

YORKTOWN PARKS & RECREATION

CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS

**GENERAL
REGISTRATION
BEGINS
AUGUST 29**

**2016-2017
Fall/Winter**



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YORKTOWN PARKS & RECREATION

Phone: 245-4650 • Fax: 245-1608

E-Mail: ypr@yorktownny.org

www.yorktownny.org/parksandrecreation

Office Hours: Monday - Friday, 8:30am to 4:30pm

Program Registration Hours: Monday – Friday, 8:30am to 4:00pm

Stay Connected with Yorktown Recreation

Sign up to receive e-mails from us regarding programs, special events, camps, facilities and much more!



3 easy ways to join our mailing list:

- Visit our website:
www.yorktownny.org/parksandrecreation
- Text YORKTOWNREC to 22828
- Scan QR code →



★ Town of Yorktown ★

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NOTHING KILLS A GOOD PROGRAM QUICKER THAN WAITING UNTIL THE LAST MINUTE TO REGISTER FOR IT! REGISTERING AT THE LAST MINUTE MAY MEAN THAT THE PROGRAM HAS ALREADY BEEN FILLED OR CANCELLED DUE TO LACK OF ENROLLMENT.

PLEASE REGISTER EARLY!

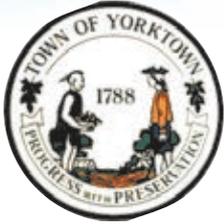
NEED A FACILITY?

We've got you covered inside and out!

Call the Parks & Recreation Department for information on rental of:

- * Downing Park Pavilion *
- * Sparkle Lake House *
- * Pool Parties *

The Town of Yorktown gratefully acknowledges the cooperation extended by the Yorktown Central School District No.2, the Lakeland Central School District and the Yorktown Community and Cultural Center with regard to the use of their facilities for programs.



TOWN OF YORKTOWN



TOWN SUPERVISOR

Michael Grace

BOARD MEMBERS

Greg Bernard
Tom Diana

Vishnu Patel
Ed Lachterman

RECREATION COMMISSION

Diana L. Quast, *Chairperson*
Joseph A. Falcone
James F. Hackett

Patrick Cumiskey
James Martorano, Jr.
Tom Diana – Liaison

Al Avitabile, *Vice Chairperson*
Patricia Caporale
Stuart Wadler

PARKS & RECREATION STAFF

Todd Orłowski, CPRP *Superintendent*
Erin Mantz *Assistant Superintendent*
Kyle Thornton *Assistant Superintendent*
Jessica Bambach *Senior Office Assistant*
Anita Hecker *Office Assistant*
Erin Moran *Recreation Assistant*
Barry Gelbman *Parks Foreman*
Dominic Monopoli *Assistant Parks Foreman*
Stephen Melillo *Maintenance Mechanic*

Guido Parks *Maintenance Mechanic*
Michael Hoek *HMEO*
Vincent Haight *Tree Trimmer/MEO*
Eric Hollberg *Park Groundskeeper*
Rich Williams *Park Groundskeeper*
Scott Gross *Maintenance Mechanic*
Andrew Cerrato *Maintenance Mechanic-Pool*
Scott Ferreira *Laborer*
Brian O’Keefe *Laborer*

To Our Residents:



Yorktown Parks & Recreation is pleased to provide you with programs, events, and activities for all ages. Our goal is to achieve excellence in program delivery and continue maintaining parks and facilities that are enjoyable for our community, making Yorktown a great place.

The Recreation Commission and the Parks & Recreation Department were recipients of two prestigious awards this year. The playground upgrades to the John H. Downing Veterans Memorial Park and the John “Jack” Devito

Veterans Memorial Park were honored by two professional organizations. The Westchester Municipal Planning Federation provided a commendation and the Westchester Recreation and Parks Society acknowledged the hard work of the Town of Yorktown with the Austin Welch Pierre Award. Both awards were for creativity and innovation in rehabilitating two playgrounds to make them inclusive and multigenerational.

Year after year, season after season, Yorktown is a wonderful place to live, work, and play!

REGISTRATION AND IMPORTANT INFORMATION

- **REGISTER EARLY!!!** Most programs have limited enrollments. Besides not getting into the program, nothing cancels programs more than waiting until the last minute to register as classes may be cancelled due to poor enrollment. It is recommended that your registration form and fee be received two weeks prior to the start of the program.
- Programs with insufficient registration will be cancelled three (3) business days prior to the program starting date.
- **REGISTRATION HOURS:** Monday - Friday from 8:30 am to 4:00pm.

REGISTRATION WILL BEGIN ON August 29, 2016

Any registration received by mail prior to will be considered part of that day's mail.

PLEASE NOTE that this could result in a particular program being filled prior to your application being processed.

- Unless otherwise noted in the individual program descriptions, registration will be taken in person at the Yorktown Parks and Recreation Office or by mailing a completed registration form and correct fee to:

**Yorktown Parks and Recreation Department
176 Granite Springs Road
Yorktown Heights, NY 10598**

- Under no circumstances will anyone be allowed to participate in any of the programs unless he/she first registers with the Yorktown Parks and Recreation Department and pays the appropriate fee. Registration will not be taken at the class by instructors.
- Incomplete registrations will not be processed.
- Checks or Money Orders are to be made payable to the: Town of Yorktown Parks and Recreation Department.
- Discover, Master Card & Visa credit cards accepted. Convenience fees apply.
- The Department may use photos taken during event programs unless otherwise notified in writing.

RESIDENCY:

- A resident is defined as one who resides within the town limits at an address that pays Yorktown Town taxes.

NON-RESIDENTS:

- If space is available in a program two (2) weeks prior to start of that program, non-residents will be allowed to register by paying a 20% surcharge. For non-fee programs, a \$10.00 charge will be assessed unless stated otherwise.

NEW RESIDENTS AND NEW REGISTRANTS:

- If you have moved into the Town of Yorktown within the last year AND/OR have never registered for a program, **PROOF OF RESIDENCY** is required when registering. All mail-in and walk-in registrations must be accompanied by a driver's license along with a **current** utility bill, property insurance certificate, mortgage statement, or closing papers. Renters must show their rental agreement.

SENIOR CITIZENS:

- Senior Citizens are defined as permanent Yorktown residents ages 60 and over.

RETURNED CHECKS:

- A \$20.00 service charge will be assessed for all checks returned to the Recreation Department. Returned checks cannot be redeposited. Cash or Money Order will be required to replace the returned check and service charge.
- After three (3) returned checks from a household, all future payments must be made in cash.

INSURANCE:

- The Town of Yorktown maintains a standard liability insurance policy that does not cover medical costs for anyone injured during the normal course of participation in any Recreation Department program or facility. ALL persons participate at their own risk.

CANCELLATIONS:

- Information concerning weather related cancellations will be put on our answering machine (914-245-4650 ext 2) after 4:30pm.
- **PLEASE NOTE:** If public schools are closed, Yorktown Recreation programs held in school facilities will also be cancelled. Check with Department for all other cancellations.

REFUNDS/CREDITS: Will be given only under the following conditions:

- A full refund/credit will be given if the program is cancelled by the Parks and Recreation Department prior to the program starting.
- All refund/credit requests stating the reason for the refund/credit must be made in writing, by the halfway point of the program, to the Superintendent of Parks & Recreation for consideration. **If a refund/credit is granted, it will be pro-rated on the date the request is received.**
- Refunds of \$10.00 or less will be maintained as a credit to the participant's account.
- No refund/credit will be considered once a program is half over.
- **A \$20.00 processing fee for all approved refunds will be assessed, except for programs cancelled by the Parks & Recreation Department.**
- **A \$10.00 processing fee for all approved credits will be assessed, except for programs cancelled by the Parks & Recreation Department.**
- If a participant becomes ill or injured for an extended period of time, a full or pro-rated refund/credit (**less processing fee**) will be made based on the date the written request is received. A doctor's medical note (no faxes, e-mails or copies) must accompany the request, and the request must be made prior to the end of the program.
- **Refunds/Credits will not be given for scheduling conflicts.**

Town of Yorktown Parks and Recreation facilities are accessible to the physically disabled. Any disabled resident needing special assistance should call the Recreation Department.

Watch for our 2017 Spring/Summer Brochure to be mailed in March.

SPECIAL EVENTS

YORKTOWN GRANGE FAIR

September 8 to 11, 2016

Since the Grange Fair began, the purpose has been to provide a showcase for the community to “show off” their home grown (or homemade) goods, whether vegetables, flowers, needlework, baking, photography, livestock or poultry. In addition to the entertainment on our stage and blacktop, the fair will be filled with fun and activities for the entire family, including the livestock show, the flower and produce show, rides, contests and competitions. Check out our website (yorktowngrangefair.org) for further details and updates!

WHAT DOES THE GREAT GOBLIN LOOK LIKE?

This program is available to Yorktown residents, **grades K to 5**. The Yorktown Parks & Recreation Department would like to know what you think the Halloween Great Goblin looks like. All entries must be on an 8 1/2” x 11” white sheet of paper. The first place drawing will be used on the 2017 Great Goblin Call Program T-Shirts. Drawings must be submitted to the Recreation Department by Thursday, October 27.

GREAT GOBLIN CALL

Program No: **381301-A**

Date: Wednesday, October 26, 2016

Time: 6:30 to 7:30pm

About the program: Pre-register at the Yorktown Parks & Recreation Office. Open to all Yorktown youngsters **ages 3 to grade 2**. If the Great Goblin calls, will you be home to answer the call? Complimentary candy prizes and a Great Goblin T-shirt will be given to all participants at our “**spooky**” Recreation Office on Thursday, October 27, between 9:00am and 4:00pm.



HALLOWEEN PARADE/CARNIVAL

Co-sponsored with the Yorktown Lions Club
The Halloween parade will begin at the Yorktown Plaza Park (Rexall's). Participants will march to the Yorktown Community & Cultural Center for outdoor Halloween activities, costume showcase, hayrides and entertainment. Free to all Yorktown residents. No registration required.

Day: Saturday, October 29

Time: 2:00pm

Raindate: Sunday, October 30 (no parade; only carnival)

Location: Parade will begin at the Yorktown Plaza (Rexall's)

DISCOUNT TICKET PROGRAM

We anticipate offering discount ski and snowboard tickets! Unfortunately, at the time of publication of this brochure, facilities and prices have not been confirmed. Some resorts may include: Hunter Mt., Whiteface Mt., Windham Mt. & Bromley Mt. Please check on the Recreation Department page of the Town's Website (www.yorktownny.org) or call the Recreation Department for updates @ 245-4650.

NOTE: Please see the Youth and Adult program section of this brochure for our Ski/Snowboard Lesson Program being offered for both Youth and Adults!!!

ICE SKATING

The Yorktown Parks and Recreation Department administers the skating areas of Sparkle Lake, Junior Lake, Crystal Lake, Ivy Knolls Pond and Willow Pond. Ice at these areas is checked daily for safety and is designated as SAFE when a GREEN FLAG is displayed. In the event of UNSAFE ice, a RED FLAG will be displayed. Only Junior Lake and Sparkle Lake are lit for night skating – call the Recreation Office for lighting schedule.

DECORATED EGG CONTEST

Children grades **Kindergarten through 5th grade** can decorate a paper egg provided by the Recreation Department. This paper egg form must be used by the participant and will be available at the Recreation Office and on-line at yorktownny.org/parksandrecreation in late February. Entries may be mailed or brought to the Recreation Office by Friday, March 31. Place ribbons will be awarded by age groups at the Easter Egg Hunt.

EASTER EGG HUNT

Co-sponsored with the Yorktown Lions Club
About the program: Children 12 years old and under will participate in Jelly Bean guess, have their picture taken with the Easter Bunny and other characters, and enjoy hunting for colored eggs. Prizes will be provided to all participants, with special prizes for the finders of the special eggs.

Day: Saturday

Date: April 8 (Rain Date: April 15)

Time: 10:30am

Location: Downing Park



TOWN PARADES

HOLIDAY ELECTRIC LIGHTS PARADE and TREE LIGHTING

Join us in our 4th annual Holiday Electric Lights Parade in addition to the tree lighting as we celebrate the season. Please check the Town website this fall for further details. www.yorktownny.org.

Day: Saturday, December 3.

Time: 6:30pm

Raindate: Sunday, December 4

Parade Route: Commerce St.



VACATION PROGRAMS

WINTER FLIX ****NEW****

Program No: **327101- A Session 1**
327101- B Session 2
327101- C Session 1 and Session 2



Incrediflix

About the program:

Session 1 Winter Live Action Flix: For **ages 7-13**. School's out, so come have a blast making a winter themed movie. Will your movie be about a snow day, a huge winter storm, or going to the beach in California? This is your chance to write, direct, film, and star in your very own movie, and you'll get to keep your movie to share and enjoy forever! Start your year with your movie premiere!

Session 2 Winter Imagination Flix: For **ages 7-13**. What's better than building a snowman? How about building a claymation snowman that you bring to life to star in your own movie? You'll create a story, create your clay character, build your set, and film. Once your movie masterpiece is complete you'll have a movie you created to share and enjoy forever!

Day:	Date:	Time:	Location:
A: Tuesday – Friday	12/27 – 12/30	9:00am-12noon	Sparkle Lake Building
B: Tuesday – Friday	12/27 – 12/30	1:00 – 4:00pm	Sparkle Lake Building
C: Tuesday – Friday	12/27 – 12/30	9:00am – 4:00pm	Sparkle Lake Building
Fee:	A, B: Resident: \$155.00	Nonresident: \$186.00	
	C: Resident: \$305.00	Nonresident: \$366.00	

BEGINNER SEWING ****NEW****

Vivian Burns, Instructor

Program No: **321201-A (3 classes)**

About the program: For **ages 7-12**. This program is a special session for those who want to learn how to sew clothing for themselves. Students will work with a commercial sewing pattern and learn to sew pajama bottoms, skirts, and a tote bag.

Day:	Date:	Time:	Location:
Monday -Wednesday	10/10-10/12	9:00am-4:00pm	Sparkle Lake Building
Fee:	Resident: \$210.00	Nonresident: \$252.00	

UPCYCLE, RECYCLE, REDESIGN, AND RECREATE ****NEW****

Vivian Burns, Instructor

Program No: **321202-A (1 class)**

About the program: For **ages 8-12**. In this one day session, students will learn to redesign existing T-shirts and jeans into fun redesigned clothing, bags, or accessories! Students should bring in a T-shirt and a pair of jeans they want to redesign.

Day:	Date:	Time:	Location:
Friday	11/11	9:00am-4:00pm	Sparkle Lake Building
Fee:	Resident: \$70.00	Nonresident: \$84.00	

PRE-SCHOOL PROGRAMS

SOCCER SQUIRTS PARENT AND ME

U.S. Sports Institute, Instructor

Program No: **325515-A, B (7 classes)**

About the Program: Soccer squirts classes are a fun and positive introduction to soccer for **ages 2 and 3**. With a parent or guardian participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun based games and scrimmages. Each session will focus on maximizing participation and learning through a variety of fun games designed to stimulate a child's imagination and develop motor skills.

Day:	Date:	Time:	Location:
A: Tuesdays	9/20 to 11/1	10:00 - 10:50am	Legacy Turf Field (7 classes)
B: Saturdays	9/17 to 10/29	3:15 - 4:00pm	Hunterbrook Field (7 classes)
Fee:	Resident: \$139.00	Nonresident: \$166.80	

TOTAL SPORTS SQUIRTS PARENT AND ME

U.S. Sports Institute, Instructor

Program No: **322502-A (7 classes)**

About the Program: The US Sports Institute's Parent & Me Total Sports Squirts program introduces children **aged 2-3 years** to a new sport in each session, with a helping hand from Mom or Dad! Children have the opportunity to try lacrosse, soccer, basketball, t-ball, floor hockey, parachute games and more in a safe and structured environment. The Total Sports Squirts program is ideal for any child just starting out in the world of sport. As with all Squirts programs, the emphasis is on safety, fun and learning.

Day:	Date:	Time:	Location:
Tuesdays	9/20 to 11/1	11:00 - 11:45am	Legacy Turf Field
Fee:	Resident: \$139.00	Nonresident: \$166.80	



TOTAL SPORTS SQUIRTS

U.S. Sports Institute, Instructor

Program No: **322501-A, B (7 classes)**

About the program: The Total Sport Squirts program introduces **children aged 3 to 5** to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun!

Day:	Date:	Time:	Location:
A: Tuesdays	9/20 to 11/1	4:00 - 5:00pm	Shrub Oak Park
B: Saturdays	9/17 to 10/29	2:00 - 3:00pm	Hunterbrook Field
Fee:	Resident: \$139.00	Nonresident: \$166.80	



LACROSSE SQUIRTS

U.S. Sports Institute, Instructor

Program No: **323101-A (7 classes)**

About the program: Children **ages 3 to 5** will learn how to cradle, shoot, catch, and scoop with maximum enjoyment. Throughout the program participants will develop their knowledge and understanding of scrimmaging in Lacrosse.

Day:	Date:	Time:	Location:
Tuesdays	9/20 to 11/1	3:00 - 4:00pm	Shrub Oak Park
Fee:	Resident: \$139.00	Nonresident: \$166.80	

TODDLER TIME

Risa D'Amaso, Instructor

Program No: **321101-A, B Session 1 (8 classes)**
121101-A, B Session 2 (8 classes)

About the program: Join the fun! Meet new friends and playmates. Children and their parents/caregivers will enjoy a variety of activities including arts and crafts, stories and free play. Paints, glue, etc. will be used during class time. Please wear appropriate clothing. Children must be accompanied by an adult.

Day	Date:	Time:	Location:
S1: A: 1 to 2 years	B: 2 to 4 years		
A: Wednesdays	9/14 to 11/9 (no class 10/12)	10:00 - 10:45am	Sparkle Lake Building
B: Wednesdays	9/14 to 11/9 (no class 10/12)	11:00 - 11:45am	Sparkle Lake Building
S2: A: 1 to 2 years	B: 2 to 4 years		
A: Wednesdays	1/11 to 3/8 (no class 2/22)	10:00 - 10:45am	Sparkle Lake Building
B: Wednesdays	1/11 to 3/8 (no class 2/22)	11:00 - 11:45am	Sparkle Lake Building
Fee:	Resident: \$75.00	Nonresident: \$90.00	



PEE WEE T-BALL

Jeannie Geyer, Instructor

Program No: **325513-A (6 classes)**

About the program: For **ages 3 to 5**. This 6 week program will introduce your child to the fundamentals of T-ball. Children will learn hitting, fielding, throwing and much more. Each child will receive an MVP trophy.

Day:	Date:	Time:	Location:
Wednesdays	10/5 to 11/16 (no class 10/12)	10:30 - 11:15am	Solaris Sports Club
Fee:	Resident: \$95.00	Nonresident: \$114.00	



PEE WEE ALL STAR LACROSSE

Dan Strauss, Instructor

Program No: **325503-A Session 1 (6 classes)**
125503-A Session 2 (6 classes)

About the program: For **ages 3 to 5**. This 6 week instructional clinic will focus on the basics such as: the rules of the game and the proper handling of the stick as well as throwing, catching, cradling, and scoping. Each child will receive an All Star Trophy.

Day:	Date:	Time:	Location:
S1: Thursdays	10/6 to 11/10	10:30 - 11:15am	Solaris Sports Club
S2: Thursdays	1/5 to 2/9	10:30 - 11:15am	Solaris Sports Club
Fee:	Resident: \$95.00	Nonresident: \$114.00	

TAE KWON DO TOTS

Lorna Groux, Black Belt Instructor

Program No: **322401-A, B, C Session 1 (8 classes)**
122401-A, B, C Session 2 (8 classes)

About the program: For children **ages 2 to 5 years** old prior to the program start date. This class provides an excellent opportunity to learn basics of Tae Kwon Do, including defense, offense, punches, kicking, blocking and stances. Tae Kwon Do also helps develop self assurance in shy children, teaches concentration and discipline, and teaches children how to interact with others, calming the

aggressive child and instructing in self-defense. Parental participation encouraged. PHILAM Self-Defense is located at 1761 Front Street in Yorktown.

Day:	Date:	Time:	Location:
S1: A: Thursdays	9/15 to 11/3	10:00 - 10:50am	PHILAM-Self Defense
B: Thursdays	9/15 to 11/3	11:00 - 11:50am	
C: Thursdays	9/15 to 11/3	12:30 - 1:20pm	
S2: A: Thursdays	1/12 to 3/9	10:00 - 10:50am	PHILAM-Self Defense
B: Thursdays	1/12 to 3/9	11:00 - 11:50am	
C: Thursdays	1/12 to 3/9	12:30 - 1:20pm	
	(no class 2/23)		
Fee:	Resident: \$75.00	Nonresident: \$90.00	



PEE WEE ALL STAR SOCCER

Dan Strauss, Instructor

Program No: **325511-A Session 1 (6 classes)**
135511-A Session 2 (6 classes)

About the program: For ages **3 to 5**. This 6 week program will introduce your child to the basic moves while learning the fundamentals of soccer dribbling, passing, trapping, and shooting. The coach will emphasize skills through drills and soccer games. Each child will receive an All Star Soccer Trophy.

Day:	Date:	Time:	Location:
S1: Fridays	10/7 to 11/18 (no class 11/11)	10:30 - 11:15am	Solaris Sports Club
S2: Fridays	1/6 to 2/10	10:30 - 11:15am	Solaris Sports Club
Fee:	Resident: \$95.00	Nonresident: \$114.00	

SOCCER SQUIRTS

U. S. Sports Institute, Instructor

Program No: **225503-A, B, C (7 classes)**

About the program: Children **ages 3 to 5** will learn the fundamental skills of soccer, including dribbling, passing, shooting and defending. Players will be taught through structured activities, fun games, and scrimmages.

Day:	Date:	Time:	Location:
A: Fridays	9/23 to 11/4	3:00-4:00pm	Shrub Oak Park
B: Fridays	9/23 to 11/4	4:00-5:00pm	Shrub Oak Park
C: Saturdays	9/17 to 10/29	4:00-5:00pm	Hunterbrook Field
Fee:	Resident: \$139.00	Nonresident: \$166.80	



LEAP INTO LANGUAGE

Los Ninos Services, Instructor

Program No: **321203-A (6 classes)**

About the program: This early language and literacy program for parents and toddlers **18 months to 3 years** is designed to introduce techniques that stimulate speech and language abilities in young children. Classes are run by a board certified speech pathologist and incorporate a "focused stimulation" approach to theme-based story and play activities. Parents will be educated in many areas of toddler development and provided with ideas and activities that they can incorporate into everyday routines. This class is also a great recreational supplement to speech-language or educational services that a child may already be receiving. The goals of this program are to increase early communication skills, promote academic readiness and reduce risks for language-learning difficulties.

Day:	Date:	Time:	Location:
Fridays	9/16 to 10/21	9:00 - 9:45am	Sparkle Lake Building
Fee:	Resident: \$188.00	Nonresident: \$225.60	

T-BALL SQUIRTS

U. S. Sports Institute, Instructor

Program No: **322503-A, B (7 classes)**

About the program: For **ages 3 to 5**. T-Ball Squirts focuses on the fundamental skills of the game; including hitting, throwing, catching and running the bases. Our progressive T-Ball curriculum enables each child to develop their skills, and understanding of the game.

Day:	Date:	Time:	Location:
A: Sundays	9/18 to 10/30	2:00 - 3:00pm	Hunterbrook Field
B: Sundays	9/18 to 10/30	3:00 - 4:00pm	Hunterbrook Field
Fee	Resident: 139.00	Nonresident: \$166.80	

YOUTH AND TEEN PROGRAMS

MAD SCIENCE-ROBOTICS

Mad Science, Instructor

Program No: **321501-A Session 1 (10 classes)**
121501-A Session 2 (10 classes)

About the program: This class is for students in **Grades 3 to 5**. Spend the semester learning about robots while we experiment and play with them. We will discuss what makes robots different from humans while exploring circuits and conductivity as well as simple machines. Every semester each participant will build a different robot kit than the last. Unlike other robotic clubs, each child will get to keep their completed robot at the end of the semester to show off to their friends!

Day:	Date:	Time:	Location:
S1: Mondays	9/12 to 11/28 (no class 10/3, 10/10)	3:45 - 5:15pm (Kinjii Dragon)	YCCC, Room 104
S2: Mondays	1/9 to 3/27 (no class 1/16, 2/20)	3:45 - 5:15pm (Em4 Robot)	YCCC, Room 104
Fee:	Resident: \$400.00 per program Nonresident: \$480.00 per program		



Lorna Groux, Black Belt Instructor

TAE KWON DO FOR KIDS

Program No: **322411-A, B Session 1 (8 classes)**
122411-A, B Session 2 (8 classes)

About the program: For **grades K to I**. Tae Kwon Do is a martial art form which uses leg kicks and punches as its predominant weapons. This class will introduce the students to Tae Kwon Do and will consist of learning forms, breaking boards and sparring without contact. Students will develop self-discipline and confidence as well as athleticism. PHILAM Self-Defense is located at 1761 Front Street in Yorktown.

Day:	Date:	Time:	Location:
S1: A: Mondays	9/12 to 11/14 (no class 10/3, 10/10)	4:00 - 5:00pm	PHILAM-Self Defense
B: Fridays	9/16 to 11/4	3:30 - 4:30pm	PHILAM Self Defense
S2: A: Mondays	1/9 to 3/13 (no class: 1/16, 2/20)	4:00 - 5:00pm	PHILAM Self Defense
B: Fridays	1/13 to 3/10 (no class 2/24)	3:30 - 4:30pm	PHILAM Self Defense
Fee:	Resident: \$95.00 (one day) or \$170.00 (2 days) Nonresident: \$114.00 (one day) or \$204.00 (2 days)		

TOTAL SPORTS SENIOR SQUIRTS

U.S. Sports Institute, Instructor

Program No: **323501-A (7 classes)**

About the program: Players **ages 5 to 7** will learn key skills through small-sided scrimmages in a variety of sports, including Lacrosse, Soccer and Flag Football. All senior curriculums create an environment which allows players to develop and progress within sport.

Day:	Date:	Time:	Location:
Tuesdays	9/20 to 11/1	5:00 - 6:00pm	Shrub Oak Park
Fee:	Resident: \$139.00	Nonresident: \$166.80	

ART ADVENTURE ****NEW****

Kathy Pasquale, Instructor

Program No: **323411-A Session 1 (8 classes)**
123411-A Session 2 (8 classes)

About the program: **For ages 6 to 10**. Come let your young artist's imagination run wild as they create their own masterpieces using a wide range of art materials. Each week they will explore a new medium including ceramics, wood, recycled material, paint, paper and more. There is a \$15 material fee payable to instructor at the first class. Please bring a smock.

Day	Date:	Time:	Location:
S1: Tuesdays	9/13 to 11/22 (no class 10/4, 10/11, 11/8)	5:00 - 6:00pm	YCCC, Room 26
S2: Tuesdays	1/10 to 3/7 (no class 2/21)	5:00 - 6:00pm	YCCC, Room 26
Fee:	Resident: \$95.00	Nonresident: \$114.00	

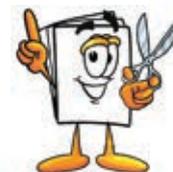
PAPER CUTS ****NEW****

Kathy Pasquale, Instructor

Program No: **323511-A Session 1 (8 classes)**
123511-A Session 2 (8 classes)

About the program: **For ages 8 to 12**. This class explores 3 dimensional paper art, from flowers to sculpted birds, coiled paper, and more. There is a \$10 material fee payable to instructor at the first class.

Day	Date:	Time:	Location:
S1: Tuesdays	9/13 to 11/22 (no class 10/4, 10/11, 11/8)	6:00 - 7:00pm	YCCC, Room 26
S2: Tuesdays	1/10 to 3/7 (no class 2/21)	6:00 - 7:00pm	YCCC, Room 26
Fee:	Resident: \$95.00	Nonresident: \$114.00	



MAD SCIENCE

Mad Science, Instructor

Program No: **324301-A Session 1 (10 classes)**
124301-A Session 2 (10 classes)

About the program: **For Grades K to 3**

S1: Crazy Chemworks: Come and spark imaginative learning with some Mad chemistry. Watch as we combine elements and make them fizz, crackle, and change color! Some of the weekly topics in this session include: Lab Works, Junior Reactors, p.H. Phactor, Slime Time, The Glow Show, Dry Ice Capades, Icky Sticky Stuff, Chemistry Corner, The Mystery of Chem, and Kitchen Chemistry.

S2: Secret Agent Lab: Step into the shoes of a detective and uncover the science involved in evidence gathering and analysis. You will probe the science of tracking as you stamp out scenarios and uncover codes in this session. Some of the weekly topics in this session include: Crime Lab, Cracking the Case, The Science of Security, Agent Undercover, Sleuths on the Scene, Funky Forensics, Spy Academy, Junior Detectives, Discover Detection and Whodunit?

Day:	Date:	Time:	Location:
S1: Tuesdays	9/13 to 12/6 (no class 10/4, 10/11, 11/8)	3:45 - 5:15pm (Crazy Chemworks)	YCCC, Room 104
S2: Tuesdays	1/10 to 3/21 (no class 2/21)	3:45 - 5:15pm (Secret Agent Lab)	YCCC, Room 104
Fee:	Resident: \$350.00 per program	Nonresident: \$420.00 per program	

BEGINNERS' PAINTING AND DRAWING CLUB

Ginny Oppedisano, Instructor

Program No: **323303-A Session 1 (8 classes)**
123303-A Session 2 (8 classes)

About the program: For children **ages 6 to 9**: Basic painting and drawing class to promote creative fun for children. They will be proud of their creative projects and learn to interact with their peers. Participants will develop artistic expression and develop painting and drawing techniques in a relaxed and fun environment. The "aspiring artist" will develop his/her artistic skills at one's own pace and have fun interacting with "other artists" in this workshop.

Day	Date:	Time:	Location:
S1: Wednesdays	9/14 to 11/9 (no class 10/12)	5:00 - 6:00pm	YCCC, Room 104
S2: Wednesdays	1/11 to 3/8 (no class 2/22)	5:00 - 6:00pm	YCCC, Room 104
Fee:	Resident: \$95.00	Nonresident: \$126.00	



INTRODUCTION TO THE WORLD OF ARCHITECTURE

Ginny Oppedisano, Instructor

Program No: **323601-A Session 1 (8 classes)**
123601-A Session 2 (8 classes)

About the program: **For ages 7 to 14**. Children will learn how to design shapes and create structures. From tree houses to vacation houses, children will learn how to draw and build 3-D structures. A supply fee of \$10.00 payable to the instructor will be due the first week of class.

Day	Date:	Time:	Location:
S1: Wednesdays	9/14 to 11/9 (no class 10/12)	6:00 - 7:00pm	YCCC, Room 104
S2: Wednesdays	1/11 to 3/8 (no class 2/22)	6:00 - 7:00pm	YCCC, Room 104
Fee:	Resident: \$95.00	Nonresident: \$126.00	

AMERICAN RED CROSS BABYSITTING

Joseph Pepe, Instructor

Program No: **326102-A Session 1 (3 classes)**
126102-A Session 2 (3 classes)

About the program: The purpose of the American Red Cross Babysitting course is to provide individuals **ages 12 and older** 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.

Day	Date:	Time:	Location:
S1: Tuesdays	10/18, 10/25, 11/1	5:30 - 8:00pm	YCCC, Room 21
S2: Tuesdays	3/7, 3/14, 3/21	5:30 - 8:00pm	YCCC, Room 21
Fee:	Resident: \$105.00	Nonresident: \$126.00	



American Red Cross

WE LEARN, WE BUILD, WE PLAY...WITH LEGO BRICKS

Bricks 4 Kidz

Program No: **324701-A Session 1 (8 classes)**
124701-A Session 2 (8 classes)

About the program: For children **ages 6 to 13**. There are many educational, developmental, and social benefits to the Bricks 4 Kidz approach to learning. Our hands-on after school classes engage visual, auditory, and kinesthetic learning styles, where students learn

and build with LEGO bricks. Fine motor and organizational skills, teamwork, reading plans and more are developed as they learn, build, and play.

Day	Date	Time:	Location:
S1: Thursdays	9/22 to 11/10	4:30 - 5:30pm	YCCC, Room 104
S2: Thursdays	1/12 to 3/9 (no class 2/23)	4:30 - 5:30pm	YCCC, Room 104
Fee:	Resident: \$150.00	Nonresident: \$180.00	



ENGINEERING FOR KIDS ****NEW****

Engineering For Kids

Program No:	325101-A Session 1 (8 classes)	325102-A Session 2 (8 classes)
	125101-A Session 3 (8 classes)	125102-A Session 4 (8 classes)

About the program:

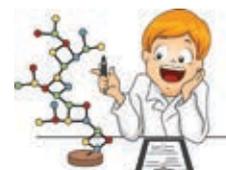
S1: JR. MARINE ENGINEERING For **grades PreK-2**. What causes something to sink or float? How can engineers help explore and protect the ocean below? These questions and more are all explored in Junior Marine. In this class, students explore the concepts of marine engineering and mechanics, harnessing the power of water, and discovering designs that help us make the impossible, possible.

S2: MASTER MACHINES For **grades 3-5**. Students use the Engineering Design Process to design, create, test, and refine a variety of machines and mechanical systems. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing roller coasters, egg-drop vehicles, and an incredibly fast dragster they keep at the end of the course.

S3: JR. ENGINEER EXPLORER For **grades PreK-2**. This program introduces our youngest engineers to the basic concepts of engineering from a variety of engineering fields. Through open and focused exploration, children will design and construct a number of engineering projects. Examples of activities: Gum Drop Bridges (Civil Engineering), Foam Fun (Chemical Engineering), and Eggcellent Drop (Mechanical Engineering).

S4: THE AMAZING RACE For **grades 3-5**. 111 years ago airplanes had not even made their first flight, yet today we can fly to the other side of the world in 12 hours! It is thanks to advances in technology that we are able to explore so much of the world. Over the session students will have to work together to see who is able to travel the farthest around the world. This trek around the world will require students to design their very own boat, plane, and even a rocket!

Day:	Date:	Time:	Location:
S1: Thursdays	9/15 to 11/3	4:00 - 5:00pm	YCCC, Room 26
S2: Thursdays	9/15 to 11/3	5:15 - 6:15pm	YCCC, Room 26
S3: Thursdays	1/12 to 3/9 (no class 2/22)	4:00 - 5:00pm	YCCC, Room 26
S4: Thursdays	1/12 to 3/9 (no class 2/22)	5:15 - 6:15pm	YCCC, Room 26
Fee:	Resident: \$170.00	Nonresident: \$204.00	



SOCCER SENIOR SQUIRTS

U. S. Sports Institute, Instructor

Program No: **323502-A (7 classes)**

About the program: Players **ages 5 to 7** learn the principles of attacking, defending and passing, and will be encouraged to apply these skills to a game scenario. All senior curriculums create an environment which allows players to develop and progress within sport.

Day:	Date:	Time:	Location:
Fridays	9/23 to 11/4	5:00 - 6:00pm	Shrub Oak Park
Fee:	Resident: \$139.00	Nonresident: \$166.80	

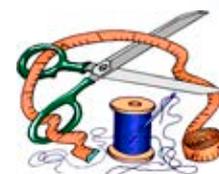
CREATIVE SEWING

Vivian Burns, Instructor

Program No: **321303-A, B Session 1 (5 classes)**
121303-A Session 2 (5 classes)

About the program: **For ages 7 to 10**. In this program, students will learn the skills of hand sewing. They will learn how to thread and knot a needle. They will make fabulous, fun projects that each work and learn basic stitches: running stitch, whip stitch, blanket stitch, simple embroidery, and back stitch.

Day:	Date:	Time:	Location:
S1: A: Fridays	9/16 to 10/21	4:00 - 5:00pm	Sparkle Lake Building
B: Fridays	10/28 to 12/16 (no class 11/11, 11/25)	4:00 - 5:00pm	Sparkle Lake Building
S2: Fridays	2/3 to 3/17 (no class 2/24)	4:00 - 5:00pm	Sparkle Lake Building
Fee:	Resident: \$60.00	Nonresident: \$72.00	



INTRODUCTION TO THE SEWING MACHINE ****NEW****

Vivian Burns, Instructor

Program No: **321312 -A, B Session 1(5 classes)**
121312 -A Session 2 (5 classes)

About the program: **For ages 7 to 12**. This class is for anyone who wants to learn to sew on a real sewing machine. Each week is a different project. These include pillows, doll clothes, and simple skirts and tops. All materials are included in the cost of the program

and sewing machines will be provided for use.

Day:	Date:	Time:	Location:
S1: A: Fridays	9/16 to 10/21	5:15 – 6:45pm	Sparkle Lake Building
B: Fridays	10/28 to 12/16 (no class 11/11, 11/25)	5:15 – 6:45pm	Sparkle Lake Building
S2: Fridays	2/3 to 3/17 (no class 2/24)	5:15 – 6:45pm	Sparkle Lake Building
Fee:	Resident: \$90.00	Nonresident: \$108.00	



Vivian Burns, Instructor

SEWING AND FASHION DESIGN ****NEW****

Program No: **321313-A,B Session 1 (8 classes)**
121313-A Session 2 (8 classes)

About the program: **For ages 8 to 12.** Students will learn how to gain inspiration through mood boards. They will sketch their unique design and learn how to translate it to the fabric of their choice. They will then learn to sew it on a real sewing machine.

Day:	Date:	Time:	Location:
S1: A: Fridays	9/16 to 10/21	7:00 – 8:30pm	Sparkle Lake Building
B: Fridays	10/28 to 12/16 (no class 11/11, 11/25)	7:00 – 8:30pm	Sparkle Lake Building
S2: Fridays	2/3 to 3/17 (no class 2/24)	7:00 – 8:30pm	Sparkle Lake Building
Fee:	Resident: \$120.00	Nonresident: \$144.00	

LIVE ACTION SCARY MOVIE WORKSHOP ****NEW****

Incrediflix, Instructor

Program No: **327601-A (2 classes)**

About the program: For **ages 8 to 13.** Do you like scary movies? Then you're in luck because this is your chance to write, direct, film, and star in your very own horror movie. From "Action" to "That's a Wrap," you'll do it all in this 2 day (Friday and Saturday) scary movie workshop, and you'll get to keep your movie to share and scare forever!

Day:	Date:	Time:	Location:
Friday	10/7	6:00-9:00pm	YCCC, Room 104
Saturday	10/8	9:00am-3:00pm	YCCC, Room 104
Fee:	Resident: \$145.00	Nonresident: \$174.00	



STOP MOTION SCARY MOVIE WORKSHOP ****NEW****

Incrediflix, Instructor

Program No: **327602-A (2 classes)**

About the program: For **ages 8 to 13.** Bring your scary movie ideas to life in your very own stop motion animation horror movie. Create your character, and use movie magic to bring the frights to life. You'll create the story, film the movie, and add your voiceover to create a Halloween themed movie that you can share and scare forever! The workshop is 2 days (Friday and Saturday).

Day:	Date:	Time:	Location:
Friday	10/14	6:00-9:00pm	YCCC, Room 104
Saturday	10/15	9:00am-3:00pm	YCCC, Room 104
Fee:	Resident: \$145.00	Nonresident: \$174.00	

FISHING LESSONS

Chris Mantz, Professional Fisherman

Program No: **381211-A (4 classes)**

About the program: For children **grades 1-5.** Learn the basics of fishing including knots, casting, rigging, bait, safety and fish species. Must bring own fishing rod.

Day:	Date:	Time:	Location:
Saturdays	9/10 to 10/1	9:00-10:00am	Sparkle Lake
Fee:	Resident: \$50.00	Nonresident: \$60.00	

FLY FISHING LESSONS

Chris Mantz, Professional Fisherman

Program No: **381212-A (4 classes)**

About the program: For those **ages 10 and up.** Focusing on casting prowess, fly selection to match the hatch, knots and rigging, and general equipment choice. Participants will learn proper casting techniques in a safe, comfortable, location and then move their learning to a local river to learn basic entomology in order to match the hatch as well as reading moving water. Equipment will be provided if needed. Participants ages 10-15 will require guardian supervision.

Day:	Date:	Time:	Location:
Saturdays	9/10 to 10/1	10:00 - 11:30am	Sparkle Lake
Fee:	Resident: \$65.00	Nonresident: \$78.00	



CHESS

Sal Catalfamo, Instructor

Program No: **324101-A, B Session 1 (8 classes)**
124101-A, B Session 2 (8 classes)

About the program: For ages **5 and over**.

A: Beginner: 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.

B: Intermediate: 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.

Day	Date:	Time:	Location:
S1: A: Saturdays	9/17 to 11/5	10:00 – 11:00am	YCCC, Room 16
B: Saturdays	9/17 to 11/5	11:00 – 12noon	YCCC, Room 16
S2: A: Saturdays	1/14 to 3/11 (no class 2/25)	10:00 – 11:00am	YCCC, Room 16
B: Saturdays	1/14 to 3/11 (no class 2/25)	11:00 – 12noon	YCCC, Room 16
Fee:	Resident: \$90.00	Nonresident: \$108.00	



CARTOONING

Ginny Oppedisano, Instructor

Program No: **323301-A Session 1 (8 classes)**
123301-A Session 2 (8 classes)

About the program: Children **6 to 10 years** old will learn the basic of creating funny characters, famous characters and making up your own creatures with fun drawing lessons. Learn how to make comic strip art and comic book characters and super heroes. Projects given to participants based on age and skill level.

Day	Date:	Time:	Location:
S1: Saturdays	9/17 to 11/5	9:00 – 10:30am	YCCC, Room 26
S2: Saturdays	1/14 to 3/11 (no class 2/25)	9:00 – 10:30am	YCCC, Room 26
Fee:	Resident: \$120.00	Nonresident: \$144.00	

ACRYLIC PAINTING FOR YOUNG ARTISTS

Ginny Oppedisano, Instructor

Program No: **323401-A Session 1 (8 classes)**
123401-A Session 2 (8 classes)

About the program: Children **7 to 11 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.

Day	Date:	Time:	Location:
S1: Saturdays	9/17 to 11/5	10:30 – 12noon	YCCC, Room 26
S2: Saturdays	1/14 to 3/11 (no class 2/25)	10:30 – 12noon	YCCC, Room 26
Fee:	Resident: \$120.00	Nonresident: \$144.00	



T-BALL SENIOR SQUIRTS

U.S. Sports Institute, Instructor

Program No: **323503-A (7 classes)**

About the program: Players **ages 5 to 7** will focus on learning the rules and techniques for hitting and fielding. Each week players will apply what they have learnt into a T-ball game. All senior curriculums create an environment which allows players to develop and progress within sport.

Day:	Date:	Time:	Location:
Sundays	9/18 to 10/30	4:00 – 5:00pm	Hunterbrook Field
Fee:	Resident: \$139.00	Nonresident: \$166.80	

HORSEBACK RIDING I AND II

Zephyr Farm, Instructor

Program No: **325201-A, B Session 1 (8 classes)**
125201-A, B Session 2 (6 classes)

About the program: **Horseback Riding I:** This class is for students **ages 6 and older** 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 at the time frame as Horseback Riding I. There will be

no more than 5 students per class. Zephyr Farm, located at 219 Watermelon Hill Road in Mahopac, NY.

Day:	Date:	Time:	Location:
S1: A: Sundays	9/18 to 11/6	12:00 - 1:00pm (Horseback Riding I)	Zephyr Farm
B: Sundays	9/18 to 11/6	1:00 - 2:00pm (Horseback Riding II)	Zephyr Farm
Fee:	Resident: \$320.00 per program Nonresident: \$384.00 per program		
S2: A: Sundays	1/8 to 2/12	12:00 - 1:00pm (Horseback Riding I)	Zephyr Farm
B: Sundays	1/18 to 2/12	1:00 - 2:00pm (Horseback Riding II)	Zephyr Farm
Fee:	Resident: \$240.00 per program Nonresident: \$288.00 per program		

SKI, SNOWBOARD, or FREESTYLE LESSONS w/THUNDER RIDGE SKI AREA

The program consists of six (6) 1 ½ hour group lessons. Participants can choose from the following days and times:

- Friday: 5:00pm or 6:30pm (start date 1/6/17)
- Saturday: 3:30pm or 5:30pm (start date 1/7/17)
- Sunday: 3:30pm (start date 1/8/17)
- Monday: 5:30pm (start date 1/9/17)
- Tuesday: 5:30pm (start date 1/10/17)
- Wednesday: 5:30pm (start date 1/4/17)
- Thursday: 5:00pm (start date 1/5/17)



Lessons are for skiers and snowboarders **first grade and up (including adults)**.

****NEW**** this season, Freestyle program for upper level snowboarders, **third grade and up**. Wednesday at 5:30pm and Friday at 5:00pm and 6:30pm. Please indicate Freestyle next to your day and time choice.

A separate registration form is needed to enroll in the program which can be obtained by calling or visiting the Yorktown Recreation Department – 245-4650.

Fees: Lessons Only: \$133.00 (Only available to Thunder Ridge Season Passholders. Contact Thunder Ridge directly to purchase **season** pass. Must be purchased **before** the start of the lesson)

Lift & Lesson: \$229.00 (includes lift ticket during lesson and remainder of evening**)

Lift, Lesson, Rental: \$379.00 (includes lift ticket & equipment during lesson & remainder of evening**).

NOTE: All lesson participants, regardless of ability level, must purchase a pre-paid 6-week lift ticket or Season Pass at the time of registration for lesson package or prior to start of the first lesson. They will NOT be sold the day of the lesson.

** Thunder Ridge closes Sunday at 5:00pm. Your ticket included with the lesson is available at 2:45pm. If you wish to come earlier you may pay an upgrade to a day ticket or a season pass may be your better value.

ADULT PROGRAMS

MEET THE AUTHORS OF WALKABLE WESTCHESTER

About the program: The former quarries at the Sylvan Park Preserve supplied granite for the approaches to the George Washington and Whitestone bridges. Join Walt and Jane Daniels on a 2.5 mile hike through the park. Visit quarries and the eighteen 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.

Day:	Date:	Time:	Location:
Saturday	September 17	2:00 - 4:30pm	Sylvan Glen Park Preserve at Morris Lane
Fee:	Free – no need to register		

AFTER WORK CORE FUSION WORK-OUT

Lori Barr, Instructor

Program No: **331201-A, B, C Session 1 (8/16 classes)**
131201-A, B, C Session 2 (8/16 classes)

About the program: Come early...WORKOUT with Lori and still have an evening to enjoy! Lori guarantees she will get you in the shape you want with this core fusion workout. One sizzling half hour of low impact aerobics combined with effective exercises for fat burning in the areas that need it most. Make new friends and join Lori for an early evening of great exercise to stay healthy and strong for the fall and winter!

Day:	Date:	Time:	Location:
S1: A: Mondays	9/19 to 11/21 (no class 10/3, 10/10)	6:30 - 7:30pm	Sparkle Lake Building
B: Wednesdays	9/21 to 11/16 (no class 10/12)	6:30 - 7:30pm	Sparkle Lake Building
C: Mondays & Wednesdays	9/19 to 11/21	6:30 - 7:30pm (no class 10/3, 10/10, 10/12)	Sparkle Lake Building
S2: A: Mondays	1/23 to 3/20	6:30 - 7:30pm	Sparkle Lake Building



B: Wednesdays	(no class 2/20) 1/18 to 3/15	6:30 - 7:30pm	Sparkle Lake Building
C: Mondays & Wednesdays	(no class 2/22) 1/18 to 3/20	6:30 - 7:30pm	Sparkle Lake Building
Fee:	(no class 2/20, 2/22) Resident: \$104.00 (one day) \$198.00 (two days) Nonresident: \$124.00 (one day) \$237.60 (two days)		

REPATTERNING MOVEMENT CLASS (RPM)

Sim Wong, Instructor

Program No: **336301-A, B Session 1 (5 classes)**
136301-A, B Session 2 (5 classes)

About the program: Learn how to free the body from somatic and behavioral patterns created by early experiences. This class helps you to move well and feel better quickly. Eliminate unnecessary stress and pain, improve breathing, posture and mobility, feel younger and more flexible through gentle movements anyone can do. Amazingly helpful for back problems, joint problems and chronic pain. Pleasurable awareness of body and deep relaxation promote ongoing stress management. Participants will require an exercise mat. Experience the Fortinberry-Murray Method® of Somatic & Evolutionary Psychology, taught at major universities in the U.S and Australia.

Day:	Date:	Time:	Location:
S1: A: Mondays	9/12 to 10/24 (no class 10/3, 10/10)	7:30 - 8:30pm	YCCC, Room 26
B: Mondays	11/7 to 12/5	7:30 - 8:30pm	YCCC, Room 26
S2: A: Mondays	1/23 to 2/27 (no class 2/20)	7:30 - 8:30pm	YCCC, Room 26
B: Mondays	3/6 to 4/3	7:30 - 8:30pm	YCCC, Room 26
Fee:	Resident: \$85.00	Nonresident: \$102.00	



Gina Bergamini, Instructor

BELLY DANCE

Program No: **332203-A Session 1 (8 classes)**
132203-A Session 2 (8 classes)

About the program: Try Belly Dance and see how this fun workout leaves you feeling relaxed and fit! The exciting music inspires you to shimmy and shake your way to a better body. Join other like-minded women as you burn calories, relax your mind, and nurture your femininity!

Day:	Date:	Time:	Location:
S1: Mondays	9/19 to 11/21 (no class 10/3, 10/10)	7:40 - 8:40pm	Sparkle Lake Building
S2: Mondays	1/23 to 3/20 (no class 2/20)	7:40 - 8:40pm	Sparkle Lake Building
Fee:	Resident: \$104.00	Nonresident: \$124.80	

GENTLE FLOOR YOGA

Sharon Cohen, Instructor

Program No: **336401-A Session 1 (8 classes)**
136401-A Session 2 (8 classes)

About the program: At all ages and in all conditions, yoga can help you relax and improve your sense of well being. Gentle Yoga is open to all levels with a goal of learning awareness of breath and movement. Please bring a yoga mat and a small towel or pillow.

Day:	Date:	Time:	Location:
S1: Tuesdays	9/20 to 11/22 (no class 10/4, 11/8)	1:15 - 2:30pm	YCCC, Room 104
S2: Tuesdays	1/10 to 3/7 (no class 2/21)	1:15 - 2:30pm	YCCC, Room 104
Fee:	Resident: \$90.00	Nonresident: \$108.00	

PILATES MAT

Jennifer Longobardi, Instructor

Program No: **131604-A (8 classes)**

About the program: Class centers around floor exercises where students use their own resistance through a series of exercises ranging from beginner to advanced. Through this great workout, increase your strength and balance while releasing tension in your body. Improves posture and alignment and can decrease those aches and pains in your back!

Day:	Date:	Time:	Location:
Tuesdays	1/10 to 3/7 (no class 2/21)	6:00 - 7:00pm	YCCC, Room 104
Fee:	Resident: \$96.00	Nonresident: \$115.20	



20/20/20 WORKOUT

Michelle Saccurato, Instructor

Program No: **331101-A Session 1 (8 classes)**
131101-A Session 2 (8 classes)

About the program: Combine 20 minutes of aerobics, 20 minutes of weights and 20 minutes of core strength to get the most effective workout. Lose weight, tone and firm. Sweat, slim down, lose inches and feel terrific. **Please Note:** Bring weights, a mat and water.

Day:	Date:	Time:	Location:
S1: Tuesdays	9/20 to 11/22 (no class 10/4, 11/8)	6:30 - 7:30pm	Sparkle Lake Building
S2: Tuesdays	1/17 to 3/14 (no class 2/21)	6:30 - 7:30pm	Sparkle Lake Building
Fee:	Resident: \$104.00	Nonresident: \$124.80	

WATER-COLORED PENCILS & WATER-COLORED PASTEL

Judika Lieberman, Instructor

Program No: **334811-A (8 classes)**

About the program: For teens and adults. Explore the versatility of these fun materials. We will also use micron pens to enhance our work. Mellow Jazz will be played in the background to encourage your creative side. Bring paper and supplies to first class. Supply list provided at registration.

Day:	Date:	Time:	Location:
Tuesdays	9/13 to 11/15 (no class 10/4, 10/11)	6:00 - 8:00pm	YCCC, Room 104
Fee:	Resident: \$125.00	Nonresident: \$150.00	



CO-ED VOLLEYBALL

Christine Heitman, Instructor

Program No: **337101-A**

About the program: Volleyball pick-up games.

Day:	Date:	Time:	Location:
Tuesdays	11/22 to 4/25 (no class 12/27, 2/21, 4/11)	8:00 - 10:00pm	MESMS gym
Fee:	Resident: \$70.00	Nonresident: \$84.00	

ZUMBA WORKOUT

Eileen Torres, Instructor

Program No: **331301-A Session 1 (8 classes)**
131301-A Session 2 (8 classes)

About the program: Zumba is the feel happy, lose yourself into the music routine that is great for the body and mind. It is fun and easy, yet very effective as you "dance" away the pounds! Latin rhythms and upbeat salsa music keep this workout new and exciting. The routines are simple! You will love the results, the workout, and feel fantastic.

Day:	Date:	Time:	Location:
S1: Wednesdays	9/21 to 11/16 (no class 10/12)	7:40 - 8:40pm	Sparkle Lake Building
S2: Wednesdays	1/18 to 3/15 (no class 2/22)	7:40 - 8:40pm	Sparkle Lake Building
Fee:	Resident: \$104.00	Nonresident: \$124.80	



PAINTING IN ACRYLICS

Judika Lieberman, Instructor

Program No: **334701-A Session 1 (8 classes)**
134701-A Session 2 (8 classes)

About the program: Beginners and experienced art lovers are encouraged to join. This is a relaxed class with music to accompany and inspire your creativity. Instruction includes mixing and blending paints and using and other techniques to create dramatic effects. Bring all supplies to the first class. A supply list is given at time of registration.

Day:	Date:	Time:	Location:
S1: Wednesdays	9/14 to 11/9 (no class 10/12)	10:30 - 12:30pm	YCCC, Room 104
Fee:	Resident: \$125.00	Nonresident: \$150.00	

KUNG-FU: CHINESE KENPO KARATE (Ages 12 and over)

Sifu Nat Costanzo, 8th Teng

Program No: **335501-A (10 classes)**
135501-A (10 classes)

About the program: Class is open to all beginners, as well as those who have had experience in any martial art. Learn how to defend yourself by learning the ancient secrets of Shaolin. This course will consist of 3 sessions that began in the fall of 2016 and runs through June 2017. Those qualifying will earn a belt at a promotion ceremony in June 2017. Basic self-defense stances, blocks, hand weapons and techniques are taught as well as simple to intermediate Katas (forms). Stretch, tone and condition your body and be provided with a challenging workout. **Note: This class has sparring. Beginners and advanced students can join at any session.**

Sparring equipment can be purchased through the instructor separately. T-shirts are also available. A \$15.00 Promotion & Belt fee will be payable to instructor separately in June 2016.

Day:	Date:	Time:	Location:
S1: Wednesdays	9/21 to 12/7 (no class 10/12, 11/23)	6:30 - 7:30pm	YCCC, Nutrition Room
S2: Wednesdays	1/11 to 3/22 (no class 2/22)	6:30 - 7:30pm	YCCC, Nutrition Room
Fee:	Resident: \$80.00	Nonresident: \$96.00	



CHANG TAI CHI AND CHI KUNG (Ages 12 and over)

Sifu Nat Costanzo, 8th Teng

About the program: Tai Chi is a low impact workout designed to increase your mental and physical energy. The short form will be taught, as well as Chi Kung exercises and stretching to improve one's flexibility, balance and coordination. Chang Style Tai Chi will help you achieve total harmony of body, mind and spirit. The slow rhythmic movements of Tai Chi will tone muscles, improve overall fitness and endurance. **Please Note:** This program has been an ongoing program that began in the fall and runs 3 sessions. **Beginners and advanced students can join at any session.**

Beginner I:

Program No: **336601-A Session I (10 classes)**
136601-A Session 2 (10 classes)

Day:	Date:	Time:	Location:
S1: Wednesdays	9/21 to 12/7 (no class 10/12, 11/23)	7:30 - 8:30pm	YCCC, Nutrition Room
S2: Wednesdays	1/11 to 3/22 (no class 2/22)	7:30 - 8:30pm	YCCC, Nutrition Room
Fee:	Resident: \$80.00	Nonresident: \$96.00	

OR

Beginner II: (Previously attended) Beginner I will be dismissed at 8:30pm and Beginner II will continue for an additional 15 minutes.

Program No: **336621-A Session I (10 classes)**
136621-A Session 2 (10 classes)

Day:	Date:	Time:	Location:
S1: Wednesdays	9/21 to 12/7 (no class 10/12, 11/23)	7:30 - 8:45pm	YCCC, Nutrition Room
S2: Wednesdays	1/11 to 3/22 (no class 2/22)	7:30 - 8:45pm	YCCC Nutrition Room
Fee:	Resident: \$85.00	Nonresident: \$102.00	



INTERVAL CARDIO WORKOUT ****NEW****

Michelle Saccurato, Instructor

Program No: **331302-A Session I (8 classes)**
131302-A Session 2 (8 classes)

About the program: This class involves short bursts of low impact cardio all mixed up with serious toning and strengthening exercises using weights and bands. No nonsense fat burning!

Day:	Date:	Time:	Location:
S1: Thursdays	9/22 to 11/10	6:30 - 7:30pm	Sparkle Lake Building
S2: Thursdays	1/19 to 3/16 (no class 2/23)	6:30 - 7:30pm	Sparkle Lake Building
Fee:	Resident: \$104.00	Nonresident: \$124.80	

CHINESE YOGA & QI GONG/TAI CHI

Soo D'Agnes, Instructor

Program No: **334301-A, B Session I (8 classes)**

About the program: Exceptional gentle flowing movement to enhance well beings on all levels. An amazing class that combines the best of the best in energy movements. Exercises such as qigong, tai chi, yoga and meditation direct and manage the energy into our body for maximum health benefits. Some of the teaching may include Zhineng Qigong, 8 pieces of Treasures, viewing and feeling our bio-energy field, reflexology, sound and color healing and more. All levels (Beginners-Advanced) are welcome and the program is tailored to provide ongoing healing progressing through each fall, winter, and spring session. Advanced students stay extra 15 minutes while beginners attend for 1 hour.

Day:	Date:	Time:	Location:
A: Thursdays	9/15 to 11/3	11:15am-12:15pm	YCCC, Room 104
B: Thursdays	1/12 to 3/9 (no class 2/23)	11:15am - 12:15pm	YCCC, Room 104
Fee:	Resident: \$88.00	Nonresident: \$105.60	



HAPPY RAINBOW TAI CHI FAN

Soo D'Agnese, Instructor

Program No: **323201-A Session 1 (8 classes)**
123201-A Session 2 (8 classes)

About the program: Besides being exquisitely beautiful, like poetry in motion, it is loaded with practical health, virtuous and mental benefits: deep calmness, better sleep, and greater body awareness. We will rewire the brain to establish long term wellness habits. Not only will your memory improve, but you will also gain greater balance to prevent falls and strengthen wrists and joints through gentle slow movements. This fan class is very satisfying on all levels. An all-time favorite for students. A \$17 optional fee, payable to instructor, for a pair of hand fans.

Day:	Date:	Time:	Location:
S1: Thursdays	9/15 to 11/3	10:00 – 11:00am	YCCC, Room 104
S2: Thursdays	1/12 to 3/9 (no class 2/23)	10:00 – 11:00am	YCCC, Room 104
Fee:	Resident: \$88.00	Nonresident: \$105.60	



MEDITATION

Soo D'Agnese, Instructor

Program No: **334302-A Session 1 (8 classes)**
134302-A Session 2 (8 classes)

About the program: Not your average meditation class that just focuses mainly on mind and body relaxation. This class also supports your spiritual development. When you unify mind, body and spirit, your stress level will naturally decrease along with any physical discomfort. Clear your mind to reveal its wisdom and beneficial insights. Your spirit will feel connected and secure, allowing greatness to come through you. Some comments from past students include: "Like taking a vacation in the middle of the week"; "My lower back discomfort is gone"; "Practical and useful like no other classes. . ." For teens and adults – this class can be beneficial for family members to do together.

Day:	Date:	Time:	Location:
S1: Thursdays	9/15 to 11/3	12:45 – 1:45pm	YCCC, Room 104
S2: Thursdays	1/12 to 3/9 (no class 2/23)	12:45 – 1:45pm	YCCC, Room 104
Fee:	Resident: \$88.00	Nonresident: \$105.60	

INTRODUCTION TO FENCING

Jim Bernitt, WFC

Program No: **335502-A Session 1 (6 classes)**
135502-A Session 2 (6 classes)

About the program: **For ages 13 to adult.** An introduction to the sport that will last you a lifetime. Instruction includes basic exercises, footwork and mobility, fundamental weapon manipulation 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.

Day:	Date:	Time:	Location:
S1: Thursdays	9/22 to 10/27	7:45 – 8:45pm	1000 N. Division St., Peekskill
S2: Thursdays	1/19 to 3/2 (no class 2/23)	7:45 – 8:45pm	(Suite 26/Hat Factory) 1000 N. Division St., Peekskill
Fee:	Resident: \$120.00	Nonresident: \$144.00	

YOGA FOR ALL

Mary Eames, Instructor

Program No: **336411-A Session 1 (8 classes)**
136411-A Session 2 (8 classes)

About the program: Become happy in your own body as you practice yoga. Give yourself some important time out to get relaxed and reduce stress. Feel your body move in healthy ways as you practice yoga and become limber and strong! Yoga for all!

Day:	Date:	Time:	Location:
S1: Thursdays	9/22 to 11/10	7:00 – 8:15pm	YCCC, Room 104
S2: Thursdays	1/19 to 3/16 (no class 2/23)	7:00 – 8:15pm	YCCC, Room 104
Fee:	Resident: \$124.00	Nonresident: \$148.80	



BARRE SCULPT ****NEW****

Stacy Goodman, Instructor

Program No: **336101-A Session 1 (8 classes)**
136101-A Session 2 (8 classes)

About the program: **For ages 14 to adult.** This class uses a strengthening and stretching method based on yoga, modern dance, ballet and orthopedic exercise.

Day:	Date:	Time:	Location:
S1: Fridays	9/16 to 11/4	9:15 – 10:15am	Solaris Sports Club

S2: Fridays 1/13 to 3/10 9:15 – 10:15am Solaris Sports Club
 (no class 2/24)
 Fee: Resident: \$96.00 Nonresident: \$115.20

PAINTING IN OIL OR ACRYLICS

Jeanne Demotes, Instructor

Program No: **334601-A Session 1 (10 classes)**
 134601-A Session 2 (10 classes)

About the program: For students of all levels of experience. This course will cover both still life and photographic sources and focus on composition as well as the use and care of materials. Demonstrations will be given on various painting techniques. Critiques will be given in a non-threatening atmosphere. If you have always wanted to learn to paint in oils or acrylics, or if you want to bring your painting skills to the next level, this class is for you.

Day: **Date:** **Time:** **Location:**
S1: Saturdays 9/17 to 11/19 9:00 - 12noon Sparkle Lake Building
S2: Saturdays 1/14 to 3/18 9:00 - 12noon Sparkle Lake Building
 Fee: Resident: \$125.00 Nonresident: \$150.00



FLY FISHING LESSONS

Chris Mantz, Professional Fisherman

Program No: **381212-A (4 classes)**
 See Youth & Teen section for details.

Day: **Date:** **Time:** **Location:**
 Saturdays 9/10 to 10/1 10:00 - 11:30am Sparkle Lake
 Fee: Resident: \$65.00 Nonresident: \$78.00

HORSEBACK RIDING FOR ADULTS

Zephyr Farm, Instructor

Program No: **335201-A Session 1 (8 classes)**
 135201-A Session 2 (6 classes)

About the program: This class is for students **ages 15 and older**, 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. Zephyr Farm is located at 219 Watermelon Hill Road in Mahopac, NY.

Day: **Date:** **Time:** **Location:**
S1: Sundays 9/18 to 11/6 2:00 - 3:00pm Zephyr Farm
S2: Sundays 1/8 to 2/12 2:00 - 3:00pm Zephyr Farm
 Fee: **S1:** Resident: \$320.00 Nonresident: \$384.00
 S2: Resident: \$240.00 Nonresident: \$288.00



SENIOR CITIZEN PROGRAMS

SENIOR PAINTING

Kathy Pasquale, Instructor

Program No: **338301-A Session 1 (10 classes)**
 138301-A Session 2 (10 classes)

About the program: Dabble in several art media from acrylics to watercolors, along with several art genre. Two Hour session (A): Classes include a wide variety of step by step lessons to build and improve technique and skills. Open to the very beginner or the more seasoned artists, there is something to learn for everyone. Handouts, reference photos and materials are provided in a fun and relaxed atmosphere. One hour Session (B): Open studio time. Participants receive one on one guidance and instruction.

Registration: Must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.

Day: **Date:** **Time:** **Location:**
S1: Mondays 9/12 to 12/5 **A:** 9:30-11:30am YCCC, Room 26
 (no class 10/3, 10/10, 11/14) **B:** 10:30-11:30am
S2: Mondays 1/9 to 3/27 **A:** 9:30-11:30am YCCC, Room 26
 (no class 1/16, 2/20) **B:** 10:30-11:30am
 Fee: **A:** Resident: \$50.00 Nonresident: \$60.00
 B: Resident: \$10.00 Nonresident: \$30.00



CHAIR YOGA

Sharon Cohen, Instructor

Program No: **336404-A Session 1 (10 classes)**
136404-A Session 2 (10 classes)

About the program: Gentle chair yoga is for seniors who may have difficulty getting up and down from the floor or have some physical limitations which prevent sitting on the floor or standing without help. Every session includes warm-up techniques, breathing practices, gentle stretching and flexibility movements, meditation and concludes with deep relaxation in the chair.

Registration: Must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.

Day:	Date:	Time:	Location:
S1: Tuesdays	9/20 to 12/6 (no class 10/4, 11/8)	12noon - 1:00pm	YCCC, gym
S2: Tuesdays	1/10 to 3/14	12noon - 1:00pm	YCCC, gym
Fee:	Resident: No fee	Nonresident: \$35.00	



Betty Boot, Instructor

SENIOR LINE DANCING

Program No: **132201-A**

About the program: Come and join Betty Boot in some fun County-Western Line dancing steps.

Registration: Participants must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency.

Day:	Date:	Time:	Location:
1 st and 3 rd Wednesdays	9/7 to 3/15	12noon - 1:00pm	YCCC, gym
Fee:	Resident: No fee	Nonresident: \$30.00	

SENIOR DANCE & EXERCISE

Cameron Kelly, Instructor

Program No: **332501-A Session 1 (10 classes)**
132501-A Session 2 (10 classes)

About the program: Line dancing with some fitness exercise.

Registration: Participants must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency.

Day:	Date:	Time:	Location:
S1: Fridays	9/23 to 12/9 (no class 11/11, 11/25)	10:45 - 11:45am	YCCC, gym
S2: Fridays	1/20 to 3/24	10:45 - 11:45am	YCCC, gym
Fee:	Resident: No fee	Nonresident: \$30.00	



FALLS PREVENTION

Naomi Cohen PT, Instructor

Program No: **332101-A Session 1 (8 classes)**
132101-A Session 2 (8 classes)

About the program: This class involves balance and bone strengthening exercises. Information is provided on nutrition and lifestyle habits to benefit bone health and density.

Registration: Must sign up at the Recreation Office beginning August 29. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.

Day:	Date:	Time:	Location:
S1: Fridays	9/30 to 12/2 (no class 11/11, 11/25)	1:00- 2:00pm	Nutrition Room
S2: Fridays	1/13 to 3/10 (no class 2/24)	1:00- 2:00pm	Nutrition Room
Fee:	Resident: No fee	Nonresident: \$30.00	

SENIOR CHORALE

Joseph J. Nigro, Instructor

Program No: **432405 -A, B (10 classes)**

About the program: All adults who like to sing are welcome to participate in this community chorale group. Enjoy singing a variety of music ballads. Performances are at convenient times at a variety of local venues.

Day:	Date:	Time:	Location:
A: Mondays	TBD	2:15 - 3:00pm	YCCC, Nutrition Room
B: Mondays	TBD	2:15 - 3:00pm	YCCC, Nutrition Room



Yorktown Senior Center

Noreen O'Driscoll, Director • 914-962-7447 • 9:00am-3:00pm

Nutrition Program

Seniors 60 years and older, join us for lunch at the Yorktown Senior Center. Eat with friends and meet new people! Hot lunch is served in the Senior Center, Monday - Friday at 12 pm. Reservations are required at least one day in advance by 1:00 pm. Suggested donation is \$2.50. Please contact the Senior Center for more information or to make a reservation. Monthly Menu can be found online at www.yorktownny.org/senior

Homebound Meals

A hot meal is delivered to eligible homebound seniors Monday through Friday. There is a suggested contribution for these services. Call the Senior Center for more information. Monthly Menu can be found online at www.yorktownny.org/senior

Transportation

Yorktown Senior Center provides transportation for seniors:

- Weekdays to and from the Senior Nutrition Program
- On Tuesdays to local supermarkets
- To medical providers in Yorktown. Requires reservation at least one week in advance.

There is a suggested contribution for these services. Call the Senior Center for more information and to make a reservation.

Programs

Yorktown Senior Center provides many different and fun activities, programs and events throughout the year. Programs and activities include but not limited to:

- Card Games & Bingo – Monday - Friday from 10:00am to 12noon
- Billiards – a pool table for open play is available between 9:00am to 3:00pm.
- Sugar Screenings
- Exercise Classes
- Blood Pressure Reading
- Monthly Speakers
- Shopping

Please check the calendar's in the Senior Newsletter for upcoming events and times

THE ACHIEVERS - HANDWORKS CLUB

Program No: **432401-A**

About the program: This social program meets to share different craft ideas and helps to discover new and creative activities through arts and crafts. Attendees are welcome to knit, crochet, bead, discuss recipes, or simply enjoy light conversation. Crafting can help keep your mind sharp.

Day: Tuesdays	Date: Annually	Time: 10:00-12:00pm	Location: YCCC, Room 104
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MAH JONG CLUB

Program No: **432402-A**

Day: Tuesdays	Date: Annually	Time: 10:00am-12:00noon	Location: YCCC, Room 26
Fee:	Residents: No fee	Nonresident: \$30.00	

BRIDGE CLUB

Program No: **432403-A**

Day: Wednesdays	Date: Annually	Time: 1:00-4:00pm	Location: Sparkle Lake Building
Fee:	Residents: No fee	Nonresident: \$30.00	



COMPUTER LEARNING LAB

Open Computer Lab is available for seniors on a first come, first served basis on Mondays and Fridays between the hours of 1:00 and 3:00pm and Wednesdays from 10:00am to 1:00pm in Room 26 at the Yorktown Community & Cultural Center. This program is guided by our technical volunteer there to gently assist users interested in learning about computers, email, or the use of iPads, iPhones, and Lap Tops. Help is there for you if you are interested in everything from printing digital pictures to Facebook.

SENIOR CITIZEN CLUBS

All clubs (except St. Patrick's Seniors & AARP) meet at the Yorktown Community & Cultural Center Room 16

Yorktown Chapter I

Meetings: Tuesdays - 10:00am to 2:00pm
 President: Rhoda Sussman – 245-6214

Shrub Oak Seniors

Meetings: Mondays - 10:00am to 1:00pm
 President: Bea Perkins – 302-2708

New Horizons

Meetings: Wednesdays (1st, 3rd & 4th) - 10:00am to 1:00pm
 President: Connie Verrino – 962-3072

AARP-The American Association of Retired Persons

Meetings: Wednesday (2nd) - 1:30pm in Nutrition Room
 President: Gil Kaufman – 302-7030

St. Patrick's Seniors

Meetings: Tuesday (3rd) – 10:00am in Parish Center
 President: Larry Carcaterra – 737-7590

Jefferson Village Travel Club

Trip Coordinator: Jim Higgins – 302-2836
 joftravel@optonline.net

SENIOR NEWSLETTER

The Senior Newsletter is a bi-monthly circular pertaining to Senior Citizens' activities and special events calendars, along with timely articles of interest to Yorktown seniors. Newsletters can be found at Recreation Office, Senior Center, Town Hall, Library or online at www.yorktownny.org/senior. If you would like to submit any articles or information to the newsletter, please call the Recreation Office at 245-4650.



TENNIS

YOUTH TENNIS INSTRUCTION

About the program: If you are just starting or want to develop your skills, these classes will introduce the fundamental stroke patterns, basic rules and sportsmanship. Quickstart Tennis (**ages 10 and under**) is a new format to help kids learn to play the game. To make it easier we have changed the court sizes, racquet sizes, nets and heights to help children start playing tennis almost immediately even if they have not picked up a racquet before. Non-marking rubber soled shoes required.

Solaris Sports Club

Day:	Date:	Time:	Location:
Program No:	342701-A, B, C, D, F (13 classes)		
A: Saturdays	9/17 to 12/17	9:00 - 10:00am (ages 5, 6)	Solaris Sports Club
B: Saturdays	9/17 to 12/17	10:00 - 11:00am (ages 7 & 8)	Solaris Sports Club
C: Saturdays	9/17 to 12/17	11:00 - 12noon (ages 9 & 10)	Solaris Sports Club
D: Saturdays	9/17 to 12/17	12:00 - 1:00pm (ages 11 to 13)	Solaris Sports Club
E: Saturdays	9/17 to 12/17	1:00 - 2:00pm (ages 14 & up)	Solaris Sports Club
Fee:	(no class for ALL sections 11/26)		
	Resident: \$351.00	Nonresident: \$421.20	

Program No:	142701-A, B, C, D, F (14 classes)		
A: Saturdays	1/14 to 4/29	9:00 - 10:00am (ages 5, 6)	Solaris Sports Club
B: Saturdays	1/14 to 4/29	10:00 - 11:00am (ages 7 & 8)	Solaris Sports Club
C: Saturdays	1/14 to 4/29	11:00 - 12noon (ages 9 & 10)	Solaris Sports Club
D: Saturdays	1/14 to 4/29	12:00 - 1:00pm (ages 11 to 13)	Solaris Sports Club
E: Saturdays	1/14 to 4/29	1:00 - 2:00pm (ages 14 & up)	Solaris Sports Club
Fee:	(no class for ALL sections 2/25, 4/15)		
	Resident: \$378.00	Nonresident: \$453.60	



ADULT TENNIS INSTRUCTION

About the program: We offer a variety of options. **Tennis 101 (Beginners)** covers the fundamentals and basic rules of the game. **Tennis 202 (Advanced Beginners)** introduces players to placement, shot selection, and strategy. **Tennis 303 (Intermediate)** provides the more experienced players a chance to drill and play while exploring advanced tactics and strategy. All participants must be **age 18 or older**. Loaner racquets are available. Non-marking Rubber soled shoes are required.

Solaris Sports Club

Day:	Date:	Time:	Location:
Program No:	344101-A, B, C (13 classes)		
A: Sundays	9/18 to 12/18	9:30 - 10:30am (Tennis 202)	Solaris Sports Club
B: Sundays	9/18 to 12/18	10:30 - 12noon (Tennis 303)	Solaris Sports Club
C: Sundays	9/18 to 12/18	12:00 - 1:00pm (Tennis 101)	Solaris Sports Club
Fee:	(no class for ALL sections 11/27)		
	Resident: \$455.00 (1 ½ hour class)	Nonresident: \$546.00 (1 ½ hour class)	
	Resident: \$351.00 (1 hour class)	Nonresident: \$421.20 (1 hour class)	

Program No: **144101-A, B, C (14 classes)**

A: Sundays	1/15 to 4/30	9:30 – 10:30am (Tennis 202)	Solaris Sports Club
B: Sundays	1/15 to 4/30	10:30 – 12noon (Tennis 303)	Solaris Sports Club
C: Sundays	1/15 to 4/30	12:00 – 1:00pm (Tennis 101)	Solaris Sports Club

(no class for ALL sections 2/19, 4/16)

Fee: Resident: \$490.00 (**1 ½ class**) Nonresident: 588.00 (**1 ½ hour class**)
 Resident: \$378.00 (**1 hour class**) Nonresident: \$453.60 (**1 hour class**)



AQUATIC PROGRAMS

LEARN TO SWIM!

Program No & **311101-A, B, C, D:** September 17 – November 19 (**Session 1**)
 (no program October 8)

Dates: **111101-A, B, C, D:** January 21 – March 25 (**Session 2**)
 (no program February 18)



About the program: Learning to swim promotes confidence, water awareness, and is great for overall health. Lessons will occupy the diving well and part of the lap lanes. This is an introduction to Water, Beginner, Advanced Beginner, Intermediate and Swimmer according to Red Cross classifications (Level 1, 2, 3, 4).

Class Times: Each participant will be assigned to a 30-minute class between 9:00am and 11:30am according to his/her ability after testing on the first day. Testing is from 9:00 to 11:00am

A: Grades K and 1 **B:** Grades 2 and 3 **C:** Grades 4 and 5 **D:** Grade 6

Day:	Dates:	Time:	Location:
Saturday	See Above	9:00 - 11:30am	S1: Lakeland Copper Beech MS
Testing:	September 17	(Session 1)	S2: Lakeland Copper Beech MS
	January 21	(Session 2)	
Fee:	Resident: \$95.00	Nonresident: \$114.00	

LEARN TO SWIM! - TEEN/ADULT

Program No: **312101-A (7 classes)**

About the program: Develop the knowledge and basic skills to become safer in the water and increase your confidence. Lessons can be tailored to your current level of development. Ages 14 and Older are welcome.

Day	Date:	Time:	Location:
Tuesdays	10/18 to 12/6 (No class 11/8)	8:00 – 9:00pm	ME Strang Pool
Fee:	Resident: \$85.00	Nonresident: \$102.00	

YORKTOWN SWIM & DIVE TEAM

Brian J. Slavin Facility

Participate in a 6-7 week program beginning June 2017. New Swimmer Evaluations will be done at night the first week. All practice sessions are Monday thru Friday emphasizing quality stroke development and competitive diving instruction. All Registration Information: Log on to: www.yorktownny.org/parksandrecreation page to download the YSDT information/registration form. Eligibility: Yorktown residency or membership to Town pool facilities is **REQUIRED**. For additional questions regarding the team please call (914) 220.2806.



THERAPEUTIC SWIM

Program No: **312301-A Session 1 (8 classes)**
112301-A Session 2 (8 classes)

About the program: Program is designed for the physically disabled person along with those individuals that doctors or therapists suggest water exercise as part of their recovery or maintenance. Each participant may swim laps or exercise at their own pace.

Program application requires a doctor's signature.

Day	Date:	Time:	Location:
S1: Saturdays	9/17- 11/19 (no class 10/8)	11:30 - 12:30pm	Lakeland Copper Beech MS
S2: Saturdays	1/21 – 3/25 (no class 2/18)	11:30 - 12:30pm	Lakeland Copper Beech MS
Fee:	No charge - Must pre-register by calling Recreation Office for program application.		

COOPERATING AGENCIES

THE YORKTOWN TEEN CENTER

The Yorktown Teen Center is a positive safe place where teens come together to have fun and form friendships as they develop their self-esteem and learn to give back to their community. It is located in room 102 in the Yorktown Community and Cultural Center and is open to youth in grades 6 to 12 who reside in the Town of Yorktown. For more information about the center, hours, and upcoming events, visit our website at www.yorktowntc.org or call at 302-2123.



NOR-WEST REGIONAL SPECIAL SERVICES

Special Recreation for Special Populations

Nor-West Regional Special Services is a social service agency that provides community-based therapeutic recreation programs, respite and transportation services to persons ages 5 to 65 with differing abilities residing in the northwestern portion of Westchester County. For further information and current program information, visit their website: www.nor-west.org

SPARC – SPECIAL PROGRAM AND RESOURCE CONNECTION

Recreation, Social and Therapeutic services

SPARC is a not-for-profit agency that provides adapted and skill based programs to children, teens and adults. Two divisions of services offer: **Kids Express**, an after school recreation program for all children attending Yorktown and Lakeland elementary schools. **Therapeutic Recreation** programs serve participants with developmental disabilities. For more information call (914) 243-0583 or visit the websites www.sparcinc.org or www.kids-express-sparc.org

NEWYORK-NEW JERSEY TRAIL CONFERENCE

The Trail Conference publishes maps and books that guide public use of these trails. For more information about the Trail Conference including suggested hikes, visit www.nynjtc.org. The Trail Conference maintains trails in Sylvan Glen Park Preserve, Granite Knolls Park, Woodlands Legacy Fields, Turkey Mountain Nature Preserve and the Yorktown Trailway.

TOWN OF YORKTOWN MUSEUM

Located Top Floor in Yorktown Community & Cultural Center

The museum has an extensive Library/Research room that includes genealogical and local history information, along with a gift shop that offers reproductions and unique gifts.

Museum Hours: Saturdays 12noon to 3:00pm
Tuesday & Thursdays 11:00am to 4:00pm

Contact: (914) 962-2970 or visit the website at www.yorktownmuseum.org

ALLIANCE FOR SAFE KIDS (ASK)

The Alliance for Safe Kids (ASK) is a coalition representing all sectors of our community working together to promote awareness and prevention of substance abuse and other destructive behaviors damaging to our youth. For more information and how to get involved, visit our website www.AllianceforSafeKids.org.



YORKTOWN YOUTH SOCCER CLUB

YYSC specializes in the development of youth soccer for boys and girls ages 4 to 14 (must be 4 as of November 30). For additional information please call Rick Romanski at (914)962-8865 or visit www.yorktownsoccer.org

SHRUB OAK ATHLETIC CLUB

The Shrub Oak Athletic Club is a youth sports organization serving Northern Westchester and Southern Putnam Counties, NY. Our in-house programs focus on the value of teamwork, learning the game, sportsmanship and just having fun. Travel programs are also available. Visit: www.shruboakac.org

YORKTOWN ATHLETIC CLUB

The Yorktown Athletic Club, Inc. provides a variety of organized youth sports. We offer both Recreational and Travel sport programs that are age appropriate and are designed for full participation. Visit: www.yacsports.com

MOHANSIC GIRLS BASKETBALL

This program is for girls in grades 2 through 8 and consists of both in house and travel programs. The leagues run from November through early March. Evaluations begin in early October. For further information and details regarding registration email mohansicgirlsbasketball@gmail.com or go to www.mohansicgirlsbasketball.com.



YORKTOWN PARKS AND RECREATION DEPARTMENT

245-4650 Fax 245-1608

Office Hours - Monday thru Friday, 8:30am to 4:30pm

Registration Hours – Monday thru Friday, 8:30am to 4:00pm

ADULT SPORTS INFORMATION

FRIDAY ADULT SOCCER PICK UP

Play organized pick up soccer at Legacy Field throughout the year. Take advantage of competitive play for both men and women. Soccer is run in cooperation with KIIDS Inc. Contact Rick Romanski for scheduling and registration information at: Rromanski@optonline.net or 242-8627. Visit our website at: www.kiidsports.com.



YORKTOWN FLAG FOOTBALL LEAGUE

Northern Westchester's premier flag football league consists of three divisions of 6 v. 6. League games are Sunday mornings from early September to November and from July to early August. Following Championship Sunday in November, the season finale features the annual Run-N-Gun Shootout Tournament. Official league website: www.leaguelineup.com/ytown or contact the office to enter your team!

YORKTOWN MEN'S SOFTBALL LEAGUE

Open Competitive and Over 40 Leagues

Spring: Weeknight League offers a 15 game regular season of competitive softball. There are 3 Divisions and games are played at Downing Park. There are 2 divisions in the Over 40 League. Games are played Sunday mornings at various field locations and the regular season consists of 12 games.

Fall: Teams play 8 regular season games and league play consists of 1-2 divisions depending on amount of entries. Deadline for registration will be Friday July 22. All fees, rosters, and information must be submitted by the deadline to be eligible. This league is a Clincher softball league.

Check out the official softball website: www.leaguelineup.com/ytownsoftball.



MEN'S BASKETBALL LEAGUE

The Men's Basketball League runs Monday & Tuesday nights at the Yorktown Comm. & Cultural Center featuring two divisions of play and each team will play a 10 game season. League begins in December and continues into March. Rules, registration forms, and fee information for the 2016-2017 season will be available beginning September 21. You can contact us at our e-mail address at ypr@yorktownny.org or at 245-4650, ext.0.

YORKTOWN RECREATION REGISTRATION FORM - FALL 2016/WINTER 2017

HOUSEHOLD INFORMATION – PLEASE PRINT

Head of Household (or parent) First Name				Last Name	
Home Phone		Work Phone		Cell Phone	
Spouse (or other parent) First Name				Last Name	
Home Phone		Work Phone		Cell Phone	
Address					
City		State		Zip	
House Hold E-Mail					

~ PROGRAM REGISTRATION INFORMATION ~

Participant's Name: First	Last	Sex	Date of Birth	Grade	Program Name	Program Number & Section					Total Fee	
											-	
											-	
											-	
											-	
											-	
											-	

Please remove and mail this form or bring it in person between the hours of 8:30 AM and 4:00 PM on or after August 29, with Registration fee(s) to: Yorktown Parks & Recreation Department – 176 Granite Springs Rd, Yorktown Heights, NY 10598

TOTAL

TOWN OF YORKTOWN POSTAL PATRON

Save the Dates

Halloween Parade/Carnival - Saturday, October 29th

Great Goblin Call - Wednesday, October 26th

*Holiday Electric Lights Parade
and Tree Lighting - Saturday, December 3rd*

Decorate Egg Contest - Deadline Friday, March 31st

Easter Egg Hunt - Saturday, April 8th



What's Inside

Don't Miss Out! Registration Begins Mon. March 23rd

Pre School Programs

Soccer Squirts, Sports Squirts, Toddler Time, Tae Kwon Do, Leap Into Language, Lacrosse Squirts

Youth/Teen Programs

Swimming Lesson, Tennis, Tae Kwon Do, Sewing,, Roller Hockey, Lego, Engineering, Babysitting Course, Art, Fencing, , Chess, Irish Dance, Fishing, Karate, Horseback Riding ...

Adult Programs

Golf, Tennis, Sports Leagues, Belly Dance, RPM, After Work Work Out, Yoga, 20/20/20, Zumba, Pilates, Kung-Fu, Tai Chi, Longevity, Meditation, Swimming, Fencing, Painting, Horseback Riding ...

... And Much Much More

Special Events
Vacation Classes
Ice Skating
Discount Ski Tickets
Senior Programs

Stay Connected with Yorktown Recreation

Sign up to receive e-mails from us regarding programs, special events, camps, facilities and much more!



3 easy ways to join our mailing list:

- Visit our website: www.yorktownny.org/parksandrecreation
- Text YORKTOWNREC to 22828
- Scan QR code:

