



"Fitness and Fun... For Everyone!"

## **NRD F.'23-Sp.'24 PROGRAM INFO.**

**Who?** Staff Applicants **and** Community Participants

**What?** Baseball, Field Hockey, Flag Football/Floor Hockey, Lacrosse, Pickleball, Saturday Recreation, Ski Club, Soccer, Softball, Swimming, and Volleyball

**When?** Program Dates: November 2023 - March 2024

**How? Applicants** - Submit an application & cover letter to Newstead Town Hall by Friday, 9/29/23 @ 12 Noon.

**Participants** - Register online at [www.newsteadrec.com](http://www.newsteadrec.com) or @ Town Clerks Office starting Wed., 10/18/23 @ 8am.

**For More Info?** Dan Roland, Director @ (716) 392-7657