

YOUTH AND TEEN PROGRAMS

JUNIOR SPIN

Club Fit Instructor

Program No: **225303-A, B**
 Day & Time: Mondays - 5:00 to 5:45pm
 Dates: **A:** April 8 – June 3 (8 classes)
 (no class May 27)
B: July 8 – August 12 (6 classes)
 Site: Club Fit at Jefferson Valley
 Fee: **A:** \$112.00
B: \$85.00

About the program: This spinning class is geared for young adults **9 to 16 years** old and is full of great music, motivation and lots of sweat!

ZUMBATOMIC

Club Fit Instructor

Program No: **222203-A, B (Session 1)**
222204-A, B (Session 2)
 Day & Time: **A:** Tuesdays - 4:30 to 5:30pm
(8 to 12 years)
B: Thursdays - 4:00 to 4:45pm
(4 to 7 years)
 Dates: **Session 1:** April 9 – May 30(8 classes)
Session 2: July 9 – August 15 (6 classes)
 Site: Club Fit at Jefferson Valley
 Fee: **Session 1:** \$112.00
Session 2: \$85.00

About the program: A fast-forward fusion of the Zumba program moves (salsa, cumbia, reggaeton, hip-hop and more), and high octane workouts designed to let kids max out on fun and fitness all at the same time.

AMERICAN RED CROSS BABYSITTING

Joseph Pepe, Instructor

Program No: **226102-A**
 Day & Time: Tuesdays – 5:30 to 8:30pm
 Dates: May 7, 14, 21
 Site: Sparkle Lake Service Building
 Fee: \$105.00

About the program: The purpose of the American Red Cross Babysitting course is to provide individuals **ages 11 to 15** with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism, basic care, safety and safe play, and first aid. Participants will also receive training in infant/child CPR and get a CD ROM with extras from printing business cards to games that can be used with children while babysitting.



ARCHITECTURAL WORKSHOP

Ginny Oppedisano, Instructor

Program No: **223302-A**
 Day & Time: Wednesdays - 5:00 to 6:00pm
 Dates: April 17 – June 5 (8 classes)
 Site: Yorktown Community & Cultural Center, Community Room 1
 Fee: \$95.00

About the program: **For children 10 to 14 years of age.** Children will have fun learning the basics of architectural drawings and constructions. They will design their own 3-dimensional structures and explore the fascinating world of architectural design.

ART ATTACK

Ginny Oppedisano, Instructor

Program No: **223303-A**
 Day & Time: Wednesdays - 6:00 to 7:00pm
 Dates: April 17 – June 5 (8 classes)
 Site: Yorktown Community & Cultural Center, Community Room 1
 Fee: \$95.00

About the program: For **ages 8 to 12.** This class teaches the fundamentals in drawing using different techniques to create fun art! Students will work with different mediums such as lead pencils, colored pencils, markers and oil pastels. Each class will look with open eyes to look at art in a new and exciting way. The class will not only expose children to new ideas, but also foster subjects that each individual student is interested. Whether they have never picked up a drawing pencil or are passionate about drawing, this class welcomes children of all skill levels.

NEW KIDS TRIATHLON CLUB

Club Fit Instructor

Program No: **225701-A**
 Day & Time: Thursdays - 4:30 to 5:30pm
 Dates: April 18 – June 6(8 classes)
 Site: Aquatics Center Club Fit, Jefferson Valley
 Local Running and Cycling Locations
 Fee: \$237.00

About the program: 8 week training program for **ages 7-12** includes 1 training session per week focusing on running, cycling or swimming with qualified instructors. Fee includes entry into the Healthy Yorktown Fun Run at FDR Park on April 27th and entry to the Hopewell Kids Triathlon on June 8th. Participation in this Triathlon club includes FREE entry to the Club Fit Kids Triathlon in September 2013



NEW TUMBLERS

Club Fit Instructor

Program No: **225711-A, B**
 Day & Time: **A:** Thursdays - 4:30 to 5:30pm (grades K-2)
B: Thursdays – 6:00 to 7:00pm (grades 3-4)
 Dates: April 4 – June 20 (12 classes)
 Site: Club Fit at Jefferson Valley
 Fee: \$230.00

About the program: Tumblers is gymnastics based class that will improve basic motor skills, such as running, jumping, hopping, skipping and of course tumbling! Children will also build strength, balance, agility, flexibility and coordination in this program.

INTRODUCTION TO FENCING (AGES 8 & OVER)

Jim Bernitt, Westchester Fencers Club

Program No: **225501-A (Session 1)** (6 classes)
225511-A (Session 2) (6 classes)
 Day & Time: **Session 1:** Thursday – 6:00 to 7:00pm
Session 2: Thursday – 7:30 to 8:30pm
 Dates: **Session 1:** April 18 – May 23
Session 2: July 11 – August 15
 Site: Yorktown Jewish Center
 (Rt. 202, opposite FDR Park entrance)
 Fee: \$110.00

About the program: An introduction to the sport that will last you a lifetime. Instruction includes basic exercises, footwork and mobility, fundamental weapon manipulation



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and fencing rules. Students work with each other and with the instructor for a total of six sessions. All protective gear (except gloves) and foils are provided. Participants can use either their own leather gloves, borrow from the limited supply available, or purchase their own (from suppliers or through the activity). Instruction is given and gear is supplied under the auspices of Westchester Fencers Club, a member of the United States Fencing Association.

NEW TWEEN JEWELRY MAKING

Una O'Malley Petrino, Instructor
 Program No: **221303-A**
 Day & Time: Fridays – 3:30 to 5:00pm
 Date: April 19 – June 14 (8 classes)
 (no class May 24)
 Site: Yorktown Community & Cultural Center,
 Room 104
 Fee: \$95.00 (plus \$50 material fee payable to instructor)



About the program: Children **ages 10 and up** will have fun learning the fundamentals of stringing and wire wrapping techniques. These skills will enable the students to make their own bracelets, necklaces, and earrings. The class will introduce them to the different types of materials and tools used. They will learn how to design and size their own piece, finishing techniques with clasps, how to use head pins to make dangling earrings and dangling charms on bracelets and necklaces. Each child will complete up to 6 projects.

NEW SKATEBOARD LESSONS

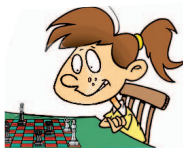
2nd Nature Skate Shop, Instructor
 Program No: **225911-A, B**
 Day & Time: **A:** Fridays – 4:00 to 5:00pm - Beginner
B: Fridays – 5:00 to 6:00pm - Intermediate
 Dates: May 3 – June 14 (7 classes)
 Location: Patriot Skate Park
 Fee: \$110.00

About the program: Lessons will include proper foot placement, technique and style development. Helmets, elbow pads and knee pads are required.

CHESS FOR BEGINNERS Sal Catalfamo, Instructor

Program No: **224101-A**
 Day & Time: Saturdays – 9:00 to 10:00am
 Dates: April 13 – June 8 (8 classes)
 (no class May 25)
 Site: Yorktown Community & Cultural Center,
 Senior Room
 Fee: \$85.00

About the program: For ages **5 and over**. Learn how to play the game of Chess, how the pieces move, how they attack and capture each other and how to capture your opponent's king and win the game.



INTERMEDIATE CHESS Sal Catalfamo, Instructor

Program No: **224102-A**
 Day & Time: Saturdays – 10:00 to 11:00am
 Dates: April 13 – June 8 (8 classes)
 (no class May 25)
 Site: Yorktown Community & Cultural Center,
 Senior Room

Fee: \$85.00

About the program: Now that you know how the pieces move, learn how to write down your moves and improve your game. Learn how to understand why your opponent made his/her last move, so you can prevent your opponent from capturing your king and then how you can capture your opponent's.

FUN WITH CARTOONS

Ginny Oppedisano, Instructor
 Program No: **223301-A**
 Day & Time: Saturdays – 9:00 to 10:30am
 Dates: April 13 – June 8 (8 classes)
 (no class May 25)
 Site: Yorktown Community & Cultural Center,
 Community Room 1



Fee: \$95.00

About the program: Children **8 to 12 years** will learn to draw their favorite cartoon characters from TV and the movies. They will learn to create their own cast of superheroes and other types of whimsical animal and people cartoons. All is needed is a sketchpad, pencil and markers and you are on the way to becoming a cartoonist!

ACRYLIC PAINTING FOR YOUNG ARTISTS

Ginny Oppedisano, Instructor

Program No: **223401-A**
 Day & Time: Saturdays – 10:30 to 12:00noon
 Dates: April 13 – June 8 (8 classes)
 (no class May 25)
 Site: Yorktown Community & Cultural Center,
 Community Room 1
 Fee: \$95.00

About the program: Children **8 to 12 years** will learn to make paintings of real scenes they choose themselves from photos, pictures they find and from still life and original drawings. The paintings will surprise the artist who may want to hang them or give them away as gifts. But, most of all, they will have fun creating them. Please Note: Bring canvas panels and paints and photos that interest you.



KUNG FU/KARATE FOR KIDS

Sifu Nat Costanzo, Instructor

Program No: **225801-A**
 Day & Time: Saturdays - 10:00 to 11:00am
 Dates: April 13 – June 8 (8 classes)
 (no class May 25)
 Site: Yorktown Community & Cultural Center,
 Room 104
 Fee: \$68.00 (includes T-Shirt - indicates size on form)

About the program: For children ages **7 to 11** years old. This class will provide youngsters the opportunity to understand that exercise through Martial Arts training can be both a physical and mental learning experience. They will learn Discipline, build Self-Confidence, will build Awareness, be taught fundamentals of Self-Defense, as well as develop Endurance and Strength. Students will also learn the proper way to stretch, be introduced to Martial Arts basics, and will be given demonstrations in hand and sword Katas (forms). **NOTE: This class has no sparring or contact.**



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HORSEBACK RIDING I AND II

Zephyr Farm, Instructor

Program No: **225201-A, B** (8 classes)
 Day & Time: **A:** Sundays – 12:00noon to 1:00pm
(Horseback Riding I)
B: Sundays – 1:00 to 2:00pm
(Horseback Riding II)

Dates: April 14 – June 9 (no class May 26)
 Site: Zephyr Farm (located at 219 Watermelon Hill Road in Mahopac, NY)

Fee: \$320.00 per program number

About the program:

Horseback Riding I: This class is for students in **Grades 2 to 8** who have had little or no horseback riding instruction. During this 8-week course, participants will be introduced to the sport in a fun and safe environment. Classes are run in a

lighted, indoor arena. Each class will consist of a 40-minute riding lesson that will teach the basics in balance, position, control and safety, and a 20-minute discussion and/or demonstration. There will be no more than 5 students per class. Each class will be led by an instructor and several aides. Students must wear long pants and heeled shoe boots. Helmets are available for loan.



Horseback Riding II: This class is for students in **Grades 2 to 8** who are able to walk, trot and canter on their own. During the 8-week course, participants will continue to develop their skills. Classes are run in the time frame as Horseback Riding I. There will be no more than 5 students per class.

ADULT PROGRAMS

NEW QUARRY RAMBLE (For Ages 8 to Adult)

Jane Daniels, Tour Guide

Program No: **281101- A, B**
 Time: 2:00 to 4:30pm
 Dates: **A:** Sunday, April 14
B: Saturday, April 20
 Site: Sylvan Glen Parking Lot on Morris Lane, Mohegan Lake

Fee: \$5.00 per person **OR** \$10.00 per family

About the program: The former quarries at the Sylvan Park Preserve supplied granite for the approaches to the George Washington and Whitestone bridges. Join Jane Daniels co author of *Walkable Westchester* on a 3 mile hike through the park. Visit quarries and the one



foot circumference Quarry Oak. The trails traverse a variety of terrain, from steep climbs and descents to gentle woods roads. Bring a camera, wear comfortable shoes (no sandals), bring water and a snack. Walk will occur regardless of the weather.

THE ULTIMATE BLITZ

Solaris Sports Club Instructor

Program No: **231801-A, B, C**
 Day & Time: **A:** Mondays – 9:00 to 10:00am (10 classes)
B: Thursdays – 9:00 to 10:00am (10 classes)
C: Mondays & Thursdays (20 cls, see times above)

Dates: April 22 – June 27
 Site: Solaris Sports Club
 Fee: \$140.00 (one day) \$260 (two days)

About the program: This program is highly motivating, intensive and fun. It will focus on cardio respiratory endurance, muscular strength, muscular endurance and flexibility. Different variation principles will be used to keep a safe and fun class for all participants.

NEW FIT FUSION 30

Solaris Sports Club Instructor

Program No: **232203-A**
 Day & Time: Monday/Wednesday/Friday
 12:15 to 12:45pm
 Dates: April 15 – June 7 (24 classes)
 Site: Solaris Sports Club
 Fee: \$180.00

About the program: Fit Fusion 30 is a 30 minute work out that uses tabata techniques which will get your heart rate sky rocketing and burn fat fast. Its use of short burst intervals will get you in shape quicker than spending hours of wasted time on the treadmill or elliptical. Light weights and body weight exercises will be used. Each day a different instructor will change it up to keep it fun and unique. Get your co-workers together for a great time! You will be surprised to find you get a complete workout on your lunch hour and still have time to eat! This class will meet 3 times a week for 8 weeks. Need a minimum of 7 people to run class.



AFTER WORK WORK-OUT

Lori Barr, Instructor

Program No: **231201-A, B, C (Session 1)**
231202-A, B, C (Session 2)
 Day & Time: **A:** Mondays - 6:30 to 7:30pm
B: Wednesdays - 6:30 to 7:30pm
C: Monday & Wednesday – 6:30 to 7:30pm
 Dates: **Session 1:** April 15 – June 10 (8/16 classes) (no class May 27)
Session 2: July 1 – July 31 (5/10 classes)
 Site: Sparkle Lake Service Building
 Fee: **Session 1:** \$96.00 (One Day)
 \$192.00 (Two Days)
Session 2: \$60.00 (One Day)
 \$120.00 (Two Days)

About the program: Come early...exercise...and still have an evening to enjoy! This workout is a no-nonsense hour of low impact aerobics to burn fat with intervals of concentrated calisthenics that tone and firm. De-stress from your workday with upbeat music and prevent the spread. **Please Note:** Bring water, weights and a mat to each class.

THE BALLET WORKOUT

Club Fit, Instructor

Program No: **231501-A, B**
 Day & Time: **A:** Mondays
 10:30 to 11:30am
B: Wednesdays
 10:30 to 11:30am
 Dates: April 8 – June 3
 (no class May 27)
 (8 classes)

