

TENNIS

TENNIS INSTRUCTION - YOUTH AND ADULT

Solaris Sports Club

YOUTH

Program No: **342701-A, B, C (Session 1)**
342702-A, B, C (Session 2)
142701-A, B, C (Session 3)

Day & Time: **A: Sundays - 9:00 to 10:00am (ages 5 - 7)**
B: Sundays - 10:00 to 11:00am (ages 8 - 10)
C: Sundays - 11:00am to 12noon (ages 11-16)

Dates: **Session 1: September 11 - October 30**
(8 classes)
Session 2: November 6 - December 18
(7 classes)
Session 3: January 22 - March 11 (8 classes)

Fee: **Session 1: \$185.00**
Session 2: \$160.00
Session 3: \$185.00

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 is a new format to help kids learn and play the game. To make it easier for them, we changed a few things: the court sizes, the racquet sizes, the balls, the scoring system and even the net height. Now any child over the age of 5 can start playing tennis almost immediately, even if he or she has never picked up a racquet before. Loaner racquets are available. Rubber soled shoes are required. All classes are directed by Solaris's experienced, knowledgeable and certified tennis professionals.

ADULT

Program No: **344101-A, B, C (Session 1)**
344201-A, B, B (Session 2)
144101-A, B, C (Session 3)

Day & Time: **A: Sundays - 1:30 to 2:30pm**
(Tennis 101-Beginner)
B: Sundays - 2:30 to 3:30pm
(Tennis 202 - Advanced Beginner)
C: Sundays - 3:30 to 4:30pm
(Tennis 303 - Intermediate)

Dates: **Session 1: September 11 - October 30**
(8 classes)
Session 2: November 6 - December 18
(7 classes)
Session 3: January 22 - March 11 (8 classes)

Site: Solaris Sports Club

Fee: **Session 1: \$185.00**
Session 2: \$160.00
Session 3: \$185.00

About the program: We offer a variety of tennis options for adults. **Tennis 101** will cover the fundamentals and basic rules of the game. **Tennis 202** introduces players to placement, shot selection and strategy. **Tennis 303** provides the more experienced players a chance to drill and play while exploring advance tactics and strategy. All participants must be a minimum of 18 years of age. Loaner racquets are available. Non-marking rubber soled shoes are required. All classes are directed by Solaris's experienced, knowledgeable and certified tennis professionals.

SENIOR CITIZEN PROGRAMS

SENIOR PAINTING

Robert Heinrichs, Instructor

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

Day & Time: Mondays - 10:15 to 11:15am

Dates: **Session 1: September 19 - December 5**
(10 classes)
(no class October 10, November 14)
Session 2: January 9 - April 2 (10 classes)
(no class January 16, February 20, March 19)

Site: Yorktown Community & Cultural Center, Community Room 1

Fee: \$10.00 for Yorktown Seniors; \$30.00 for non-residents (this is a **materials fee**)

Registration: **Must sign up at the Recreation Office beginning September 7. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.**

About the program: Enjoy an hour of "not thinking, just painting" at our Senior Center. "The making and sharing of art images stimulates caring and support from group members and a safe and natural form of communication." Dabble in several art media from acrylics to watercolors, along with several art genre.



CHAIR YOGA

Sandra Berstein, Instructor

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

Day & Time: Tuesdays - 12:00pm to 1:00pm

Dates: **Session 1: October 4 - December 27**
(9 classes)
(no program October 11, 18, November 15)
Session 2: January 10 - March 13
(10 classes)

Site: Yorktown Community & Cultural Center Gym

Fee: No fee for Yorktown Seniors; \$30.00 for non-residents.

Registration: **Must sign up at the Recreation Office beginning September 7. If you have never registered with us, please provide proofs of residency. Space is limited to 50 participants, so please sign up early. Please Note - once Session 1 is filled, registrants will be placed into Session 2. If there are remaining spots in Session 2, we will conduct a lottery of those interested to fill the class.**

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 them from 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.

SENIOR CITIZEN PROGRAMS (Continued)

SENIOR CITIZENS CHORAL GROUP

Joseph Nigro, Choral Director

(The Yorktown Daytimers Chorale)

About the program: Join this wonderful Chorale for adults and seniors. Sing and perform in nursing homes, retirement centers and other venues, and bring the joy of music around Yorktown and other local towns. Convenient practices and performance times, September through December. **For a detailed calendar of rehearsals and performances, please call Joe Nigro at 914-318-3268 or e-mail him at treasurehousemus@aol.com**

SENIOR CITIZENS DANCE EXERCISE

Cameron Kelly, Instructor

Day & Time: Fridays - 10:45 to 11:45am
Dates: **Session 1:** September 16 – December 9 (no program September 30, October 11, November 25)

Session 2: January 6 – March 9

Site: Yorktown Community & Cultural Center Gym
Fee: No Charge

Registration: Registration takes place at the YCCC gym prior to the start of the program each Friday.

About the program: Line dancing with some fitness exercise.

SENIOR LINE DANCING **NEW TIME**

Betty Boot, Instructor

Day & Time: 1st and 3rd Wednesdays – 12noon to 1:00pm
Dates: September 7 – March 21
(fall/winter schedule)

Site: Yorktown Community & Cultural Center, gym
Fee: No Charge

Registration: Participants must sign-in at the YCCC gym prior to each class.

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

ADDITIONAL PROGRAM OPPORTUNITIES FOR SENIORS

The following programs are available to the senior population of Yorktown on a drop-in basis at the Yorktown Community & Cultural Center. No registration is necessary. For additional information please call 962-7447.

- **Knitters Club** – Tuesdays from 9:30am – 12noon in Room 104
- **Mah Jong** – Tuesdays from 10am-12noon – Room CR1
- **Bridge Club** – Wednesdays from 1pm-4pm - Room 104 until construction ends; then Nutrition Center
- **Card Games & Bingo** – Fridays from 10am-12noon – Senior Room; then Nutrition Center when construction is complete.
- **Billiards** – a pool table for open play will be available in the Nutrition Center between 8:30am-3pm when construction is complete. Participants should call 962-7447 for daily availability.
- **Blood Pressure Screening** - alternating Wednesdays and Fridays 11 to 12:15 in Room CR1. Call 962-7447 for further information.

COMPUTER LAB in Room CR1

Open Computer Lab is available for seniors on a first come, first served basis on Wednesday's and Friday's between the hours of 1pm-3pm.

The Recreation Department will strive to offer computer instruction, however, at the time of publication of this brochure dates and times are not confirmed. Announcements about computer lessons and additional programming will be made through the Senior Newsletter, Senior Clubs and the Nutrition Center.

SENIOR CITIZEN CLUBS

Construction of the Senior Dining Room will commence soon. This requires using the Senior Club Room as a temporary dining facility. The temporary club schedule and the regular schedule are as follows:

Temporary Club Schedules in Senior Room During Construction:

- Shrub Oak Seniors – Mondays: 1:00 to 4:00pm
- Yorktown Chapter 1 – Tuesdays: 1:00 to 4:00pm
- New Horizons – Wednesdays (1st, 3rd, and 4th week): 1:00 to 4:00pm
- Yorktown Chapter 2 – Thursdays: 1:00 to 4:00pm
- AARP – Wednesday (2nd week): 1:00 to 3:00pm

Regular Club Schedule After Construction Ends:

- Shrub Oak Seniors – Mondays: 10:00am to 2:00pm
- Yorktown Chapter 1 – Tuesdays: 10:00am to 2:00pm
- New Horizons – Wednesdays (1st, 3rd, and 4th week): 10:00am to 2:00pm
- Yorktown Chapter 2 – Thursdays: 10:00am to 2:00pm
- AARP – Wednesday (2nd week) in **Nutrition Room at 1:30pm**

Shrub Oak Seniors

President: Jennie Salerno - 962-1574

Yorktown Chapter 1

President: Rhoda Sussman – 245-0641

New Horizons

President: Lucy Mastrodomenico - 962-8653

Yorktown Chapter 2

President: Ann Dobrowolski - 245-5537

AARP-The American Association of Retired Persons

President: Gil Kaufmann – 302-7030

St. Patrick's Seniors

Meetings: Tuesday (3rd) – 10:00am in Parish Center

President: Philomena Poli – 245-3030

Jefferson Village Travel Club

Trip Coordinator: Winnie Zahensky – 245-3197

SENIOR NEWSLETTER

Bi-monthly information pertaining to Senior Citizens' activities and special events calendars. If you would like to submit any articles or information to the newsletter, please call the Recreation Office at 245-4650.

NUTRITION CENTER

Mary De Silva, Director

The Yorktown Senior Nutrition Center is open five days a week. A hot, nutritious lunch is served at 12 Noon and transportation is provided. There is a suggested contribution. For more information, please call 962-7447 between the hours of 8:30am and 2:30pm, Monday to Friday.

SENIOR CITIZEN'S MEDICAL TRANSPORTATION

Did you know that the Town of Yorktown has a medical transportation program for doctor visits within the Town of Yorktown? This program is being offered weekdays from 9:30am to 1:30pm for a nominal fee to senior citizens who are residents of the Town. If you are a PARA-TRANSIT user, please continue to use their service. The Town's transportation is for seniors who have no other means of getting to their doctors. **One week advanced reservation is required. For more information, call 962-7447.**