

YOUTH AND TEEN PROGRAMS (Continued)

SKI or SNOWBOARD LESSONS ****NEW****

Thunder Ridge Ski Area located in Patterson, NY will be offering our residents a value pack of ski or snowboard lessons. The program consists of six (6) 1 ½ hour group lessons. Participants can choose from the following days and times: Monday, Wednesday or Thursday from 5:00pm or 6:30pm, Tuesday 6:30pm, Saturday 3:30pm or 5:30pm, or Sunday 3:30pm. Lessons are for skiers, first grade and up and snowboarders, third grade and up (including adults!). 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: \$115
(Must have Thunder Ridge Season Pass)
Lift & Lesson: \$205 (includes lift ticket during lesson and remainder of evening)
Lift, Lesson, Rental: \$355 (includes lift ticket & equipment during lesson & remainder of evening).

NOTE: Registration MUST be made prior to December 15th!! Checks must be made payable directly to "Thunder Ridge Ski Area" but submitted to the Recreation Department.

FLEXIBILITY AND STRENGTH TRAINING ****NEW****

Program No: **325602 - A, B**
Day & Time: **A:** Friday's – 6:30-8:00pm - "Flexibility and Strength Training for the Young Athlete,"
Get a real workout for free at the Yorktown Teen Center.

B: Saturday's – 2:00-3:30pm - "Flexibility and Strength Training for the Less Athletic,"
At no cost, for teens and their parents to experience a more gentle workout.

Location: Yorktown Community & Cultural Center - Room 104

Fee: Free - but must register with the Recreation Department prior to participation

About the program: The Flexibility and Strength Training program is taught by Life Coach and Yoga instructor Roxanne Gamory, also known as Ms. G. Through her experience of health and fitness she has a growing concern about the health of our next generation and believes we get to teach our children when they are just that, children. Calabash Yoga is her new studio opening in the fall in Cortlandt Manor. She works with teens in a structured format, creating mind/body connection.

ADULT PROGRAMS

NEW YORK CITY BALLET WORKOUT Club Fit Instructor

Program No: **331501-A, B (Session 1)**
131501-A, B (Session 2)
Day & Time: **A:** Mondays – 10:30 to 11:30am
B: Wednesdays – 10:30 to 11:30am
Dates: **Session 1:** September 12 – November 7
(8 classes) (no class October 10)
Session 2: January 9 – March 12 (8 classes)
(no class January 16, February 20, 22)
Site: Club Fit at Jefferson Valley
Fee: \$150.00 per program number

About the program: The New York City Ballet Workout is an exercise program that combines elements of ballet training and athletic conditioning in which the music, exercises and movement reflect the unique style and spirit of New York City Ballet. The program emphasizes muscle conditioning and definition, flexibility, movement and balance. The workout is designed to accommodate all fitness levels and encourage those with little or no dance experience to discover the benefits of ballet-based regimen. Basic ballet technique is used to develop body strength and awareness, graceful carriage and proper posture. Taught by Christine Smyth, certified AFAA Group Instructor and certified in the New York City Ballet workout.



AFTER WORK WORK-OUT

Lori Barr, Instructor

Program No: **331201-A, B, C (Session 1)**
131201-A, B, C (Session 2)
Day & Time: **A:** Mondays & Wednesdays - 6:30 to 7:30pm
B: Wednesdays – 6:30 to 7:30pm
C: Mondays – 6:30 – 7:30pm
Dates: **Session 1:** September 19 – November 16
(8/16 classes)
(no class September 28, October 10)
Session 2: January 9 – March 12
(8/16 classes)
(no class January 16, February 20, 22)
Site: Sparkle Lake Service Building
Fee: \$192.00 (two days) \$96.00 (one day)

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.

HUSTLE LESSONS ****NEW**** Solaris Sports Club Personnel

Program No: **332101-A**
Day & Time: Mondays - 7:00 to 8:00pm
Dates: October 17 – December 19(10 weeks)
Site: Solaris Sports Club
Fee: \$90.00

About the program: Not just for Disco dancers anymore, the Hustle is making a huge comeback. Come find out what all the hype is all about during this 10 week Hustle class. This energetic yet elegant dance style is perfect to learn for weddings and parties and for those Disco Nights! No partner is necessary.

ADULT PROGRAMS (Continued)

SANDY'S CARDIO KICKBOXING Sandy Santucci, Director

Program No: **331601-A, B, C (Session 1)**
131601-A, B, C (Session 2)

Day & Time: **A:** Mondays & Wednesdays - 7:30 to 8:45pm (16 classes)

B: Mondays – 7:30 to 8:45pm (8 classes)

C: Wednesdays – 7:30 to 8:45pm (8 classes)

Dates: **Session 1:** October 3 – December 5

(8/16 classes)

(no class October 10, November 7, 23)

Session 2: January 9 – March 12

(8/16 classes)

(no class January 16, February 20, 22)

Site: Crompond Elementary School Cafeteria

Fee: \$160.00 (two days) \$80.00 (one day)

About the program: Celebrating our 13th year. This fun-filled class is for all levels of fitness.

You'll burn mega calories as you

increase balance, strength and

grace. Every movement really

does originate from your center.

It is core based movements that

are powerful and purposeful.

Equipment usage, punches, kicks

and combos are utilized. Please

bring water, hand wraps, towel

and floor mat.



FREE THE BODY FROM THE PAST WITH REPATTERNING MOVEMENT CLASS (RPM)

Sim Wong, Instructor

Program No: **336301-A, B (Session 1)**

136301-A, B (Session 2)

Day & Time: Mondays – 7:30 to 8:30pm

Session 1:

Dates: **A:** September 19 – October 24 (5 classes)

(no class October 10)

B: November 7 – December 5 (5 classes)

Session 2:

A: January 9 – February 13 (5 classes)

(no class January 16)

B: February 27 – March 26 (5 classes)

Site: Yorktown Community & Cultural Center, Room 104 (in Community Room 1 on September 26, November 28, January 30, February 27, March 26)

Fee: \$85.00 per program number

About the program: Learn how to **free the body from somatic and behavioral patterns** created by early experiences. 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.



PILATES MAT

Club Fit Instructor

Program No: **331604-A (Session 1)**

131604-A (Session 2)

Day & Time: Mondays - 6:30 to 7:30pm

Dates: **Session 1:** September 12 – November 7

(8 classes) (no class October 10)

Session 2: January 9 – March 12 (8 classes)

(no class January 16 and February 20)

Club Fit at Jefferson Valley

Site: Club Fit at Jefferson Valley

Fee: \$150.00 per program number

About the program: Find your "Power House"-abdominal, gluteal and hamstring functional strengthening. This is a mat

class based on the principles of Joseph Pilates.

COMMUNITY FIRST AID & SAFETY COURSE

Pat Minichino, Instructor

Program No: **338711-A (Session 1)**

138711-A (Session 2)

Dates: **Session 1:** October 12, 17, 19, 24

Session 2: March 12, 14, 19, 21

Time: 6:30 to 9:00pm

Site: Yorktown Community & Cultural Center,

Senior Room

Fee: \$75.00 (includes textbook)

per program number

About the program: **For ages 12 & over.** This is an American

Red Cross course and upon completion, participants will be

issued two certificates: Community CPR/AED (Adult, Infant

& Child CPR) and Community First Aid and Safety. During

the course, participants will learn how to recognize and react

to an emergency. They will learn and demonstrate how to

care for adults, infants and children who are not breathing,

choking, or in possible cardiac arrest. Participants will

become familiar with how to recognize and care for victims

of illness and sudden injuries, including how to control

bleeding and care for muscle, bone and joint injuries.

20/20/20 WORKOUT

Michelle Saccurato, Instructor

Program No: **331101-A (Session 1)**

131101-A (Session 2)

Day & Time: Tuesdays - 6:30 to 7:30pm

Dates: **Session 1:** September 20 – November 15

(8 classes) (no program November 8)

Session 2: January 10 – March 6

(no program February 21)

Site: **Session 1:** Yorktown Community & Cultural

Center, Gym

Session 2: Crompond Elementary School

cafeteria

Fee: \$96.00 per program number

About the program: Combine 20

minutes of aerobics, 20 minutes of

weights and 20 minutes of core

strength to get more efficient

workout to lose weight and increase

tone. Sweat, slim down, lose inches

and feel terrific.



ADULT PROGRAMS (Continued)

ZUMBA!

Pam McKenna (Tuesdays)
Eileen Torres (Thursdays)

Program No: **331301- A, B, C (Session 1)**
131301- A, B, C (Session 2)

Day & Time **A:** Tuesdays – 7:30 to 8:30pm(8 classes)
B: Thursdays – 7:30 to 8:30pm(8 classes)
C: Tuesdays & Thursdays (16 classes)

Dates: **Session 1:** September 20 – November 17
(no class September 29 and November 8)
Session 2: January 10 – March 8
(no class February 21, 23)

Site: **Session 1:** Yorktown Comm. & Cultural
Center Gym
Session 2: Crompond Elementary School
Cafeteria

Fee: \$192.00 (Two Days) \$96.00 (One Day)

About the program: Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked on this fitness sensation. This class is an absolute blast and best of all a calorie burning, body energizing, fun program.

CO-ED VOLLEYBALL (Ages 18 and over)

Bob Heitman, Supervisor

Program No: **337101-A**

Day & Time: Tuesdays - 8:00 to 10:00pm

Dates: November 15 – April 24
(no program December 27, February 21,
April 3)

Site: Mildred Strang Middle School Gym

Fee: \$70.00

*About the program: Volleyball pick-up games.

GENTLE YOGA

Stacey Cristiano, Instructor

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

Day & Time: **A:** Wednesdays - 6:15 to 7:30pm (8 classes)

Dates: **Session 1:** September 21 – November 16
(make-up 11/30) (no class September 28th)
Session 2: January 11 – March 2

Site: Yorktown Community & Cultural Center,
Room 104

Fee: \$90.00 (Senior Citizen discount applies)

About the program: Practice a gentle yet comprehensive sequence of yoga postures with an experienced, hands-on Yoga teacher. Stacey will help you release tension as you heal mind and body. Practice yoga positions that will help with alignment and strength, bring health and joy as you practice. Class finishes with deep relaxation to help to leave feeling calm, centered and happy. Please bring a yoga mat and light blanket. Wear comfortable clothing.



GENTLE YOGA

Sandra Bernstein, Instructor

Program No: **336405-A (Session 1)**
136405-A (Session 2)

Day & Time: **A:** Fridays – 11:00 to 12:15am (8 classes)

Dates: **Session 1:** September 23 – December 2 (make-up
12/9)
(no class November 11, 25)
Session 2: January 11 – March 2

Site: Yorktown Community & Cultural Center,
Room 104

Fee: \$90.00 (Senior Citizen discount applies)

About the program: At all ages and in all conditions, yoga can help you relax and improve your sense of well being. This specially designed program provides you with the benefits of Yoga in a gentle and non-strenuous way. Gentle yoga is for individuals who may not have exercised for a long time, have some physical limitations or find that their body has less flexibility. You will concentrate on yoga poses and breathing techniques using props and chairs as well as the floor and walls. Experience how you can improve circulation, increase flexibility in your joints, relieve stress and feel renewed. New “yogis” are welcome. Please bring a yoga mat and a small towel. Minimum 10 participants.

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

Sifu Nat Costanzo, 8th Teng, Instructor

Program No: **335501-A (Session 1)**
135501-A (Session 2)

Day & Time: Wednesdays - 6:00 to 7:00pm

Dates: **Session 1** September 21 – December 7
(10 classes)
(no program September 28, November 23)
Session 2: January 11 – March 21
(10 classes) (no program February 22)

Site: Brookside Elementary School Cafeteria

Fee: \$80.00 (Senior citizen discount applies) per program number

About the program: Class is open to all beginners, as well as those who have had experience in any martial art. Tired of paying high prices for Martial Arts and signing contracts? Come and join our Yorktown Program Class and get into shape, plus learn how to defend yourself by learning the ancient secrets of Shaolin. This course will consist of 3 sessions that begin in the fall of 2011 and run through June 2012. Students can join any session. Those qualifying will earn a belt at a promotion ceremony in June 2012. This program will teach basic self-defense stances, blocks, hand weapons and techniques. Simple to intermediate Katas (forms) will be taught, as well as progressive self-defense material. You will also stretch, tone and condition your body and be provided with a challenging workout. **Note: This class has sparring.**

Please Note: this program will be an ongoing program that begins in the fall and has 3 sessions thru the spring of 2012. 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 2012.

ADULT PROGRAMS (Continued)

TAI CHI AND CHI KUNG I and II FOR EVERYONE

(Ages 13 and over) Sifu Nat Costanzo, 8th Teng, Instructor

Beginner I:

Program No: **336601-A (Session 1)**
136601-A (Session 2)
 Day & Time: Wednesdays – 7:15 to 8:15pm
 Dates: **Session 1:** September 21 – December 7
 (10 classes)
 (no program September 28, November 23)
Session 2: January 11 – March 21
 (10 classes) (no program February 22)
 Site: Brookside Elementary School cafeteria
 Fee: \$80.00 (Senior Citizen discount applies) per
 program number

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

Program No: **336621-A (Session 1)**
136621-A (Session 2)
 Day & Time: Wednesdays – 7:15 to 8:30pm
 Dates: **Session 1:** September 21 – December 7
 (10 classes)
 (no program September 28, November 23)
Session 2: January 11 – March 21
 (10 classes) (no program February 22)
 Site: Brookside Elementary School cafeteria
 Fee: \$85.00 (Senior Citizen discount applies) per
 program number

About the program: This class is open to all beginners as well as those who have had experience. Perfected over 2000 years ago, Tai Chi is a low impact workout designed to increase your mental and physical energy. Tai Chi is the most popular Chinese exercise in the world and is practiced daily by millions of people both young and old. 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, and will increase your strength. Tai Chi is also very beneficial in stress reduction and mind relaxation. Chi Kung Sets will improve your internal health and enhance your "chi" lifeforce. **Please Note: this program will be an ongoing program that begins in the fall and has 3 sessions thru the spring of 2012. Beginners and advanced students can join at any session.**

SWING LESSONS ****NEW**** Solaris Sports Club Personnel

Program No: **332102-A**
 Day & Time: Wednesdays - 7:00 to 8:00pm
 Dates: January 4 – March 14(10 weeks)
 (no class February 22)
 Site: Solaris Sports Club
 Fee: \$90.00

About the program: This exciting 10 week class is designed to give you some fun moves to try on the dance floor. We'll be dancing to faster "Lindy Hop" style swing music that will keep your heart rate moving and your body grooving! Beginners welcome and no partner is necessary.

STROLLER STRIDES

Fitness for Mom, Fun for Baby!

Days & Time: Wednesdays & Fridays - 9:15 to 10:30am
 Dates: September 7 – November 18
 Fee: First Class is FREE Single class \$17,
 10 class pass \$130 (plus the cost of bands \$20). Monthly memberships also available!

Please register directly through Stroller Strides by calling 914-602-9408! All fees will be paid directly to **Mama's Village Shrub Oak Park and The Jefferson Valley Mall (on inclement weather days)**

Instructor: **Abby Hartley, certified instructor, Cynthia Indusi, certified instructor**

About the program: Stroller Strides is a total fitness program that moms can do with their babies. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller, and the environment. Taught by certified instructors, it's a great workout for any level of exerciser! All moms with stroller-aged children are welcome! Jogging stroller HIGHLY recommended!



BODY BACK

Hey Mamas, do you want YOUR Body Back?

Days & Time: Monday & Thursday 7:30-8:30PM &
 Saturday 8-9AM (optional \$10 extra)
 Dates: September 19 – November 19 (8 weeks +
 extra week added for make up classes)
 Fee: \$299.00 Non-residents (\$18.69/class),
 \$269 residents (\$16.81/class) Price
 INCREASES September 12th! Don't wait to
 register! **Please register directly** through
 Stroller Strides by calling 914-602-9408! All
 fees will be paid directly to **Mama's
 Village LLC.**

Instructor: Abby Hartley, Certified instructor

Site: John "Jack" De Vito Gazebo

About the program: Body Back is a results based, high intensity, interval style workout designed specifically for Moms of ANY age. Moms will experience: interval training using various equipment, nutritional advice and accountability as well as on line support and group motivation. Moms all over Westchester are achieving results that they never thought possible and now it's your turn! Children are not permitted at this class as it is just for moms. Bring water, towel and determination for change!



ADULT PROGRAMS (Continued)

SELF-DEFENSE FOR WOMEN (Ages 13 and up)

Lorna Groux, Instructor

Program No: **336102-A (Session 1)**
136101-A (Session 2)
 Day & Time: Wednesdays – 6:30 to 7:20pm
 Dates: **Session 1:** September 21 – November 16
 (8 classes) (no class September 28)
Session 2: January 11 – March 7 (8 classes)
 (no class February 22)
 Site: PHILAM Self-Defense, 1761 Front Street in
 Yorktown
 Fee: \$68.00 per program number

About the program: This is an introduction of easy-to-learn and practical self-defense techniques. This class will allow you to free yourself from an attacker. We will do some warm-up exercises and light physical conditioning at the beginning of class. Heighten your self-confidence and feel more secure about avoiding danger.

POWER SCULPT

Eileen Torres, Instructor

Program No: **331303-A (Session 1)**
131303-A (Session 2)
 Day & Time: Thursdays - 6:30 to 7:30pm
 Dates: **Session 1:** September 22 - November 17
 (8 classes) (no class September 29)
Session 2: January 12 – March 8 (8 classes)
 (no class February 23)
 Site: **Session 1:** Yorktown Community & Cultural
 Center, Gym
Session 2: Crompond
 Elementary School cafeteria
 Fee: \$96.00

About the program: Use weights, bands and tubes for a no-nonsense workout that tones and sculpts your body. Concentrate on abs, glutes, legs and arms. No aerobics or jumping around. Just effective exercises to lose inches and firm up.



EXPLORING WATERCOLORS FOR ADULTS **NEW**

Ginny Oppedisano, Instructor

Program No: **334101-A (Session 1)**
134101-A (Session 2)
 Day & Time: Thursdays - 6:30 to 8:00pm
 Dates: **Session 1:** September 22 – November 17
 (8 classes) (no class September 29)
Session 2: January 12 – March 8 (8 classes)
 (no class February 23)
 Site: Sparkle Lake Service Building
 Fee: \$95.00

About the program: A fun course in experimenting with different techniques to create watercolor painting to bring out your creative side. Wash techniques, ink over watercolor, lettering with watercolrs, dry brush and sponge painting will be explored. We will then combine these ideas with traditional pictures that are realistic and modern. This is a course designed for beginners, but all artists are welcome to join us!

INTRODUCTION TO FENCING

Jim Bernitt, Westchester Fencers Club

Program No: **335502-A (Session 1)**
135502-A (Session 2)
 Day & Time: Thursdays – 7:30 to 8:30pm
 Date: **Session 1:** September 22 – November 3
 (6 classes) (no class September 29)
Session 2: January 19 – March 1 (6 classes)
 (no class February 23)
 Site: **Session 1:** United Methodist Church (across
 from John C. Hart Library in Shrub Oak)
Session 2: Yorktown Jewish Center on
 Route 202 (opposite FDR Park entrance)
 Fee: \$120.00 per program number

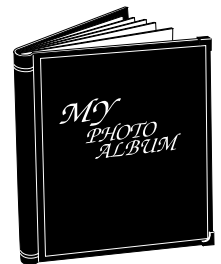
About the program: An introduction to the sport that will last you a lifetime. Instruction includes basic exercises, footwork and mobility, fundamental weapon manipulation and fencing rules. Students work with each other and with the instructor for a total of six sessions. All protective gear (except 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.

SCRAPBOOK CROP

Lori Scanlan, Instructor

Program No: **334811-A (Session 1)**
134811-A (Session 2)
 Day & Time: Fridays – 6:00 to 11:00pm
 Dates: **Session 1:** October 14
Session 2: January 13
 Site: Sparkle Lake Service Building
 Fee: \$35.00 (includes pizza and hourly raffles)
 per program number

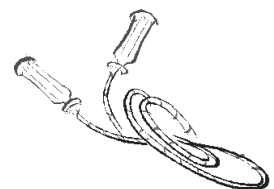
About the program: Come and work on your existing scrapbook projects and get ideas from your classmates. You can also start a new project, or sort your boxes of photos and enjoy an afternoon of scrapbooking! Lots of tools will be available for your use during class, and many products will be available for purchase, including stickers, albums, tools and more! Beginner to advanced scrapbookers are welcome.



TABATA CAVEMAN **NEW** Solaris Sports Club Personnel

Program No: **331503-A**
 Day & Time: Saturdays - 9:00 to 10:00am
 Dates: October 1 – November 19(8 weeks)
 Site: Solaris Sports Club
 Fee: \$220.00

About the program: The Tabata/ Caveman workout includes a combination of non-conventional training such as tire flipping, sledge hammer work, chain training, TRX and jump roping done in a high intensity interval program. It is a workout that you will not soon forget! Get yourself fit!



ADULT PROGRAMS (Continued)

MOUNTAIN BIKING 101

Tom Oakes – Trail Masters Touring Inc.

Program No: **335301 - A, B**
 Day & Time: Saturday or Sunday – 10:00am to 12noon
 Dates: **A:** September 25th (Sunday)
B: November 6th (Saturday)
 Location: Woodlands Legacy Field
 Fee: \$35.00 per program number

About the program: This one day session will teach participants ages 16 and older specific techniques to help new riders interested in getting started in mountain biking. After we do a bike safety check and bike fitting the training session will consist of drills that will cover shifting, braking, turning, climbing and descending. Following a short break we will take a trail ride to practice the new skills. If you are interested in this fast growing sport but have questions, a free information session will be held at the Downing Park Gazebo on Saturday, September 17th at 10:00am (no registration necessary). Rental bikes are available through Trail Masters Touring Inc. - Max: 10 People.



MOUNTAIN BIKING – ADVANCED CLINIC *NEW*

Tom Oakes – Trail Masters Touring Inc.

Program No: **335302 - A**
 Day & Time: Sunday – 10:00am to 1:00pm
 Dates: **A:** October 9th
 Location: Woodlands Legacy Field
 Fee: \$40.00

About the program: Program is designed for intermediate/advanced riders who are looking for tips to achieve the next level of riding. Clinic will consist of a group ride lead by a professional rider. There will be many stops along the ride to get pointers on clearing obstacles, climbing and descending hills etc. Participants are encouraged to bring water and a snack.

DEFENSIVE DRIVING COURSE

Bob Fogel, Instructor

Program No: **338101-A**
 Date: Saturday, October 29
 Time: 9:00am to 3:30pm
 Site: Yorktown Community & Cultural Center, Senior Room
 Fee: \$50.00

About the program: National Safety Council's Defensive Driving Course will save you 10% on insurance liability and collision premiums for 3 years (discount applies to all vehicles you are listed as principal operator) and a reduction up to 4 points will be reduced from your driving record for violations received 18 months prior to course completion. This is a 6-hour classroom course approved by the New York State Department of Motor Vehicles. No testing requirements. Bring to class your driver's license and a pen or pencil.



PAINTING IN OIL OR ACRYLICS

Jeanne Demoteses, Instructor

Program No: **334601-A (Session 1)**
134601-A (Session 2)
 Day & Time: Saturdays - 9:00am to 12 Noon
 Dates: **Session 1:** September 24 – December 3 (10 classes) (no class October 8)
Session 2: January 14 – March 17 (10 classes)

Site: Sparkle Lake Service Building
 Fee: \$120.00 (plus materials) per program number
 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 painting materials. The instructor will demonstrate various painting techniques and also offer critiques 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.

HORSEBACK RIDING FOR ADULTS

Zephyr Farm, Instructor

Program No: **335201-A**
 Day & Time: Sundays - 3:00 to 4:00pm
 Dates: September 18 – November 6 (8 classes)
 Site: Zephyr Farm (located at 219 Watermelon Hill Road in Mahopac, NY)
 Fee: \$320.00

About the program: This class is for students in **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.



MEN'S BASKETBALL LEAGUE

The Men's Basketball League teams from last year will be contacted by mail concerning the rules and fees for the 2011-2012 season. New teams wishing to be considered for entry into the league must contact our office for information beginning September 20. You can contact us at our e-mail address at ypr@yorktownny.org or at 245-4650, ext.0.

