



# Great Neck Public Schools

Where Discovery Leads to Greatness

## Recreation Department Fall/Winter 2022-2023 Programs



Great Neck Public Schools  
Recreation Department  
345 Lakeville Road  
Great Neck, NY 11020

Contact Information:  
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# GNPS Recreation Department-Fall/Winter 2022-2023 Programs

## Program Information

The GNPS Recreation Department welcomes students to join and participate in instructive recreation programs that are grade specific and available to Great Neck district children. A variety of programs are available on Saturdays, Sundays and weekday evenings.

All activities are tailored to the abilities and interests of all age levels. Students will learn skills taught by professional instructors, in an interactive setting with other students.

Class size limited, early registration recommended.

1. Register on-line through FamilyID: <https://www.familyid.com/great-neck-school-year-recreation-programs>
2. When registering online, you will receive an email confirmation with class information.
3. Payment is by Credit Card through MySchoolBucks, check or money order only.
4. Payment by MySchoolBucks adds a 4.95% processing fee and guarantees placement at time of registration.
5. Paying by Check or Money Order must be received within three business days after online registration or risks automatic cancellation of that course(s).
6. Registration deadline is one week prior to start date.
7. A \$10.00 processing fee will be deducted from any refund requested prior to the registration deadline. NO REFUNDS after the program registration deadline.
8. In the event of program cancellation due to low enrollment a full refund will be issued.
9. If the district closes operations due to inclement weather or any other reason, all Recreation programs will be canceled for that day. All reasonable efforts will be made to reschedule cancelled programs.
10. Registration priority is given to district residents.
11. Parents are responsible for transportation to and from the recreation programs unless otherwise stated in program description.
12. For additional inquiries, contact the Recreation Office (516) 441-4045 or [rec.phipps@greatneck.k12.ny.us](mailto:rec.phipps@greatneck.k12.ny.us)

## Programs Offered:

- Acting Workshop
- Badminton Recreation Program
- Basketball Clinic
- Chess Instruction
- Coding/Computer Classes
- Dance Fusion
- Fencing Clinic
- Kendo "Way of the Sword"
- LEGO Robotics for kids
- Math-Creative Problem Solving & AMC8
- Self -Defense (MMA)
- Swim Instruction
- Tennis Instruction
- Yoga for children

## Saturday Programs – 12 Sessions

Dates: Oct. 15, 22, 29 Nov. 5, 12, 19 Dec. 3, 10, 17 Jan. 7, 14, 21

Registration Deadline: Sunday, October 9, 2022.

### Title: Acting Workshop

Day: Saturdays

Location: South Middle School-Room 401

Grade(s): 4-8

Time: 10am-11am  
11am-12pm

Fee: \$144

Teacher: Daniel Pitt Stoller

Reg. Max: 8

**Description:** Lose your inhibitions and let your voice be heard! In this workshop we will do physical and vocal warm-ups, fun improvisations, theatre games and scene studies. We can use breakout rooms to allow students to work on 2-3-person scenes. Students will receive coaching/direction from the teacher and the workshop will culminate in a public performance.



### Title: Chess Program

Day: Saturdays

Location: South Middle School. Room 407

Fee: \$204

Instructor: Long Island Chess Kids

Reg. Max: 14

**9am -10am: (LEVEL-1) Beginner Class Grades K – 1:** Students will learn basic rules and concepts of chess suitable for all kids who do not know how to play.

**10am-11am: (LEVEL-2) Beginner-Intermediate Class Grades K-3:** Students will learn more complexed basic principles and is a stepping-stone to the intermediate class. Focus will be on understanding various checkmates and game finishing strategies.

**11am-12pm: (LEVEL-3) Intermediate Class Grades K-6:** This class is designed to teach students about fundamental and critical tactical ideas which are essential for inexperienced chess player development. After this class, students will be considered seasoned players and can match other players with greater knowledge and confidence.

**12pm-1pm: (LEVEL-4) Intermediate-Advanced Class Grades K-9:** This class was created to explain advanced ideas for tactical play. Material will be focusing on complex multi-move combinations and advanced pattern recognition improvement. Players on this level should already play with 600 USCF rating strength (not a requirement, just a clarification of student chess strength measured by rating levels of United States Chess Federation.)

**1pm-2pm: (LEVEL-5) Advanced Class Grades K-9:** This chess class is designed for players who are trying to learn more about strategy principles, basic endgame and opening ideas. This level is for a serious chess student and its targeting all those who are interested in more chess knowledge. This level is targeting those who are knowledgeable and passionate in learning more about serious chess. Players at this level would be around 900 United Chess Federation rating.



## Title: Learn to Swim Program

Day: Saturdays

Location: South Middle School-Pool

Grades: K-8, Reg. Max: 10

Times: Choose Level/Time. (40-minute class.)

Fee: \$204

**Description:** The American Red Cross Learn-to-Swim Program is an instructional program to help students gain confidence in the water and learn proper swimming techniques. Staff includes certified Water Safety Instructors, Lifeguard/Swim instructors and Swim instructor assistants. The five-level program is designed to progress students through the levels at their own pace, mastering the skills in one level before advancing to the next. Each swim session is forty minutes long. Pool temperature usually set between 80-82 degrees.

**Equipment and Clothing Required:** Bathing Suit, Towel, Swim Goggles.



Level 1, 3 & 4: 10:00am - 10:40am

Level 1, 2 & 3: 10:50am - 11:30am

Level 2, 3 & 4: 11:40am - 12:20pm

Level 2, 3 & 5: 12:30pm - 1:10pm



*\*Please read the Course Level prerequisites carefully.*

Course Level	*Prerequisites	Skills taught & necessary to advance
<b>Level 1:</b> Introduction to Water Skills	-No skill prerequisites. -Previous exposure to pool water.	Students learn to enter and exit the water safely, submerge mouth, nose and eyes, exhale and open eyes underwater, roll over from front to back and back to front with support, explore floating on front and back with support, explore swimming using arm and leg actions with support.
<b>Level 2:</b> Fundamentals Aquatic Skills	-Enter water independently. Bob 5 times. Travel at least 5 yards, swimming or walking. -Glide on front 2 body lengths, roll to a back float for 5 seconds & recover to a vertical position.	Students learn to submerge entire head, blow bubbles (bobbing), open eyes underwater, float on front and back, front and back glides, roll over from front to back and back to front, tread water, and swim on front, back and side using combined arm and leg actions.
<b>Level 3:</b> Stroke Development	-Swim on front/back for 5 body lengths, shallow and deep end. -Back float for 15 seconds, roll to front, and recover to a vertical position. -Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.	<b>Deep water instruction:</b> Students learn to jump into deep water, dive in, bob with the head fully submerged, rotary breathing, front and back glides, float on front and back in deep water, change from horizontal to vertical position on front and back, front and back crawl.
<b>Level 4:</b> Stroke Improvement	-Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, turn toward exit, level off, swim front crawl and/or elementary back stroke for 25 yards. -Push off in a streamline position, swim from crawl for 15 yards, change position and direction, swim back stroke for 15 yards.	<b>Deep water instruction:</b> Students learn to perform standing dive, swim underwater, feet-first surface dive, open turns on front and back treading water, front and back crawl. Introduction to breaststroke, butterfly and elementary backstroke.
<b>Level 5:</b> Stroke Refinement	-Enter deep water feet first, swim front crawl 25 yards & swim elementary backstroke 25 yards. -Swim breaststroke for 15 yards, and swim back crawl for 15 yards. -Submerge and swim a distance of 3-5 body lengths underwater.	<b>Deep water instruction:</b> Students learn and perform the following: Standing shallow dive, tuck and pike surface dives, front and back flip turns, front and back crawl, butterfly, breaststroke, elementary backstroke, and survival swimming.

## **Title: Lego® Robotics Program**

**Days:** Saturdays

**Location:** South Middle School-Room 406

**Time/Grade:** 9am-Grades K-1

10am-Grades 2-3

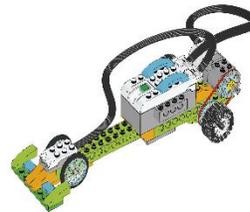
11am-Grades 4-5

**Fee:** \$240

**Instructor:** Bricks 4 Kidz

**Reg. Max:** 15 per class

**Description:** Get ready for robotics! Bricks 4 Kidz® LEGO® Robotics program takes students through a science-filled adventure, building robots that crawl, drive, launch, race and much more! This is a hands-on class where students build machines, buildings, vehicles and other structures out of LEGO® Bricks. Each class begins with an instructor-led discussion related to the model of the day. Students work as a team, building a new project each week. While exploring principles of engineering, architecture, physics and more, students will develop problem solving and critical thinking skills. Once the project is complete, children use the rest of their time to modify their model builds and collaborate with one another. All materials are provided.



## **Title: MathSolid-Creative Problem Solving**

**Day:** Saturdays

**Location:** South Middle School-Room 404

**Grades:** 4-5

**Times:** 9am-10am

**Fee:** \$336

**Instructor:** Math109 Academy. **Reg. Max:** 15

**Description:** Math Problem solving is one of the top skills in school study, future career and daily life. This course is designed to help students advance their problem-solving skills by solving typical math problems and provide an opportunity for students to build more positive attitudes and higher confidence towards analytical thinking and mathematical problem solving. This session will cover a few NEW topics out of the series including age problems, logical questions, area problems, square numbers, simple equations, angles & triangles, patterns & intervals, chicken & rabbit problems, remainder problems, counting problems, cubes, and solving using models.



## **Title: Prep course for AMC8-Creative Problem Solving**

**Day:** Saturdays

**Location:** South Middle School -Room 404

**Grades:** 6-8

**Times:** 10am-11am

11am-12pm

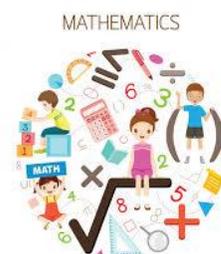
**Fee:** \$336

**Instructor:** Math109 Academy. **Reg. Max:** 15 per class

**Description:** Math problem solving is one of the top skills in school study, future career, and our daily life. This course is designed to help students develop advanced problem-solving skills by solving typical math problems, and provide an opportunity for students to build more positive attitudes and higher confidence towards analytical thinking and mathematical problem solving.

This session will cover a few NEW topics out of the series including GCF & LCM, bridge technique in Geometry, non-negative or positive integer solutions, angle bisector questions, counting geometric figures, ratios and proportions, factoring methods, pythagorean theorem, exponents, similar triangles, quadratic equations, sets and Venn diagrams, etc.

**Grade 5 Students with advanced math skills and placement test may participate. Call Recreation Office for Registration.**



## Title: Tennis for Kids

**Days:** Saturdays

**Location:** South Middle School (Gym1/Courts)

**Time/Grade:** 9am-Grades K-1

10am-Grades 2-3

11am-Grades 4-5

**Fee:** \$200

**Instructor:** United States Tennis Association. [www.performtennis.com](http://www.performtennis.com)

**Reg. Max:** 18 per class

**Description:** Kids are introduced to tennis in a comfortable setting where the emphasis is on fun. With kids-sized equipment, adapted courts, and slower-moving & lower-bouncing tennis balls, the youth tennis format allows kids to rally and play easier right from the start. This helps to develop confidence since kids can rally successfully with appropriate swing patterns, grips and better racquet control. The modified courts can help develop tactical and technical skills better and sooner. In addition, tennis becomes more enjoyable for the kids!



## Title: Video Game Design Foundation (VGDF)

**Day:** Saturdays

**Location:** South Middle School-Room 709

**Time/Grade:** 9am-Grades 3-4 (Beginner)

10am-Grades 4-8 (Intermediate/Advanced)

**Fee:** \$300

**Instructor:** Bricks 4 Kidz

**Reg. Max:** 15

**Description:** Design and code your own video games! In this introductory level course, students will learn the foundations of video game development. Students will design and program a fully functional video game from start to finish, complete with unique characters, levels, backgrounds, and a wide array of custom features. Through the development of their games, students will learn about all of the artistic and technical aspects of creating video games and will apply basic math and science concepts to code their games to life in an extremely fun way! Each student will come away with a finished PC video game able to be shared with friends and family, as well as a huge boost in self-confidence knowing that they can make games themselves!



## Title: Python Programming

**Day:** Saturdays

**Location:** South Middle School-Room 709

**Grades:** 4-8

**Time:** 11am-12pm

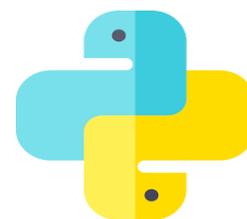
**Fee:** \$420

**Instructor:** Bricks 4 Kidz

**Reg. Max:** 15

**Description:** Ever wonder how YouTube, Google, Instagram, or Spotify were created? Introducing Python! Students will be introduced to computer programming and put new concepts to use by developing fun and educational programs. Students will build a series of Python applications and games with text-based and graphical interfaces. By learning the basics of Python programming, students can expand their abilities to build even more complicated games using graphics, animation, and sound.

Python is a powerful and widely used language. This course will give your child a solid set of skills in one of today's top programming languages. Today's biggest companies (and smartest startups) use Python, including Google, Facebook, Instagram, Amazon, IBM and NASA. Python is increasingly being used for scientific computations and data analysis. Sign up for this course and learn the skills you need to rub shoulders with today's tech industry giants.



## **Title: Web Application Development-Java Script- (Learn HTML/CSS/Java Script)**

**Day:** Saturdays

**Location:** South Middle School-Room 709

**Grades:** 4-8

**Time:** 12pm-1pm

**Fee:** \$360

**Instructor:** Bricks 4 Kidz

**Reg. Max:** 15

**Description:** This course is designed for students looking to dive into the realm of the World Wide Web. Using HTML, JavaScript, and CSS, students will construct interactive web pages. In addition, students will be exposed to tools and concepts such as Google Analytics, Search Engine Optimization, and the full life cycle of web development. Students of all different interests will benefit greatly as technical students and visually creative students work together on projects that help them build communication and collaborative skills, all while each student is doing what he/she loves most.



## **Title: Artificial Intelligence & Machine Learning**

**Day:** Saturdays

**Location:** South Middle School-Room 709

**Grades:** 4-8

**Time:** 1pm-2pm

**Fee:** \$600

**Instructor:** Bricks 4 Kidz

**Reg. Max:** 15

**Description:** Artificial Intelligence is a growing and important field in Computer Science. While AI is a common buzzword, very few people stop to think about what AI actually is. This program aims to get students thinking critically about what makes humans intelligent, and how computer scientists are designing computers to act more like us. Students will explore machine learning with Python. Train models to learn without being directly coded while developing coding and logical thinking skills.



## **Sunday Programs – 12 Sessions**

**Dates: Oct. 16, 23, 30 Nov. 6, 13, 20 Dec. 4, 11, 18 Jan. 8, 15, 22**

**Registration Deadline: Sunday, October 9, 2022.**

\*Sunday program fees reflect Sunday facility usage

## **Title: Chess Program**

**Day:** Sundays

**Location:** North Middle School-Room 137

**\*Fee:** \$228.

**Instructor:** Milos Scekcic-Long Island Chess Kids

**Reg. Max:** 16

**9am -10am: (LEVEL-1) Beginner Class Grades K – 1:** Students will learn basic rules and concepts of chess suitable for all kids who do not know how to play.

**10am-11am: (LEVEL-2) Beginner-Intermediate Class Grades K-3:** Students will learn more complexed basic principles and is a stepping-stone to the intermediate class. Focus will be on understanding various checkmates and game finishing strategies.

**11am-12pm: (LEVEL-3) Intermediate Class Grades K-6:** This class is designed to teach students about fundamental and critical tactical ideas which are essential for chess player development. After this class, students will be considered seasoned players and can match other players with greater knowledge and confidence.



## Title: Flag Football

**Day:** Sundays

**Location:** North Middle School-Gym/Field

**Time/Grade:** 9:00am-10:15am, Grades 3-5  
10:30am-11:45am, Grades 6-8

**Fee:** \$324

**Instructor:** Long Island Basketball in conjunction with Coach Ralph Fornoles and staff.

**Reg. Max:** 24

**Description:** With over 20 years of coaching experience, Long Island Basketball in conjunction with Coach Ralph Fornoles and his professionally trained staff of coaches and referees are here to help enhance kids understanding of Flag Football and grow the sport further. With injuries prevalent in tackle football, Flag Football is quickly becoming the fastest growing sport in America. With passion emanating through the staff, surely the kids will have a fun, competitive environment to love the sport and be great at it.

kids will learn the essentials involved in the game of flag football. Classes are 75 min, with practices and games played during each session. Part of the class will be focused on skills such as passing, receiving, kicking and running patterns, with the other part focused on playing game.

Weather permitted class will be held outdoors, players should dress appropriately (cleats helpful when outdoors). Mouth guard and cup recommended" Please remember to bring a water bottle.



## Title: Self-Defense Program-MMA

**Day:** Sundays (Starting October 23<sup>rd</sup>, 11 sessions)

**Location:** North Middle School-Wrestling Room

**Grade:** K-8

**Time:** 9 AM Beginner

10 AM Intermediate

11 AM Intermediate/Advanced

**\*Fee:** \$242

**Instructor:** Grandmaster Gerry Kushmakov. [winnersclubmma.com](http://winnersclubmma.com)

**Reg. Max:** 15

**Description:** A dynamic "kids" self-defense program that instructs students in realistic self-defense, motivate them to improve their level of fitness & enrich them with vital life skills so that they can become CHAMPIONS in all aspects of their life. The program is creative, thoughtful and custom designed so that students can see their progress and be proud of their growth. The program has a complete belt system, as well as a unique ceremony to reward their accomplishments.

Program fee includes ceremony. Our talented students will have an opportunity to earn a belt/degree in Self Defense. 45-minute classes.

**Uniform Fee: \$70.00** (Pants, Jacket & Belt), paid to the instructor first day of class.

(free uniform & belt if registering for all 3 classes-Mon., Wed., and Sun.)

**Belt Fee: \$10.00.** For students who graduate to a hire ranking belt.

*Self Defense classes also available on Monday and Wednesday Nights at North Middle School.*



## **Title: YouTube Video Producers**

**Day:** Sundays

**Location:** North Middle School-Room 207A

**Grades:** 6-12

**Time:** 9am-10am

**\*Fee:** \$384

**Instructor:** Bricks 4 Kidz

**Reg. Max:** 15

**Description:** Become a professional YouTube video creator! YouTube is the largest, most successful video platform on the web, and in this course, students will graduate from viewers to creators! Using a variety of recording and capture tools, as well as photo, video, and audio editing tools accessible right from home, students will learn a wealth of new creative and technological skills to get them ready to take on their next big video idea! In addition, students will learn the best way to present themselves and their ideas through creative writing and public speaking techniques for use in any professional field!



## **Title: Mobile Application Development**

**Day:** Sundays

**Location:** North Middle School-Room 207A

**Grades:** 4-8

**Time:** 10am-11am

**\*Fee:** \$504

**Instructor:** Bricks 4 Kidz

**Reg. Max:** 15

**Description:** Students will learn to design and build fully functional apps for mobile devices. In this program, students will learn about app components, behavior, event handling, images and user interface design. The skills learned can also be used to make apps for school projects and assignments.



## **Title: 3D Animation**

**Day:** Sundays

**Location:** North Middle School-Room 207A

**Grades:** 4-8

**Time:** 11am-12pm

**\*Fee:** \$504

**Instructor:** Bricks 4 Kidz

**Reg. Max:** 15

**Description:** Animation is all around us — cartoons, commercials, movies, video games — and has more serious uses like training and simulation in the military. It is used by NASA to track satellites and by physicians to visualize surgical procedures. Kids are awed by the 3D computer graphics they see in movies and video games. Why not learn how to create those!

In the 3D Animation classes, students will create simple and fun character models, animate them, and use them to create a 10-12 seconds clip such as cars going around a racetrack with Blender software. Students will learn principles of animation such as staging, squash and stretch, arcs, slow in and slow out, exaggeration and appeal techniques to create believable and realistic character animations.



## Weeknight Programs

### Title: Badminton Recreation Program-Friday Nights

**Dates:** November: 4, 18 December: 2, 9, 16 January: 6, 13, 20, 27 February: 3, 10, 17  
March: 3, 10, 17, 31 April: 21, 28

**Day:** Fridays

**Location:** South Middle School-Gym 1

**Grade/Time:** Gr. 6-8 @ 6:00pm-7:30pm  
Gr. 9-12 @ 7:45pm-9:15pm

**Fee:** \$90

**Description:** This program provides students an opportunity to play Badminton, improve skills and have fun. A recreational supervisor is present to assist students organize and set-up game play.

This program is available to Great Neck district students, 6<sup>th</sup> thru 12<sup>th</sup> grade only.

*Registration Deadline: Tuesday, November 1, 2022.*



### Title: Basketball Clinic

**Dates:** Oct. 19, 26 Nov. 2, 9, 16, 23, 30 Dec. 7, 14, 21 Jan. 4, 11

**Day:** Wednesdays

**Location:** North Middle School-Gym

**Time/Grade:** 6:30pm-7:30pm: Grades 5-6  
7:30pm-8:30pm: Grades 7-8

**Fee:** \$240

**Instructor:** Long Island Basketball <http://www.libball.com>

**Reg. Max:** 20

**Description:** With over 15 years of Basketball Coaching experience on the elementary school, middle school, high school, and NCAA levels, Coach Jake Ellis and his staff of professionally trained USA Basketball certified trainers and coaches are excited to help enhance your child's basketball experience. The curriculum varies depending on age group, but is based in the development of skill and passion for the game of basketball. Players will go through rigorous workouts which work on skill specific parts of basketball and will always end with competitive game play.

*Registration Deadline: Friday, October 14, 2022.*



### Title: Basketball Clinic

**Dates:** Oct. 20, 27 Nov. 3, 10, 17 Dec. 1, 15, 22 Jan. 5, 12, 19, 26

**Day:** Thursdays

**Location:** E. M. Baker-Gym

**Time/Grade:** 6:30pm-7:30pm: Grades K-2  
7:30pm-8:30pm: Grades 2-4

**Fee:** \$240

**Instructor:** Long Island Basketball <http://www.libball.com>

**Reg. Max:** 20

**Description:** With over 15 years of Basketball Coaching experience on the elementary school, middle school, high school, and NCAA levels, Coach Jake Ellis and his staff of professionally trained USA Basketball certified trainers and coaches are excited to help enhance your child's basketball experience. The curriculum varies depending on age group, but is based in the development of skill and passion for the game of basketball. Players will go through rigorous workouts which work on skill specific parts of basketball and will always end with competitive game play.

We are conscious that there are players of all different levels and skills but also understand that the elementary school age group is where the true love of basketball is developed.

*Registration Deadline: Friday, October 14, 2022.*



## **Title: Dance Fusion: Re-MixX HiPp-HoP**

**Dates:** Oct. 11, 18, 25 **Nov.** 1, 8, 15, 29 **Dec.** 6, 13, 20 **Jan.** 3, 10, 17

**Day:** Tuesdays

**Location:** Parkville School-Auditorium

**Time/Grade:** 5:30pm-7:00pm: Grades 2-3  
7:00pm-8:30pm: Grades 4-5

**Fee:** \$208

**Instructor:** Anwar Berry

**Reg. Max:** 20

**Description:** This Dance/Fitness program is aimed at today's youths to broaden their awareness with experiencing the art of learning various movements as it relates to Dance Theory in the form of various dance-warmups, dance-combinations, dance-drills & dance-routines. With this different approach to dance, Re-MixX HiPp-HoP is the fusion of unique full body movements accompanied with basic human gestures. Re-MixX HiPp-HoP is inspired by classic 80's, 90's & early 2000's hip-hop styles along with a few of today's popular family-oriented styles. It also draws inspirations from dance genre such as: ballet, jazz, modern, complementary & tap. Through the combination of various movements students will improve their motor skills, focus, self-confidence and self-esteem.

*Registration Deadline: Wednesday, October 5, 2022.*



## **Title: Fencing Clinic**

**Dates:** Oct. 3, 4, 11, 17, 18, 24, 25, 31

**Day:** Mondays and Tuesdays

**Location:** South Middle School-gym-1

**Time/Grade:** 6:30pm-8:00pm: Grades K-4  
8:00pm-9:30pm: Grades 5-8

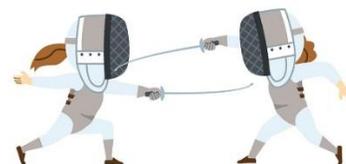
**Fee:** \$ 280

**Instructor:** Brooke Appelman, Gregory Rupp

**Reg. Max:** 16

**Description:** This program offers beginner to intermediate skills in all 3 weapons of the Olympic sport of fencing mixing in depth learning and fun. The athlete will gain the techniques and skills to be successful in fencing. Included in this course is footwork, bladework, knowledge of the rules, and gaining confidence on the strip. Equipment is provided for this course.

*Registration Deadline: Thursday, September 29, 2022.*



## **Title: Kendo “Way of the Sword”**

**Dates:** Oct. 13, 20, 27   **Nov.** 3, 10, 17   **Dec.** 1, 8, 15, 22   **Jan.** 5, 12

**Day:** Thursday

**Location:** South Middle School-gym-1

**Time/Grade:** 6:30pm-7:30pm: Grades 4-6  
7:30pm-8:30pm: Grades 7-12

**Fee:** \$ 252

**Instructor:** Ki Body & Spirit. Kon U Kim, Kendo 5th dan and Iaido 6 dan, assistant Moul Kim.

**Reg. Max:** 20 per class

**Description:** Kendo, the way of the sword, is a Japanese martial art that descended from the Samurai warrior in feudal Japan. This traditional style of swordsmanship relied on the Samurai's cultivation of mind, body and spirit transforming them into the ultimate warrior. Here, you will harness your inner Samurai and learn the essence of Kendo. Your reflexes will quicken, your fitness will improve, your mental focus will reach new heights as you hone your newfound skills. Our kendo curriculum takes a holistic approach in developing the body and the mind. A typical class begins and ends with meditation, breathing practices, and stretching.

Kendo was developed to make sword practices safe by wearing armor (bogu) and using bamboo swords (shinai). The modern version of kendo is similar to fencing, but we focus on the cutting aspect of the strike instead of the stabbing. Kendo focuses on cultivating respect, focus, concentration, strength, self-control, courtesy, manners and self-improvement while training with others.

Young students will find themselves more confident and with higher levels of self-esteem. They will learn proper techniques to swing and strike and develop patience, discipline and respect. Young adults Kendo practice provides rigorous physical training and mental endurance which brings about inner peace and harmony.

**Required Uniform Fee: \$160** - Top and Bottom Uniform with Bamboo Sword.

Paid to the instructor first day of class.

**Non-Required Armor Rental Fee:** \$120 for 12 sessions

**Non-Required Armor Purchase** \$470

*Registration Deadline: Friday, October 7, 2022*



## **Title: Yoga**

**Dates:** Oct. 13, 20, 27   **Nov.** 3, 10, 17   **Dec.** 1, 8, 15, 22

**Day:** Thursdays

**Location:** JFK-Auxiliary Gym

**Time/Grade:** 5:00pm-6:00pm: Grades K-2  
6:00pm-7:00pm: Grades 3-5

**Fee:** \$200

**Instructor:** Yoga Mind Li

**Reg. Max:** 15

**Description:** With Yoga Mind Li Kids Yoga, children are encouraged to “play” yoga and experience how their breath and body move together in a fun-filled way! In this Kids Yoga program, we are going to sing, play, dance, learn a variety of yoga tools that they can take away from yoga class and use throughout their lives. Animals, nature, and other objects come alive in our classes; as we move, we learn to stretch our bodies in new creative ways. Through basic and challenging yoga poses, group poses, yoga games, mindfulness activities, music, and stories, we promote strength, flexibility, coordination, and body awareness. Breathing and visualization techniques teach focus, relaxation, and self-control. The Yoga Mind Li Kids Yoga program also promotes inner-strength, confidence, and self-esteem; a feeling of well-being and respect for others; and, love for one's self, inside and out.

*Registration Deadline: Sunday, October 9, 2022*



## **Title: Self-Defense Program-MMA**

**Description:** A dynamic "kids" self-defense program that instructs students in realistic self-defense, motivate them to improve their level of fitness & enrich them with vital life skills so that they can become CHAMPIONS in all aspects of their life. The program is creative, thoughtful and custom designed so that students can see their progress and be proud of their growth. The program has a complete belt system, as well as a unique ceremony to reward their accomplishments. Instructor: Grandmaster Gerry Kushmakov. [winnersclubmma.com](http://winnersclubmma.com)

Program fee includes ceremony. Our talented students will have an opportunity to earn a belt/degree in Self Defense. 45-minute classes. Reg. Max: 15

**Uniform Fee: \$70.00** (Pants, Jacket & Belt), paid to the instructor first day of class.

(free uniform & belt if registering for all 3 classes-Mon., Wed., and Sun.)

**Belt Fee: \$10.00.** For students who graduate to a hire ranking belt.

### **Monday Nights at North Middle School-Wrestling Room**

**Dates: October:** 24, 31    **November:** 7, 14, 21, 28    **December:** 5, 12, 19    **January:** 9, 23, 30

**Days:** Mondays

**Location:** NMS-Wrestling Room

**Grade:** K-8

**Program Fee:** \$240

**Time:** 6:30 PM-Beginner/Intermediate

7:30 PM-Intermediate/Advanced



### **Wednesday Nights at North Middle School-Wrestling Room**

**Dates: October** 19, 26    **November** 2, 9, 16, 23, 30    **December** 7, 14, 21    **January** 4, 11

**Days:** Wednesdays

**Location:** NMS-Wrestling Room

**Grade:** K-8.

**Program Fee:** \$240

**Time:** 6:30 PM- Beginner/Intermediate

7:30 PM- Intermediate/Advanced

*Self Defense classes also available Sunday Mornings at the North Middle School.*

*Registration Deadline: Sunday, October 16, 2022.*

## **Title: Special Needs Recreation Program is for children with documented IEP.**

**Dates: Nov.** 3, 10, 17    **Dec.** 1, 15, 22    **Jan.** 5, 12, 19, 26    **Feb.** 2, 9, 16    **Mar.** 2, 16, 23, 30

**Days:** Thursday

**Grade:** K – 2

**Time:** 3:30pm – 5:15pm

**Location:** Parkville School

**Fee:** \$120

**Description:** This recreation Program allows children to interact with one another while enjoying themselves in a supervised and structured setting. Children will have an opportunity to be engaged in various gymnasium and playground (weather permitted) activities. Other group activities include creative and cooperative play with a variety of table games and toys. Snack time is provided during the program. Please pack a light snack and/or drink for your child.

Child must be registered with the Great Neck Public School District, in grades K-2.

*Transportation can be provided with parent's written consent*

*Registration Deadline: Wednesday, October 26, 2022.*



## IMPORTANT INFORMATION:

1. Register on-line through FamilyID: <https://www.familyid.com/great-neck-school-year-recreation-programs>
2. Payment is by Credit Card through MySchoolBucks, check or money order only.
3. Payment by MySchoolBucks adds a 4.95% processing fee and guarantees placement at time of registration.
4. Paying by Check or Money Order must be received within three days after online registration or risks automatic cancellation of that course(s).
5. A \$10.00 processing fee will be deducted from any refund requested prior to the registration deadline. NO REFUNDS after the program registration deadline.
6. In the event of program cancellation due to low enrollment a full refund will be issued.
7. If the district closes operations due to inclement weather or any other reason, programs will be cancelled for that day. All reasonable efforts will be made to reschedule cancelled programs.
8. Parents are responsible for transportation.
9. For additional inquiries, contact the Recreation Office: (516) 441-4045, [rec.phipps@greatneck.k12.ny.us](mailto:rec.phipps@greatneck.k12.ny.us)

## Online Registration Instruction:

1. Register on-line through FamilyID: <https://www.familyid.com/great-neck-school-year-recreation-programs>
2. To find your program, click on the link provided by the Organization above and select the registration form under the word *Programs*.
3. Next click on the blue *Register Now* button and scroll, if necessary, to the *Create Account/Log In* blue buttons. If this is your first time using FamilyID, click *Create Account*. Click *Log In*, if you already have a FamilyID account.
4. *Create* your secure FamilyID account by entering the account owner First and Last names (parent/guardian), E-mail address and password. Select *I Agree to the FamilyID Terms of Service*. Click *Create Account*.
5. You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters (spam, junk, etc.).)
6. Click on the link in your activation E-mail, which will log you in to FamilyID.com
7. Once in the registration form, complete the information requested. All fields with a red\* are required to have an answer.
8. Click the *Continue* button when your form is complete and review your registration summary.
9. Locate the blue *Submit* button. After selecting Submit, the registration will be complete. You will receive a completion email from FamilyID confirming your registration.
10. If paying with check/money order, print receipt and include a copy with your check or money order payment, payable to "Great Neck Public Schools" mailed or dropped at:

The Phipps Administration Bldg.  
345 Lakeville Rd.  
Great Neck, NY 11020  
C/O: Recreation Dept.

At any time, you may log in at [www.familyid.com](http://www.familyid.com) to update your information and to check your registration(s). To view a completed registration, select the Registrations tab in the blue menu bar at the top of your screen.

### SUPPORT:

- If you need assistance with registration, contact FamilyID at: [support@familyid.com](mailto:support@familyid.com) or 1-800-311-4060 x 3.
- FamilyID is part of the ArbiterSports ([www.arbitersports.com](http://www.arbitersports.com)) family. Customer Assistance will identify themselves as "ArbiterSports". Support is available 5 days per week, Monday through Friday, and messages will be returned promptly.