



YORKTOWN PARKS & RECREATION

Creating Community Through People, Parks And Programs

Fall 2020

General Registration Opens Online:

August 25th at 9:00pm

Register Online at: <https://register.capturepoint.com/Yorktown>

Yorktown

Department of Parks and Recreation

Superintendent
Jim Martorano Jr.
Assistant Superintendent
Kyle Thornton

Dear Residents,

The last few months have been difficult for all of us, but we are happy to have been able to still provide recreation services and park space to safely utilize throughout this pandemic. From our 40 plus miles of hiking trails remaining open since the start, to the reshaping of the Veteran's Field track, to social distancing circles throughout our parks and library, to retro fitting our pool to open safely, we constantly found, and will continue to find, safe ways for you to recreate. We owe all of you a great deal of appreciation because without your cooperation none of these measures would have been possible.

This season's brochure will also be an adjustment. Instead of a Fall/Winter brochure that will be sent to your home, we elected to create a pdf version that will only include Fall programs. With the constant changing regulations being made for public health, many programs might/will be adjusted and we wanted to create a Fall brochure this year that had more flexibility to give you reliable and up to date information. So please continue to check our website and Facebook page for the most recent version of this brochure.

Luckily before Covid-19 hit, the Town Board approved new online registration programming that we are now utilizing. Please log on to <https://register.communitypass.net/Yorktown> to register for the programs listed in this brochure. If signing up online isn't a possibility for you, starting September we hope to be offering registration in our recreation office by appointment only. We will walk you through the online registration process in the office. Please call 245-4650 x0 to set an appointment to sign up in person for programming. Remember all visitors must wear masks.

Thank you all for your support and participation in our programs. We are extremely excited to get the residents of Yorktown active once again this Fall!

Sincerely,

James J. Martorano Jr.
Yorktown Parks & Recreation
Superintendent
Cell: 845-803-2875
Office: 914-245-4650

176 Granite Spring Road, Yorktown Heights, NY 10598

914-245-4650

www.yorktownny.org

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:

Tuesday, August 25, 2020 at 9:00pm Online

Online registration is now available at: <https://register.capturepoint.com/Yorktown>

- 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 (You must have a family household account through Community Pass to register in person or through the mail):
**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 2021 Spring/Summer Brochure to be mailed in March.

SPECIAL EVENTS

YORKTOWN GRANGE 'VIRTUAL' FAIR

September 2020

This year the Grange Fair will be Virtual. 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 2020 Great Goblin Call Program T-Shirts. Drawings must be submitted to the Recreation Department by Thursday, October 22, 2020.

GREAT GOBLIN CALL

Date: Wednesday, October 21, 2020

Time: 6:30 to 7:30pm

About the program: Pre-register online. 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 & Friday, October 22 & 23, 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: TBD

Time: TBD

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

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. 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 (Candy) 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: March 27 (Rain Date: April 3)

Time: 10:30am SHARP

Location: Downing Park

TOWN PARADES

HOLIDAY ELECTRIC LIGHTS PARADE and TREE LIGHTING - **TBD**

Join us in our 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 5.

Time: 6:30pm

Rain date: Sunday, December 6

Parade Route: Commerce St.

SPECIAL PROGRAMS & SCHOOL VACATION CAMPS

SCHOOL'S OUT CAMP

Club Fit Instructors

Program No: **225101-A, B**

About the program: **Ages 5 to 12.** Looking for a fun, safe place for your child when school's on recess? Our Club Fit's "School's Out" program offers your son or daughter a day full of activity. Basketball, kickball, pillow hockey, soccer, and swimming are among a few of the fun activities in which they can participate. Children can bring a packed lunch or purchase lunch from our café. If your child intends to swim; don't forget their bathing suit! All children must wear sneakers to participate in gym activities.

One Day from dates listed below - please specify date(s) on registration form.

Early drop off is available from 8:00am for \$10/day.

Day:	Date:	Time:	Location:
A: Weekdays as noted	12/23, 12/24 12/28, 12/29, 12/30, 12/31	9:30am – 3:30pm	Club Fit
B: Weekdays as noted	12/23, 12/24 12/28, 12/29, 12/30, 12/31	8:00am – 9:30am	Club Fit
Fee:	A: Resident: \$75.00 per day B: Resident: \$10.00 per day	Nonresident: \$90.00 per day Nonresident: \$12.00 per day	

PRE-SCHOOL PROGRAMS

LIL' COOKS

Rosa Carra, Head Chef
Rosalie Fierro, Asst. Chef

Program No: 221102 – A (6 classes)

Eligibility: 3 – 5 years old

About the program: This introduces the children to the art of cooking and baking! Children will prepare, cook and eat their own foods. This program will also enhance many skills such as early math skills, pre-reading skills, and language skills as children learn about measuring, counting, word and symbol recognition, and predicting outcomes of what they are making. If time permits, a related craft and story will be included, along with a take home recipe. This is a drop-off class. Notify Rec Department of food allergies.

Day	Date:	Time:	Location:
Mondays	10/19 to 11/23	1:00 – 2:00pm	Sparkle Lake Building
Fee:	Resident: \$155.00	Nonresident: \$186.00	

PARENT & ME SOCCER SQUIRTS

U.S. Sports Institute, Instructor

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

Eligibility: 2-3 years old

About the Program: Soccer squirts classes are a fun and positive introduction to soccer. 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. This is an excellent opportunity to spend quality time easing your child into social situations with support and direction from our coaches.

Day:	Date:	Time:	Location:
A: Fridays	9/25 to 11/6	2:30 - 3:30pm	Shrub Oak Park (7 classes)
B: Saturdays	9/26 to 11/7	3:45 - 4:45pm	Hunterbrook Field (7 classes)
Fee:	A: Resident: \$157.00	Nonresident: \$188.40	(7 classes)
	B: Resident: \$157.00	Nonresident: \$188.40	(7 classes)



INTRO TO SPORTS

Club Fit, Coach Cathy Cousins

Program No: 1112020-A (8 classes)

Eligibility: 3-7 years old

About the program: Learn the basics of the following sports and their specific skills through fun games and drills which will keep the kids engaged, healthy and active; including lacrosse, t-ball, soccer, basketball, and floor hockey. All skill levels may participate. Coach Cathy Cousins has been involved with sports her entire life; playing field hockey and lacrosse throughout high school and college, as well as teaching physical education at Marymount College and coaching high school lacrosse and field hockey. Her experience and teaching ability make her an excellent instructor for your child.

Day:	Date:	Time:	Location:
<u>Fall</u>			
A: Mondays	9/14 to 11/16	9:30 - 10:30am (3-5yo)	Club Fit
B: Mondays	9/14 to 11/16	1:00 - 2:00pm (3-5yo)	
C: Mondays	9/14 to 11/16	4:30 - 5:30pm (5-7yo)	
D: Tuesdays	9/15 to 11/10	9:30 - 10:30am (3-5yo)	
E: Tuesdays	9/15 to 11/10	1:00 - 2:00pm (3-5yo)	
F: Tuesdays	9/15 to 11/10	4:30 - 5:30pm (5-7yo)	
	<i>(no class: Mondays 9/28 10/12 & Tuesdays 11/3)</i>		
Fee:	Resident: \$150.00	Nonresident: \$180.00	

SQUIRTS MULTI SPORTS

U.S. Sports Institute, Instructor

Program No: 322501-A (7 classes)

Eligibility: 3-4 years old

About the program: The Multi Sport Squirts program introduces children 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. All activities promote hand-eye coordination, movement, balance and most importantly: Fun, Fun, Fun!

Day:	Date:	Time:	Location:
Saturdays	9/26 to 11/7	2:30 - 3:30pm	Hunterbrook Field (7 classes)
Fee:	Resident: \$157.00	Nonresident: \$188.40	

SQUIRTS SOCCER

U. S. Sports Institute, Instructor

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

Eligibility: 3-4 years old

About the program: Children 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	9/25 to 11/6	3:45-4:45pm	Shrub Oak Park
B: Saturdays	9/26 to 11/7	5:00-6:00pm	Hunterbrook Field
Fee:	A: Resident: \$157.00	Nonresident: \$188.40	
	C: Resident: \$157.00	Nonresident: \$188.40	

SQUIRTS T-BALL

U. S. Sports Institute

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

Eligibility: 3-4 years old

About the program: Open to both boys and girls, Squirts T-Ball focuses on the fundamental skills of baseball/softball; 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:
Sundays	9/27 to 11/8	2:30 - 3:30pm	Hunterbrook Field
Fee:	Resident: \$157.00	Nonresident: \$188.40	

PARENT & ME T-BALL *NEW*

U. S. Sports Institute

Program No: **322504-A (7 classes)**

Eligibility: 2-3 years old

About the program: Open to both boys/girls and their Parent. Parent & Me T-Ball focuses on the fundamental skills of baseball/softball; 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:
Sundays	9/27 to 11/8	3:45 - 4:45pm	Hunterbrook Field
Fee:	Resident: \$157.00	Nonresident: \$188.40	

YOUTH AND TEEN PROGRAMS

CO-ED BASKETBALL CLINIC

Aldo Redendo, Coach

Program No: **322411-A, B, C (4 classes)**

Eligibility: 9-13 years old

About the program: These one-day clinics will cover drills for dribbling, shooting, passing, defense and game situations. Athletes will learn basketball IQ and become a student of the game. The program is designed to have the kids work hard and have fun in the process.

Day:	Date:	Time:	Location:
A: Monday	9/28	9:00 - 12:00noon	Club Fit
B: Monday	10/12	9:00 - 12:00noon	Club Fit
C: Monday	12/28	9:00 - 12:00noon	Club Fit
Fee:	Resident: \$65.00	Nonresident: \$78.00	

TAE KWON DO FOR KIDS

Lorna Groux, Black Belt Instructor

Program No: **322411-A (8 classes)**

Eligibility: Grade K - 2

About the program: 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. A maximum of 8 students will be accepted in order in to maintain safe distancing. Face mask/covering is required. PHILAM Self-Defense is located at

1761 Front Street in Yorktown.

Day:	Date:	Time:	Location:
Monday	9/14 to 11/16 <i>(no class: 9/28, 10/12)</i>	4:00 - 5:00pm	PHILAM-Self Defense
Fee:	Resident: \$110.00	Nonresident: \$132.00	

NATURE DETECTIVES *NEW*

The Nature of Things, Instructor

Program No: **322412-A (6 classes)**

Eligibility: Ages 7-10

About the program: Children will have the opportunity to learn and discover the wonders of the natural world with a trained Naturalist in an outdoor setting. Classes will include short hikes, bug hunts, pond studies, games, crafts and even meeting some live animals from The Nature of Things!

Day:	Date:	Time:	Location:
Monday	9/21 to 11/2 <i>(no class: 10/12)</i>	4:30 - 5:30pm	Granite Knolls Pavilion
Fee:	Resident: \$150.00	Nonresident: \$180.00	

PARENT AND CHILD TAE KWON DO *NEW*

Lorna Groux, Black Belt Instructor

Program No: **322401-A (8 classes)**

Eligibility: 8 years old & older

About the program: Tae Kwon Do is a martial art form which uses leg kicks and punches as its predominant weapons. This class will provide an opportunity to learn the basics of Tae Kwon Do while forging a bond between a parent and a child. You will learn offense, defense, punches, kicking, blocking, stances and forms. Students will develop self-discipline, confidence and athleticism. Cardio, strength and core training is included. A maximum of 8 students will be accepted in order to maintain safe distancing. Face mask/covering is required. PHILAM Self-Defense at 1761 Front Street in Yorktown.

Day:	Date:	Time:	Location:
Monday	9/14 to 11/16 <i>(No class 9/28 or 10/12)</i>	7:00 - 8:00pm	PHILAM-Self Defense
Fee:	Resident: \$110.00	Nonresident: \$132.00	



HOOPSTERS

Jen Ritz, Club Fit Instructor

Program No: **223211-A, B (8 classes)**

Eligibility: 7 - 13 years old

About the program: This co-ed program is designed to focus on developing basketball skills as well as sport specific conditioning. Learn basketball the fun and right way! These sessions will cover but are not limited to; speed and agility, shooting, passing, dribbling, and game play. Coach Ritz served as an assistant coach at Dominican and Concordia Colleges, and continues to train athletes through Parisi Speed School.

Day:	Date:	Time:	Location:
A: Tuesdays <i>(Ages 7-9)</i>	9/15 to 11/3	5:00-6:00pm	Club Fit
B: Thursdays <i>(Ages 10-13)</i>	9/17 to 11/5	5:00-6:00pm	Club Fit
Fee:	Resident: \$180.00	Nonresident: \$216.00	

INTRODUCTION TO FENCING

Jim Bernitt, Westchester Fencers Club

Program No: **325502-A (6 classes)**

About the program: **For ages 8 to 11 (12+ see Adult Section).** 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 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. Due to Covid, the use of masks and maintenance of safe distances is required and participation is limited to 4 persons. Venue rules will be explained at the first session.

Day	Date	Time:	Location:
Thursdays	9/24 to 10/29	6:00 - 7:00pm	United Methodist Church 1176 E Main St Shrub Oak, NY 10588
Fee:	Resident: \$110.00	Nonresident: \$132.00	

ACT/SAT REVIEW COURSE *NEW*

Justin Longobardi

Program No: **224501-A (8 classes)**

About the program: Features 6 or 8 1 hour-sessions of intensive review for both the ACT and SAT. Students will receive skill-based instruction for each section of the ACT and SAT exams. In addition, students will be exposed to a principled approach for attacking both exams and will learn test taking strategies to optimize test scores. Students should bring a graphing calculator to all sessions. Materials will be provided by the instructor.

Day	Date:	Time:	Location:
Thursdays	9/10-10/29	6:00-7:0pm	Service Building
Fee:	Resident: \$400.00	Nonresident: \$480.00	

SENIOR SQUIRTS SOCCER

U. S. Sports Institute

Program No: **223502-A (7 classes)**

Eligibility: **5 – 6 years old**

About the program: Senior Squirts Soccer is the perfect program for players graduating from Soccer Squirts or for children looking for their first ever soccer experience. Each session will focus on developing a particular skill or technique including dribbling, passing, ball control, moves & turns, positioning and more.

Day:	Date:	Time:	Location:
Fridays	9/25 to 11/6	5:00-6:00pm	Shrub Oak Park
Fee:	Resident: \$157.00	Nonresident: \$188.40	

PRE-TEEN PAINTING WORKSHOP

Ginny Oppedisano, Instructor

Program No: **223701-A (10 classes)**

Eligibility: **8 – 12 years old**

About the program: Students will be able to paint a variety of pictures in watercolors and acrylic paint. Landscapes, flowers, pets, portraits and abstract designs will be explored. Supplies needed: Paper, watercolors, canvas and acrylic paint.

Day	Date:	Time:	Location:
<u>Fall</u> A: Saturdays	9/19 to 12/5 (no class: 10/10, 11/28)	9:30-11:00am	ACCCC, Room 104 (10 Classes)
Fee:	A: Resident: \$200.00 B: Resident: \$175.00	Nonresident: \$240.00 Nonresident: \$210.00	

SENIOR SQUIRTS T-BALL

U.S. Sports Institute

Program No: 223503 -A (7 classes)

Eligibility: 5 – 6 years old

About the program: Senior Squirts T-Ball is a great way to introduce your young slugger to this exciting game. Players will focus on learning the rules and developing their skills in hitting, throwing, base running and fielding. Each session, players will apply what they have learned into a T-Ball scrimmage. (Please note participants are required to provide their own glove for this program).

Day:	Date:	Time:	Location:
Sundays	9/27 to 11/8	5:00–6:00pm	Hunterbrook Field
Fee:	Resident: \$157.00	Nonresident: \$188.40	

HORSEBACK RIDING I AND II

Zephyr Farm, Instructor

Program No: 325201-A, B (6 classes)

About the program: **Horseback Riding I:** This class is for students in **ages 5 and older** who have had little or no horseback riding instruction. During this 6-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 6-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:
A: Sundays	9/20 to 11/8	12:00 - 1:00pm (Horseback Riding I)	Zephyr Farm
B: Sundays	9/20 to 11/8 (no class: 10/4, 10/11)	1:00 - 2:00pm (Horseback Riding II)	Zephyr Farm
Fee:	Resident: \$320.00 per program	Nonresident: \$384.00 per program	

SKI, SNOWBOARD, or FREESTYLE LESSONS

Thunder Ridge Ski Area located in Patterson, NY will continue offering our residents a value pack of ski or snowboard lessons. The program consists of six (6) 1 ½ hour group lessons. Lessons are for skiers and snowboarders **first grade and up (including adults)**. There is also a Freestyle program for upper level snowboarders, **third grade and up**. Lesson program begins in early January 2021. Program details will be available through the YPR Office beginning in October 2020.

ADULT PROGRAMS

AFTER WORK CORE FUSION WORK-OUT

Lori Barr, Instructor

Program No: 331201-A (8 classes)

About the program: Come after work and get your exercise over and enjoy your evenings. Lori will motivate you to burn calories, firm up, reduce stress and feel terrific! BRING WEIGHTS AND A MAT TO EACH CLASS.

Day:	Date:	Time:	Location:
Mondays	9/14 to 11/9 (no class 10/12)	6:30 - 7:30pm	AACCCC Gym
Fee:	Resident: \$104.00	Nonresident: \$124.80	

FIT4MOM - STROLLER STRIDES

Dana Pavella, Instructor

About the program: Total fitness program that moms can do with their babies while they are in their strollers. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. It is a great workout for any level of exerciser! Stroller Strides instructors weave songs and activities into the routine designed to entertain and engage baby, while moms are lead through a series of exercises.

Register and more information: www.yorktown.fit4mom.com or call 914-302-9994

Day:	Date:	Time:	Location:
Mon., Wed. & Fri.	Annually	9:30 – 10:30am	refer to website
Fee: refer to website			

REPATTERNING MOVEMENT CLASS (RPM)

Sim Wong, Instructor

Program No: **336301-A, B (5 classes)**

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. Exercise Mat Needed, Social Distancing and Facial Mask required. Ages 25+.

Day:	Date:	Time:	Location:
<u>Fall</u> A: Mondays	9/21 to 10/26 (no class 10/12)	7:30 - 8:30pm	ACCCC, Room 26
B: Mondays	11/9 to 12/9	7:30 - 8:30pm	ACCCC, Room 26
Fee:	Resident: \$85.00	Nonresident: \$102.00	

REIKI I & II 'VIRTUAL CLASS'

Roberta Trotta Rosenberg, RMT, Instructor

Program No: **336401-A, B (3 classes)**

About the program: Reiki classes will be taught over Zoom in the Fall & Winter.

Reiki I: Learn REIKI, a healing technique from Tibet to help you move toward a balanced life in body, mind and spirit. Learn the history of REIKI and its uses for successful self-treatment and treatment of others. Receive REIKI I Attunement. REIKI helps to relax and reduce stress, strengthen your immune system, reduce pain and energy blocks to achieve an overall calm mind and body. REIKI I certificate given at completion of class.

Day:	Date:	Time:	Location:
A: Thursdays	9/24, 10/1, 10/8	6:30 - 8:30pm	Zoom – Virtual
Fee:	Resident: \$80.00	Nonresident: \$96.00	

Reiki II: Building upon Reiki I, students are taught and will practice ancient REIKI symbols from the Usui System of Natural Healing. REIKI II Attunement is given to successfully perform self-treatment of others. This class is very informative with lively discussions about using and giving the healing power of REIKI regularly, REIKI II certificate given at completion of class. Pre-requisite: Reiki I (Reiki I certificate from another teacher is acceptable.)

Ages 18+

Day:	Date:	Time:	Location:
B: Thursdays	10/15, 10/22, 10/29	6:30 - 8:30pm	Zoom – Virtual
Fee:	Resident: \$80.00	Nonresident: \$96.00	

PILATES MAT

Jennifer Longobardi, Instructor

Program No: **131604-A (10 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!

Please bring water and a Mat to each class.

Day:	Date:	Time:	Location:
Tuesdays	9/8 to 11/17 (no class 11/3)	6:00 - 7:00pm	ACCCC, Room 104
Fee:	Resident: \$120.00	Nonresident: \$144.00	

20/20/20 WORKOUT

Michelle Saccurato, Instructor

Program No: **331101-A (8 classes)**

About the program: Get motivated with Michelle with 20 minutes of fat burning cardio, 20 minutes toning and firming and 20 minutes core flattening & strengthening for a complete no-nonsense workout! **Please Note:** Bring weights, a mat and water.

Day:	Date:	Time:	Location:
Tuesdays	9/15 to 11/3	6:00 - 7:00pm	AACCCC Gym
Fee:	Resident: \$104.00	Nonresident: \$124.80	

YOGA

Chris Tangerman, Instructor

Program No: **336411-A Fall (8 classes)**

About the program: Become happy in your own body as you practice yoga. Give yourself some important time to relax and reduce stress in your busy life. Feel your body move in healthy ways as you practice yoga and become limber and strong! Yoga for all! Bring a mat.

Day:	Date:	Time:	Location:
Tuesdays	9/15 to 11/3	7:00 - 8:00pm	Sparkle Lake Building
Fee:	Resident: \$104.00	Nonresident: \$124.80	

TAE KWON DO FOR WOMEN *NEW*

Lorna Groux, Black Belt Instructor

Program No: **322401-A (8 classes)**

About the program: Tae Kwon Do is a martial art form which uses leg kicks and punches as its predominant weapons. This class will provide an opportunity to learn the basics of Tae Kwon Do: offense, defense, punches, kicking, blocking, stances and forms. Students will develop self-discipline, confidence and athleticism. Cardio, strength and core training is included. A maximum of 8 students will be accepted in order to maintain safe distancing. Face mask/covering is required. PHILAM Self-Defense at 1761 Front Street in Yorktown.

Day:	Date:	Time:	Location:
Wednesdays	9/16 to 11/4	10:00 - 11:00am	PHILAM-Self Defense
Fee:	Resident: \$110.00	Nonresident: \$132.00	



ZUMBA WORKOUT

Suzi Tipa, Instructor

Program No: **331301-A (8 classes)**

About the program: Dance, smile and sweat as you burn calories and get energized with Zumba! Easy to learn movements that give you a fun hour of aerobic fitness and puts you in a great relaxed & happy mood! Bring a Water Bottle.

Day:	Date:	Time:	Location:
Wednesday	9/16 to 11/4	5:30 - 6:30pm	AACCCC Gym
Fee:	Resident: \$104.00	Nonresident: \$124.80	

CORE FUSION WORK-OUT

Lori Barr, Instructor

Program No: **331201-A (8 classes)**

About the program: Your core is Key! Come workout with Lori burning fat, strengthening, stretching, firming and toning all connected to core. Effective core exercises that will transform your body! **BRING WEIGHTS AND A MAT TO EACH CLASS.**

Day:	Date:	Time:	Location:
Wednesdays	9/16 to 11/4	6:30 - 7:30pm	Sparkle Lake Building
Fee:	Resident: \$104.00	Nonresident: \$124.80	

INTRODUCTION TO FENCING

Jim Bernitt, WFC

Program No: **335502-A (6 classes)**

About the program: **For ages 12+**. 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 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. Due to Covid, the use of masks and maintenance of safe distances is required and participation is limited to 4 persons. Venue rules will be explained at the first session.

Day:	Date:	Time:	Location:
Thursdays	9/24 to 10/29	7:00 – 8:00pm	United Methodist Church 1176 E Main Street
Fee:	Resident: \$120.00	Nonresident: \$144.00	

PAINTING IN OIL OR ACRYLICS – BEGINNER/ADVANCED

Terry Fokine, Instructor

Program No: **334601-A, B (10 classes)**

About the program: For beginner through advanced students of all levels of experience. This course will encompass all levels of ability. Focus on essential areas, values, compositions, color, care of paints & tools. Class will be social distancing and a face mask will be required at all times. Bring your own materials.

Day:	Date:	Time:	Location:
A: Saturdays	9/19 to 11/21	9:00 - 12noon	Sparkle Lake Building
B: Saturdays	9/19 to 11/21	12:00 – 3:00pm	Sparkle Lake Building
Fee:	Resident: \$130.00	Nonresident: \$156.00	

HORSEBACK RIDING FOR ADULTS

Zephyr Farm, Instructor

Program No: **335201-A (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 6-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:
Sundays	9/20 to 11/8 (no class: 10/4, 10/11)	2:00 - 3:00pm	Zephyr Farm
Fee:	Resident: \$240.00 per program	Nonresident: \$288.00 per program	

TENNIS AND PICKELBALL

YOUTH TENNIS INSTRUCTION

U.S. Sports Institute

Program No: 242301-A, B, C (7 classes)

Eligibility: Ages 5-14

About the program: Foundation Tennis is designed to introduce beginners and those with some experience to the fundamentals of tennis. Each session will focus on a specific skill including stroke technique, serving, court awareness, and rallying. (Please note participants are required to provide their own tennis racquet for this program).

Day:	Date:	Time:	Location:
A: Tuesdays	9/22 to 11/3	4:15-5:15pm (Ages 5-8)	Shrub Oak Park Courts
B: Tuesdays	9/22 to 11/3	5:30-6:30pm (Ages 8-11)	Shrub Oak Park Courts
C: Tuesdays	9/22 to 11/3	6:45-7:45pm (Ages 11-14)	Shrub Oak Park Courts
Fee:	Resident: \$157.00	Nonresident: \$188.40	

YOUTH PICKLEBALL

Manny Boya, IPTPA Level 2 Certified Coach

Program No: 2020113-A, B, C, D (6 classes)

Eligibility: Ages 8-17

About the program: Fall in love with the fastest growing paddle sport in America. Pickleball is a mix of badminton, tennis and ping-pong. Whether you are looking to bring your game to the next level or just have fun with friends & family, this is a great opportunity to keep physically fit and have fun. Rules, basic fundamentals and drills will be covered in a kid friendly environment. Covid-19 protocols will be followed during each session. **Must bring their own paddles.**

Day:	Date:	Time:	Location:
A: Tuesdays	TBD	3:30-4:30pm (Ages 8-12)	Granite Knolls
B: Tuesdays	TBD	5:00-6:00pm (Ages 13-17)	Granite Knolls
C: Wednesdays	TBD	3:30-4:30pm (Ages 8-12)	Granite Knolls
D: Wednesdays	TBD	5:00-6:00pm (Ages 13-17)	Granite Knolls
Fee:	Resident: \$150.00	Nonresident: \$180.00	

SENIOR CITIZEN PROGRAMS

SENIOR PAINTING

Kathy Pasquale, Instructor

Program No: 338301-A Fall (10 classes)

About the program: Dabble in several art media from acrylics to oils, 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.

Students must provide their own canvas panels.

Due to Covid-19 all students must bring their own brushes.

Registration: Must sign up through the Recreation Office beginning Tuesday, August 26. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.

Day:	Date:	Time:	Location:
<u>Fall</u>			
Mondays	9/14 to 11/16 (no class 10/12)	A: 9:30-11:30am B: 10:30-11:30am	Service Building
Fee:	A: Resident: \$50.00 B: Resident: \$10.00	Nonresident: \$60.00 Nonresident: \$30.00	

SENIOR LINE DANCING

Betty Boot, Instructor

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 through the Recreation Office beginning Tuesday, August 26. If you have never registered with us, please provide proofs of residency.

Day:	Date:	Time:	Location:
1 st and 3 rd Wednesdays	9/2 to 3/17	12noon - 1:00pm	ACCCC, Gym
Fee:	Resident: No fee	Nonresident: \$30.00	

SENIOR DANCE & EXERCISE

Cameron Kelly, Instructor

Program No: 332501-A (10 classes)

About the program: Line dancing with some fitness exercise.

Registration: Participants must sign up at the Recreation Office beginning August 26. If you have never registered with us, please provide proofs of residency.

Day:	Date:	Time:	Location:
Fridays	9/11 to 11/13	10:45 - 11:45am	ACCCC, gym

FALLS PREVENTION

Naomi Cohen PT, Instructor

Program No: 332101-A,B Fall (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 26. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.

Day:	Date:	Time:	Location:
A: Thursdays	9/17 to 11/5	2:30- 3:30pm	Service Building
B: Fridays	9/17 to 11/6	1:00- 2:00pm	Service Building
Fee:	Resident: No fee	Nonresident: \$30.00	

THE ACHIEVERS – HANDWORKS CLUB – REGISTRATION ON HOLD

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:	Date:	Time:	Location:
Tuesdays	Annually	10:00-12:00pm	ACCCC, Room 104

MAH JONG CLUB – REGISTRATION ON HOLD

Program No: **432402-A**

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

BRIDGE CLUB – REGISTRATION ON HOLD

Program No: **432403-A**

Day:	Date:	Time:	Location:
Wednesdays	Annually	1:00-4:00pm	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 4:30pm 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 NEWSLETTER

The Senior Newsletter is a bi-monthly circular pertaining to Senior Citizens' activities and special events calendars. 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 information to the newsletter, please call the Recreation Office at 245-4650.

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

Shrub Oak Seniors

Meetings: Mondays - 10:00am to 1:00pm

AARP-The American Association of Retired Persons

Meetings: Wednesday (2nd) – 2:00pm in Nutrition Room

St. Patrick's Seniors

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

Jefferson Village Travel Club

Trip Coordinator: Jim Higgins – joftravel@optonline.net

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

AQUATIC PROGRAMS



YORKTOWN SWIM & DIVE TEAM

Brian J. Slavin Facility

Participate in a 5-6 week program beginning June 2021. 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/ and go to Parks & Recreation 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) 438.1315.



ADULT SPORTS INFORMATION

ADULT SOCCER PICK UP

Play organized pick up soccer at (TBD) 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.kiidssports.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 December (End date depends on number of teams). Official league website: www.leaguelineup.com/ytown or contact the office to enter your team!

YORKTOWN MEN'S SOFTBALL LEAGUE

Open Competitive, Co-Ed and 40 & Over Leagues

Weeknight League offers a 13 game regular season of competitive softball which has up to 3 Divisions and games are played at Downing Park. The 40 & Over League plays Sunday mornings at various field locations and the regular season consists of 12 games.

Weeknight and Co-Ed Softball Website: www.ysaleagues.com/ypr

40 & Over Softball Website: www.leaguelineup.com/ytownsoftball

MEN'S BASKETBALL LEAGUE

The Men's Basketball League runs Monday & Tuesday nights (Some Wednesdays) at the A. Capellini Comm. & Cultural Center Gym featuring two divisions of play and each team will play a 10 game season. League begins in November and continues into March. Rules, registration forms, and fee information for the 2020-2021 season will be available beginning September 22nd. You can contact us at our e-mail address at ypr@yorktownny.org or at 245-4650, ext.0.

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

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

Register Online: <https://register.capturepoint.com/Yorktown>