



# Olympic Fitness Challenge

**25**  
**SQUATS**

**50**  
**JUMPING  
JACKS**

**15**  
**PUSH UPS**

**20**  
**SIT UPS**

**10**  
**BURPEES**



*Go for the GOLD!*



**Directions:** Complete the Olympic workout on the opposite side of the sheet for as many days in September as you can. Using the calendar below, write your initials in each day you complete all of the exercises. The more days you complete, the closer you come to winning an Olympic GOLD medal! At the end of the month, add up your total number of days completed, have your parents sign the bottom of the sheet, and return to Mrs. Aurigemma & Mr. Heitman for your prize.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

*13-19 days = Bronze Medal*

*20-24 days = Silver Medal*

*25-30 days = Gold Medal*

**Total Days Completed = \_\_\_\_\_**

**Parent Signature \_\_\_\_\_**



# PVPR AFTER-SCHOOL HOLIDAY CRAFT CLASSES



**Sign Up for MONDAY or WEDNESDAY sessions**

THEMES	Monday Session Dates	Wednesday Session Dates
Halloween Hauntings	Oct. 24	Oct. 26
Turkey Day Treasures	Nov. 14	Nov. 16
Christmas Creations	Dec. 12	Dec. 14
Winter Delights	Jan. 9	Jan. 11

**Instructor:** Serafina Martorano

**Time:** 3:30 pm – 4:30 pm

**Cost:** \$40.00 for 4 classes

**Registration:** Sign up at PVPR or mail in registration form below

Putnam Valley Parks & Recreation  
265 Oseawanna Lake Road  
Putnam Valley, New York 10579  
Office # 845-526-3292 / Fax # 845-526-3179

<i>Putnam Valley Parks &amp; Recreation Registration Form</i>			
<b>Name:</b> _____		<b>Parent/Guardian:</b> _____	
<b>Address:</b> _____		<b>Email: MUST SUPPLY!</b> _____	
<b>Home Phone:</b> _____		<b>Cell / WorkPhone:</b> _____	
<b>Emergency Contact:</b> _____		<b>Phone Number:</b> _____	
<b>Program Name</b>	<b>Day /Time</b>	<b>Fee</b>	<b>age/ grade</b>
<p>By my signature I have read and also understand the Putnam Valley Parks &amp; Recreation Registration and Policies Statement. I assume all risks of personal injury involving these activities. Acting for myself or son or daughter. I do hereby release the Town of Putnam, the Parks &amp; Recreation Commission, its staff and special instructors of all liabilities including claim and suits of law or equity, for any injuries which result directly or indirectly by reason of participation in the above activities.</p> <p style="text-align: center;">I am aware that the Town of Putnam Valley does not provide Accident Insurance.</p>			
<b>Signature:</b> _____		<b>Date:</b> _____	

*Approved for Distribution & Website:*

*Dr. Frances Wills, Supt. of Schools*



## Adventures in Science After School Enrichment Program

### Science of Toys

Science is everywhere – even in our toys! Use balls, yo-yos and other classic toys to discover the science of motion through fun hands-on activities. Enjoy experimenting with more exotic scientific toys, and make your own superball to take home.

### Earthworks

Take a voyage to the center of the Earth! We'll investigate the powerful process that shapes our planet and forms remarkable rocks, magnificent minerals, and glittering gems! Make sedimentary stacker to see how some rocks form, and take it home.

### Bugs

Enter the world of creepy crawlies! Investigate bug defenses like slime, stink, and camouflage. Build your own bug model and take home an Insectovision Kit, and a bug box with magnifying lens to continue your studies at home!

### Detective Science

Transform the classroom into a crime lab for an exploration of forensic science! Experiment with fingerprinting, test your observational skills, and bring home your own fingerprinting kit/personal profiler.

### Mad Science Machines

Become an engineer working with machines like levers, pulleys and wheels. See how simple machines are used in things from catapults to cars! Build your own air-powered drag racer and drive the fun home.

### Movie Effects

Sit in the director's chair and discover why science is a star in movie special effects! Investigate methods for making 3-D images and watch your drawings come to life as you create your own animations.

Each class topic will be presented once during the 6 week session.

\* Mad Science reserves the right to substitute class topics when necessary.  
Mad Science of the Mid-Hudson (845) 294-5434

~ Putnam Valley Parks & Recreation ~

sponsors

~ Mad Science After-School Enrichment Program ~

At Putnam Valley Elementary School

Grades: 1 - 5

Wednesdays, 3:30 – 4:30 PM

Dates: October 19, 26, November 2, 9, 16, 30, 2016

[Make-up date, if needed: December 7, 2016]

6-week program fee \$96.00

Registration deadline: October 9, 2016

Registration MUST be completed online @ [midhudson.madscience.org](http://midhudson.madscience.org)

Register Early...Space is limited. Program will run with a minimum of 12 and a maximum of 20 children per class.

*\*Please note: Parents are responsible for transportation.\**

Mad Science of the Mid-Hudson

(845) 294-5434

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## Los Tigres de Putnam Valley Spanish Class

Come enjoy learning Spanish in a fun environment through games and activities from Mexico. This is a hands on class, with games like Mexican Bingo (Loteria), tongue twisters, rhymes, and music. Each session will be planned according to the season of the year. We will cover basic Spanish like colors and numbers. Also basic conversation, writing and reading according to the children's level of Spanish and school grade. Vamos!

**When:** *Thursday for Kindergarten and First grade.*

**Time:** 3:30-4:30

**Session:** 7 weeks: September 29, October 6, 13, 20, 27, November 3, *no class November 10*, November 17.

**Where:** Putnam Valley Elementary School

**Cost:** \$75.00

**When:** *Friday for Second, Third and Fourth grade.*

**Time:** 3:30-4:30

**Session:** 7 weeks: September 30, October 7, 14, 21, 28, November 4, *no class November 11*, November 18.

**Where:** Putnam Valley Elementary School

**Cost:** \$75.00

**Class limit is 10 children.**

**Instructor:** Marlet Alvarez Dath is a native Spanish speaking from Mexico. She has been teaching Spanish in USA for the past 15 years.

**Approved for Distribution/Website:**

  
**Dr. Frances Wills, Supt. of Schools**



# P.V.E.S. Taekwondo Club

Mondays 8am in the Old Gym

Held every Monday school is in session

Session 1: Oct. 17th - Jan. 30th

Session 2: Feb. 6th - May

**Year End Demonstration to be held at the end of the second session.**

**With awards and participation certificates for all students.**

\$150 per session

Sign up at PVPR or Mail in to  
PVPR

265 Oscawana Lake Rd.

Putnam Valley, NY 10579

845-826-3292



Chung Ma's Taekwondo

7 Lupi Plaza, Mahopac

845-628-7760

chungmas01@aol.com



**Chung Ma's Taekwondo will again be offering their fun and exciting Taekwondo Club for all Putnam Valley Elementary school students.**

**This year's program will consist of learning the basic blocks, kicks and punches of the martial art for all new students and broadening the knowledge of all rejoining members in a safe fun atmosphere.**

**By learning these techniques we will not only be enhancing the student's physical abilities but also their confidence, self-control, focusing skills, self-defense and the "Yes I can attitude". Board breaking and special games will also be a part of the program to help teach the martial art and stimulate the children's physical and mental abilities.**

**The instructor for the class will be Master Wayne DeRosa, who is a 6<sup>th</sup> degree black belt and also National and International Champion**

Putnam Valley Parks & Recreation Registration Form

Name: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell / \_\_\_\_\_

Work Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone

Number: \_\_\_\_\_

By my signature I have read and also understand the Putnam Valley Parks & Recreation Registration and Policies Statement. I assume all risks of personal injury involving these activities. Acting for myself or son or daughter, I do hereby release the Town of Putnam, the Parks & Recreation Commission, its staff and special instructors of all liabilities including claim and suits of law or equity, for any injuries which result directly or indirectly by reason of participation in the above activities.

I am aware that the Town of Putnam Valley does not provide Accident Insurance.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Approved for Distribution & Website:

  
Dr. Frances Wills, Supt. of Schools