



Supervisor **JOSEPH SALADINO**
and the Oyster Bay Town Board present

Spring 2021 18 & Over Strength Training at the Bethpage Ice Rink

Classes meet on Sundays
from 9AM - 10AM,
beginning on April 11, 2021.



This course will teach students how to safely and effectively use hand-weights and resistance bands to obtain optimal physical fitness in a fun group environment. Strength training can help you manage or lose weight, increase your metabolism to help you burn more calories, and reduce the risk of osteoporosis. We will use light hand-weights (2-4lbs) and/or medium hand-weights (6-10lbs) as well as resistance bands. All students must bring their own equipment in accordance with COVID regulations.

Registration at the Hicksville Athletic Center:

Monday, March 8
Tuesday, March 9
Thursday, March 11
from 5:30 PM - 9:30 PM

Important Information:

- Each session is 10 weeks long.
- \$60 for Residents and \$70 for Non-Residents
- Checks or Money Orders Only (made payable to "Town of Oyster Bay")
 - Proof of residency/age; valid ID required.
- This class is suited for beginner to intermediate levels.
 - Schedule subject to change.
 - If a session is cancelled due to inclement weather, make-up day(s) will be attempted.
- For more information, call (516) 797-4125 x1 or email tobparks@oysterbay-ny.gov

Due to COVID-19:

- Class enrollment will be limited to allow for proper social distancing measures
- Bring your own Hand Weights and Resistance Bands
 - Temperatures will be checked upon entry
- Masks must be worn while moving throughout the facility
- The facility will be cleaned and sanitized daily, both before and after classes



Supervisor Joseph
SALADINO
www.OysterBayTown.com

Michele M. Johnson
Thomas P. Hand
Laura L. Maier
Town Clerk
Richard LaMarca

Town Supervisor
JOSEPH SALADINO
Town Board



Louis B. Imbroto
Steve Labriola
Vicki Walsh
Receiver of Taxes
Jeffrey P. Pravato



TOWN OF OYSTER BAY