Scope of Program Opportunities Matrix - 2022

Type of program or Service:	Type of Activity: Social, physical, or mental	Level: Beginner, Intermediate Expert or all	Fee or Free	Ages	Accessible to all socio-economic levels?
Self-Directing					
Sprain Ridge Pool	Social, physical, mental	All levels	fee	all ages	No - need car
Croton Beach	Social, physical, mental	All levels	fee	all ages	Yes - can take train
North County Trailway	Social, physical, mental	All levels	Free	all ages	Yes
Tibbetts Tennis Courts	Social, physical, mental	All levels	Free	all ages	No - need car
VEMacy Picnic Area	Social, physical, mental	All levels	Fee	all ages	Yes - can take bus
Ridge Road playgrounds	Social, physical, mental	All levels	Free	all ages	No
Leader-Directed					
Learn to Swim	Social, physical, mental	all levels	Fee	children	Depends on pool location
Lasdon Garden walk	Social, physical, mental	all levels	Fee	adults	No
3-mile Nature center hike	Social, physical, mental	Interm & expert	free	adults	No
Civil Soldier Experience	Social, physical, mental	All levels	fee	Age 7-12	No
Golf camp	Social, physical, mental	all levels	fee	children	Depends on golf course location
Young Farmers at Muscoot	Social, physical, mental	all levels	fee	children	No
Facilitated					
Swimming and Diving Comp.	Social, physical, mental	expert	Fee	Children	No
Saw Mill Audubon Bird Talk	Social, physical, mental	All levels	Free	Adults	No
Soccer Camp, VE Macy	Social, physical, mental	All levels	Fee	Children	Yes - bus
History program at Miller House	Social, mental	All levels	Fee	Adults	No
Co-operative Programs					
African American Heritage Fest	Social, physical, mental	All levels	free	all ages	Yes - train
Yoga in the Park	Social, physical, mental	All levels	Fee	all ages	Depends on park location
Burger Bash	Social, physical, mental	All levels	Fee	Adults	Yes - train
Bicycle Sundays	Social, physical, mental	All levels	Free	all ages	Yes - train or bus
Clearwater Festival	Social	All levels	Fee	all ages	Yes - train