



Saratoga Springs Recreation Department

Summer Waterfront Series

A series of exclusive one day clinics designed to introduce participants to activities at our beautiful Waterfront Park!

Registration Fee: \$5 per Clinic



Our instructors are graciously donating their time to promote these activities and the Waterfront Park. Donation buckets will be available at each clinic. Please show your appreciation!

Fly Fishing Workshop

Try your hand at fly fishing and discover:

- Various ways of casting
- Fly Tying
- Fly Fishing terminology

Ages: 9 and up

Date: Sun, Aug 11th 11am-1pm

Instructor: Paul Sinicki



Waterfront Strength and Mobility Class

Geared toward those new to strength training or those who want to get back in shape.

This class will focus on:

- Exercises to increase strength and mobility
- Targeted exercises for the hips, shoulders, and upper and lower back
- Using your bodyweight as a tool to tone and strengthen

Ages: 12 and up

Date: Sun, July 21st 11am-12noon

Need: Yoga mat or towel, tennis or lacrosse ball, yoga block, water

Instructor: Evolution Strength and Performance



Zumba

Get your body moving and join the dance party! In this class you will:

- Get a great cardio workout
- De-stress
- Have Fun!

Ages: 13 and up

Date: Sun, July 28th 11am-12noon

Need: Towel, water

Instructor: Miho Yamada



Spaces are limited. Register early to secure a spot!

Saratoga Springs Recreation Department

15 Vanderbilt Ave Saratoga Springs, NY 12866

518-587-3550 ext 2300 recreservations@saratoga-springs.org

Find Schedule, Information, and Forms at: SaratogaRec.com



Join our mailing list!



@TogaRecreation



Saratoga Springs Recreation Department



SaratogaRecreation



City of Saratoga Springs' Recreation Department

Rec Card Application and Permission Agreement

PRIMARY and SECONDARY CONTACT						Office Use Only
Street Address	City		State	Zip	School District	Youngest Birth Year _____

Primary Last Name	First	M / F	D.O.B / /	List Allergies/Medical problems		Primary Card #
Primary Contact Email		Home #	Cell #	Work #		

Secondary Last Name	First	M / F	D.O.B / /	List Allergies/Medical problems		Secondary Card #
Secondary Contact Email		Home #	Cell #	Work #		

ADDITIONAL RESIDENTS (must reside in same household as primary resident)					Office Use Only
Last Name (indicate if different last name)	First	M/F	D.O.B / /	List Allergies/Medical Problems	Card Number
1.			/ /		
2.			/ /		
3.			/ /		
4.			/ /		
5.			/ /		

EMERGENCY CONTACT			
Last Name	First Name	Relationship	Primary #

MEDICAL AGREEMENT	
<p>I fully understand and acknowledge that there are inherent risks and dangers in my participation and/or my child's participation in the city's recreational activities and that my participation and/or my child's participation in said activities and use of any equipment related to said activities may result in injury, illness or death and damage to personal property. I understand other participants, accidents, forces of nature or any other causes may result in risks and dangers and I hereby accept those risks. In the event of an emergency, I hereby authorize treatment by Certified Emergency Personnel (i.e. EMT, First Responder, and/or Emergency Department Physician) and that I shall be responsible for the costs associated with that care. It is understood that reasonable efforts shall be made to contact the undersigned prior to rendering treatment, but that any treatments will not be withheld if the undersigned cannot be reached. I assume full responsibility for any medical treatment rendered.</p>	
Primary Signature	Date
Secondary Signature (All additional residents 18 and Over must sign)	Date

RECREATION AGREEMENT	
<p>Please consult your and/or your child's physician prior to you and/or your child's participation in any City of Saratoga Springs Recreation Program. If there are questions as to whether or not you or your child may be capable of participating in any activity sponsored by the City of Saratoga Springs Recreation Commission, please contact the City's Recreation Department at (518) 587-3550 extension 2300. In that you and/or your child have expressed a desire to participate in a City sponsored Recreation Program/Facilities, it is important that you and/or your child understand the goals and rules established for the Program. Each participant will have Rules of Conduct explained to him/her prior to the start of any activity. He/she must observe the rules as explained and accept the consequences of behavior modification if needed as outlined in the Recreation Handouts.</p>	
<p>In signing this agreement, I acknowledge that I fully understand there are inherent risks and dangers associated with my and/or my child's participation in Recreation sponsored activities. I also understand and acknowledge my and my Child's participation in these activities and use of any equipment related to such activities may result in injury, illness or death and damage to personal property. I understand other participants, accidents, forces of nature or other causes may cause these risks and dangers and hereby accept those risks. I understand that my child and/or I may be photographed or videoed and my and my child's name may be used for publicity purposes for the Saratoga Springs Recreation Program and its sponsors/donors.</p>	
<p>I hereby agree that my child and I will participate in City sponsored Recreation Program activities in accordance with the City's rules and regulations and acknowledge no physical or emotional issue which would prohibit me or my child from participation. I agree to indemnify and save harmless the City of Saratoga Springs from and against all claims, damages, losses and expense (including, but not limited to, attorneys' fees), arising out of my child and my participation in Recreation Commission sponsored events provided that any such claim, damage, loss or expense is not directly attributable to bodily injury, sickness, disease, or death, or to injury to or destruction of property caused by the negligent act or omission of the City, its agents or employees.</p>	
Primary Signature	Date
Secondary Signature (18 and Over)	Date

OFFICE USE ONLY					
Circle Residency: City School Non School	List type of proof _____ (tax bill, s/b/l number, lease agreement*, water/sewer bill) *page number in city street book City/School ONLY	Enter in Max: Y N	Staff Int.:	Date:	Batch #



City of Saratoga Springs' Recreation Department

Rec Card Application and Permission Agreement

The **REC CARD** is a two year agreement that allows participation in the City of Saratoga Springs Recreation Department programs. Regardless of your residency, if you are registering for a program or participating in one of our daily programs, the **Rec Card** can benefit you!

Why get a Rec Card?

1. Program discounts for City and School district residents. Without a **REC CARD** or proof of residency at the time of registering or paying for a program you will be charged the highest rate.
2. Simpler registration and less paperwork for you. The **REC CARD** is good for two years and serves as your permission agreement for any recreation program. Simply include your **REC CARD** number on the registration form or show your **REC CARD** at the time of registration. This eliminates the necessity of completing permission agreement forms for every program you register for or are participating in.
3. Free Open Gym. **REC CARD** holders can participate in Free open gym. Non **REC CARD** holders must complete additional paperwork.

*All individuals who want to participate in Recreation Department programs, regardless of residency, should apply for a **REC CARD**.*

How do I get a Rec Card?

Bring your proof of residency, such as City or School tax bill, sewer/water bill, lease agreement, or any document with your section/block/lot number included on it, to the Recreation Center, 15 Vanderbilt Ave. Complete the **REC CARD** application at the front desk. Your picture will be taken and you will be given your new **REC CARD**. All individuals on the application will need to have a picture taken.

*If you live outside the School District, proof of residency is not needed but you should still obtain a **REC CARD** to participate in programming so you do not need to complete the additional paperwork each time you participate.*

Where to use your Rec Card?

1. **Programs-** When registering for a program (soccer, basketball, clinics) include your **Rec Card #** or show your card at the time of registration. You will not be required to complete the permission agreement forms and you will receive the appropriate discount. Participants without a **Rec Card** or proof of residency will be charged the highest rate.
2. **Daily Programs** (Adult Basketball, Racquetball, Drop-In Zumba, Pickleball)- All participants will be required to have a **Rec Card** to participate. All visitors and non **Rec Card** holders will be required to complete a permission agreement each visit and will be charged the highest rate unless proof of residency is provided each time.
3. **Ice Rink Programs** – Show your **Rec Card** at the window to receive the discount. All visitors and non **Rec Card** holders will be required to complete a permission agreement each time and will be charged the highest rate unless proof of residency is provided each time.
4. **Free Open Gym-** All participants will be required to have a **Rec Card** to participate. All visitors and non **Rec Card** holders will be required to complete a permission agreement each visit.

How do I renew my Rec Card?

All Rec Cards will expire two years after you receive your initial **Rec Card**. To renew your **Rec Card**, you will have to again show your proof of residency at the Recreation Center and complete the **Rec Card** application and permission agreement Form.

Saratoga Springs Recreation Department
15 Vanderbilt Avenue, Saratoga Springs, New York 12866



City of Saratoga Springs Recreation Department

2019 Summer Waterfront Series Registration

Early Bird Registration Period:

Please Print Clearly

Does participant have a Rec Card? _____ Yes Write Rec Card #_____ and complete this registration form
 _____ No Please complete Rec Card application. Find forms at SaratogaRec.com or at Rec Center
If you do not have a Rec Card, you must provide proof of Residency with registration to receive City/School District Rate.

HOW DID YOU HEAR ABOUT US?

(Check all that apply)

Returning	Website	Friend/Family	Newsletter	Flyer
Facebook	Instagram	Twitter	Brochure	Signs/Banners
Newspaper (which one?)	Magazine (Which One?)	Don't Remember	Other	

PARTICIPANT INFORMATION

Circle one: **City Resident (C)** **School District Resident (S)** **Non School District Resident (N)**

Last Name	First	Male	Grade as of Sept 2019	School	Birth Date	Age
Address		Female				
City		State		Zip Code	Primary Phone ()	
Parent / Guardian Name		First	Email			

Please list any allergies/medical problems, including those requiring maintenance medications. Attach additional sheets if necessary:

SUMMER WATERFRONT SERIES Circle all applicable CODES

Registration Fee				
Date	Clinic	City \$5	School \$5	Non-School \$5
July 21st	Strength and Mobility	6L9MCC	6L9MCS	6L9MCN
July 28th	Zumba	6L9MCC	6L9MCS	6L9MCN
August 11th	Fly Fishing	6L9MCC	6L9MCS	6L9MCN

OFFICE USE ONLY

City/School District Proof (tax bill, s/b/l number, water/sewer bill, lease agreement, Rec Card):

Cash Amount:	Check #:	Total Amount:	Date:	Batch #:	Circle Max Entered: Y N	Staff Initials:
--------------	----------	---------------	-------	----------	-------------------------	-----------------

There will be no reminder phone calls about the clinics/programs, please keep the calendar of dates! Please make checks payable to the Commissioner of Finance.