free swim time.

YOUNG LEARNERS FEES: \$ 175 RESIDENTS \$ 225 NON-RESIDENTS

SATURDAY SESSIONS	TIME	DATES – 7 SESSIONS
TADPOLES 741036-J-26S	9:00 AM – 10:00 AM	May 2 – June 20
SUNDAY SESSIONS	TIME	DATES – 7 SESSIONS
TADPOLES 741036-L-26S	9:00 AM – 10:00 AM	May 3 – June 21



WATER SAFETY FOR CHILDREN

The Red Cross swim program for toddlers ages 4 to 6 introduces basic swimming and water safety skills in a fun, supportive environment. Taught by certified instructors, the lessons focus on building confidence through activities like floating and beginner strokes. With small class sizes and age-appropriate instruction, the program helps young swimmers feel comfortable and safe in the water.

These group sessions are one hour with 40 minutes of instruction and 20 minutes of free swim time.

WATER SAFETY FOR CHILDREN: \$ 175 RESIDENTS \$ 225 NON-RESIDENTS

SATURDAY SESSIONS	TIME	DATES – 7 SESSIONS
TODDLERS 741036-M-26S	9:00 AM – 10:00 AM	May 2 – June 20
SUNDAY SESSIONS	TIME	DATES – 7 SESSIONS
TODDLERS 741036-K-26S	9:00 AM – 10:00 AM	May 3 – June 21

No Weekend Classes on 4/4, 4/11-12, 5/23-24

WEEKEND AQUATIC SCHEDULE



PRIVATE RED CROSS SWIM LESSONS

One-on-one instruction giving swimmers a personalized experience by focusing on individual needs while using a supportive and constructive approach. Certified American Red Cross instructors will help swimmers overcome personal obstacles, improve speed and technique, build strength and endurance, and learn stroke mechanics.

All swimmers will be tested on the first day and their class time will be determined based on their skill set. We will try to accommodate requests for specific time slots, but can not guarantee the time. You will be contacted prior to the first session to be given your testing time.

Please Note: Private lesson sessions are 25 minutes long.

RED CROSS PRIVATE LESSON FEES: \$280 RESIDENTS ONLY

SATURDAY SECTION	TIME	DATES - 7 SESSIONS
741037-A-26S	10:00 AM - 12:00 PM	May 2 - June 20
SUNDAY SECTION	TIME	DATES - 7 SESSIONS
741037-E-26S	10:00 AM - 12:00 PM	May 3 - June 21

WEEKEND SWIM SESSIONS

	TIME	DATES	FEE
Saturday	12:00 PM - 1:30 PM	October 4 - June 13	\$ 6 Per Child \$ 8 Per Adult
Sunday	12:00 PM - 1:30 PM	October 5 - June 14	\$ 6 Per Child \$ 8 Per Adult

Note: All children under the age of 7 must be accompanied by an adult.



For Questions about any of our aquatic programs,
please email aquatics@hewlett-woodmere.net

ACTIVITY DESCRIPTIONS

EARLY MORNING LAP SWIM

This is an early morning swim exercise program that will help improve your overall health and muscle tone. Work out and swim at your own pace in shared lanes assigned by the lifeguard. Circular laps within lanes are required with three swimmers or more per lane. **Registration is open to adult residents over the age of 18 ONLY.**

EVENING AQUA AEROBICS & EXERCISE

This class is for novice or better swimmers who are looking for a fun and effective way to get into shape. This is not a learn-to-swim class. In this class you will learn water exercises with emphasis on limbering, stretching, toning, and slimming muscles, while promoting a general feeling of well-being.

ADULT SWIM LESSONS

You are never too old to learn to swim. This class is for non-swimmers and those who wish to improve their stroke.

FAMILY & ADULT SWIM SESSIONS

These sessions are ONLY open to HWSD #14 residents. Proof of residency is required and must be presented upon sign-in at the pool. During the Family Swim sessions, all children under the age of 7 must be accompanied by a parent or guardian over the age of 18. All people who go through the pool lobby doors and enter the pool deck area must pay the admission fees. Swim devices are not permitted to be used in the pool except during structured lessons. All rules are posted at the pool, food and beverages are not allowed in the pool complex.

POOL PASSES

Pool passes are available for purchase online at www.hewlett-woodmere.revtrack.net for children and adults. These passes are for admission into the open swim sessions. **Residents Only.**

INTRO TO PICKLEBALL

Pickleball is a paddle sport that combines the elements of tennis, badminton, and ping-pong, played with a plastic ball. This beginner class will cover the basic rules, scoring, and fundamental techniques of pickleball. This low-impact sport is an excellent form of exercise while having fun and making new friends. **Please wear sneakers and comfortable clothing. Students can bring their own paddle or one will be provided. Must be 18 years of age or older to register.**

ADVANCED BEGINNER PICKLEBALL

This class is designed for players who have a solid understanding of the game and are looking to refine their techniques and strategies. This course will enhance skills in regard to dinking, serving speed and placement, ground strokes and forehand and backhand power. **Please wear sneakers and comfortable clothing. Students can bring their own paddle or one will be provided. Must be 18 years of age or older to register.**

ADULT BASKETBALL

Stay fit by dropping by for our adult "Drop-In" basketball program. Court assignment and rotating game times will be determined by the open gym supervisor. Adults 21 years of age or older. This is a pay-as-you-go drop-in program. The fee is charged per session. **Residents only.**

NEW YORK DMV LEARNER'S PERMIT ONLINE TEST

The NYS Department of Motor Vehicles Online Knowledge Test (OKTA) is the first-of-its-kind program designed to allow high school students to take the permit test in their own local school via the Internet. **Students must bring their birth certificate or passport and school ID** to the testing site for verification purposes on the day of the exam. High school students 15 and older are eligible.

INTRO TO ZUMBA

Energize your fitness routine with this fun, dance-inspired workout! Zumba combines upbeat music with easy-to-follow dance moves for a high-energy, full-body exercise experience. This class is suitable for all fitness levels. No dance background required—just come ready to move and enjoy the music!

PILATES

Pilates enables you to produce healthy results through a system of unique stretching and strengthening exercises. You will see and feel improved muscle tone, flexibility, balance, posture, and a trimmer body. Pilates enables your mind and body to work together for results. Wear loose, comfortable clothing and bring an exercise mat. All levels welcome. Check with your physician before registering for this or other exercise classes.



SECTION	TIME	AGE	LOCATION	DATES	FEE	LIMIT
Intro to Pickleball 930800-26S	6:15 PM – 7:45 PM	Adults	FECC Gymnasium	May 12 – June 16 (6 Sessions)	\$ 140 Resident \$ 185 Non-Resident	8
Advanced Beginner 930801-26S	8:00 PM – 9:30 PM	Adults	FECC Gymnasium	May 12 – June 16 (6 Sessions)	\$ 140 Resident \$ 185 Non-Resident	8

ADULT EDUCATION SCHEDULE

PROGRAM	TIME	AGE	LOCATIONS	DATES	FEE
NYS DMV Learner's Permit Online Test 930649 – F25D 930649 – F25E 930649 – 26A 930649 – 26B 930649 – 26C 930649 – 26D	7:00 PM – 9:00 PM	High School Students, Age 15 & Over	HHS – Room 121 Birth Certificate or Passport Required	January 27 February 10 March 10 April 14 May 5 June 9 (Tuesdays)	\$ 13 Resident \$ 20 Non-Resident
Adult Basketball	8:15 PM – 10:00 PM	Adults Only	HHS Gym	October 6 – June 15 (Mondays)	\$ 7 Resident
Adult Basketball	8:15 PM – 10:00 PM	Adults Only	WMS Gym	October 8 – June 17 (Wednesdays)	\$ 7 Resident
Zumba 930718 – 26S	6:30 PM – 7:30 PM	Adults Only	FECC Gym #1	May 5 – June 23 (8 Tuesdays)	\$ 72 Resident \$ 97 Non-Resident
Pilates – Mornings 930717 – A – 26	9:00 AM – 10:00 AM	Adults Only	WEC Gym	March 9 – May 18 (10 Mondays)	\$ 90 Resident \$ 115 Non-Resident
Pilates – Mornings 930717 – B – 26	9:00 AM – 10:00 AM	Adults Only	WEC Gym	March 12 – May 28 (10 Thursdays)	\$ 90 Resident \$ 115 Non-Resident
Pilates – Evenings 930717 – C – 26	7:30 PM – 8:30 PM	Adults Only	WEC Cafeteria	March 12 – May 28 (10 Thursdays)	\$ 90 Resident \$ 115 Non-Resident



PROGRAM	TIME	AGE	LOCATIONS	DATES	FEE
Early Morning Lap Swim 920100 A – F25	5:30 AM – 6:15 AM	Adult Residents Only	HHS – Pool	September 29 – May 29 (Monday, Wednesday, Fridays)	\$ 342 Resident
Early Morning Lap Swim 930100 B – F25	6:15 AM – 7:00 AM	Adult Residents Only	HHS – Pool	September 29 – May 29 (Monday, Wednesday, Fridays)	\$ 342 Resident
Early Morning Lap Swim 930100 B – F25	5:30 AM – 6:15 AM	Adult Residents Only	HHS – Pool	September 30 – May 28 (Tuesdays & Thursdays)	\$ 266 Resident
Early Morning Lap Swim 930100 D – F25	6:15 AM – 7:00 AM	Adult Residents Only	HHS – Pool	September 30 – May 28 (Tuesdays & Thursdays)	\$ 266 Resident
Evening Aqua Aerobics & Exercise 930105 – 26S	8:45 PM – 9:45 PM	Adults Only	HHS – Pool	May 4 – June 24 (15 Sessions, Mondays & Wednesdays)	\$ 150 Resident \$ 188 Non-Resident
Adult Swim Lessons 930108 – 26S	8:45 PM – 9:45 PM	Adults Only	HHS – Pool	May 4 – June 24 (15 Sessions, Mondays & Wednesdays)	\$ 150 Resident \$ 188 Non-Resident
Evening Adult Lap and Open Swim	8:30 PM – 10:00 PM	Adults Only	HHS – Pool	September 30 – May 28 (Tuesdays & Thursdays)	\$ 8 Per Session Residents Only
Adult Pool Pass Child Pool Pass 731080 – 25	Admission to Adult & Family Swim Sessions	Residents Only	HHS – Pool	October 3 – May 29	\$ 86 / Child \$ 143 / Adult

PLEASE REFER TO THE DISTRICT CALENDAR FOR ALL CLASS CLOSINGS

**Pending availability of Water Safety Instructors and Lifeguard Staff.*



Inspire ★ Engage
★ Achieve

**Hewlett-Woodmere Public Schools
Department of Community
Education and Services**

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SPRING 2026

Youth and Adult Recreation Programs

Register Online at:

**hewlett-woodmere.revtrak.net
www.hewlett-woodmere.net**

or

**In-Person at WEC
9:00 AM – 3:30 PM, ROOM 206**

REGISTRATION BEGINS THURSDAY, MARCH 19!