

YORKTOWN

PARKS & RECREATION

CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS

GENERAL
REGISTRATION
BEGINS
SEPTEMBER 8

2015-2016 Fall/Winter



TABLE OF CONTENTS

Staff Lists/Contact Information	1	Senior Citizen Programs	16
Yorktown Supervisor Letter	1	Tennis	18
Registration/Refund & Important Information.....	2	Aquatics Programs	19
Special Events	3	Adult Sports	21
Town Parades.....	3	Cooperating Agencies	22
Pre School – Youth Programs	4	Program Registration Form	23
Youth – Teen Programs.....	6	Facilities Map and Description	24
Adult Activities	11		

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** ★

Like Us On

Follow Us On

YOU SNOOZE - YOU LOSE



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!

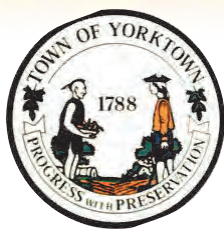
NEED A FACILITY?

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
Susan Siegel

RECREATION COMMISSION

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

Patrick Cumiskey
James Martorano, Jr.
David Paganelli –Liaison

Al Avitabile, *Vice Chairperson*
Patricia Caporale
Stuart Wadler

PARKS & RECREATION STAFF

Brian Gray *Superintendent*
Todd Orłowski, CPRP *Assistant Superintendent*
Erin Riedel *Assistant Superintendent*
Jessica Bambach..... *Senior Office Assistant*
Anita Hecker *Office Assistant*
Lesley Benedusi..... *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*
Peter Goldberg.....*Laborer*
Scott Ferreira.....*Laborer*

Letter from the Town Supervisor

Dear Yorktowners:

What a thrilling summer season we had here in Yorktown. The Lion’s concerts at the Jack DeVito Gazebo delighted fans of all ages. Step Dancers boomed on stage with Cherish the Ladies, and the Bruce Springsteen tribute band turned the Jack DeVito Veterans Memorial Field into Asbury Park. Our summer day camps and specialty camps were filled to capacity with over 1,000 children participating in fun activities keeping them busy enjoying what the Parks and Recreation Department has to offer. Yorktown’s pool facilities were beautifully manicured and many found it hard to resist a chance to cool down, splash around with family and friends, and take a turn down the waterslide.

As September rolls in, our focus becomes back to school. Nevertheless, there are plenty of activities in Yorktown to enrich our daily lives. Take a stroll and enjoy nature in Sylvan Glen Park Preserve, run the loop to the top of Turkey Mountain or come celebrate at the Town’s first Senganario Festival on September 17th – 20th. Try an introduction to drawing class, sports activities for the kids, or, if you like to fish, learn how to tie your own flies in our new Fly Tying class. October brings our Halloween Carnival, and Fall Festival and before we know it we will be decorating for the holidays. Be merry and enter your vehicle in the 4th annual Holiday Electric Lights Parade or just come downtown to spectate what has proven to be the brightest and most exciting parade of the year!

Hope you all had a chance to enjoy the outdoors this summer and you took advantage of what we had to offer. Take a look inside this Fall/Winter brochure and be sure to find something to continue your fun and enrichment throughout the year.

Michael J. Grace
Town Supervisor

&

Brian Gray
Superintendent Parks & Recreation Department

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 September 8, 2015

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 2016 Spring/Summer Brochure to be mailed in March.

SPECIAL EVENTS

YORKTOWN GRANGE FAIR

September 10 to 13, 2015

The theme of the 90th annual Yorktown Grange Fair is **A Taste of the Farm**, emphasizing our commitment to, and long tradition of, support for farming. Now more than ever, it's important to look towards local first in our culinary choices. Farming is an important part of New York State's economy, and with our abundant water resources, temperate climate and fertile soil, the Hudson Valley is home to diverse and rich farms. 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 2016 Great Goblin Call Program T-Shirts. Drawings must be submitted to the Recreation Department by Thursday, October 29.



GREAT GOBLIN CALL

Program No: 381301-A

Date: Wednesday, October 28, 2015

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 29, 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 31

Time: 2:00pm

Raindate: Sunday, November 1 (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/recreation in late February. Entries may be mailed or brought to the Recreation Office by Friday, March 11. 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: March 19 (Rain Date: March 26)

Time: 10:30am

Location: Downing Park



TOWN PARADES

"CELEBRATE THE SEASON" – Holiday Lights Parade and Tree Lighting

Join us in our 3rd annual Holiday 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.

SAVE THE DATE: Saturday December 5.



PRE-SCHOOL PROGRAMS

INTRO TO SPORTS **NEW**

Cathy Cousin, Club Fit Instructor

Program No: **122601-A, B, C, D**

About the program: For **ages 3 to 5**. This program features a variety of sports including lacrosse, soccer, basketball and floor hockey.

Day:	Date:	Time:	Location:
A: Mondays (9 classes)	1/4 to 3/14 (no class 1/18 & 2/15)	10:00 - 11:00am	Club Fit Jefferson Valley
B: Mondays (9 classes)	1/4 to 3/14 (no class 1/18 & 2/15)	1:00 - 2:00pm	Club Fit Jefferson Valley
C: Tuesdays (11 classes)	1/5 to 3/15	10:00 - 11:00pm	Club Fit Jefferson Valley
D: Tuesdays (11 classes)	1/5 to 3/15	1:00 - 2:00pm	Club Fit Jefferson Valley
Fee: A & B: Resident: \$198.00 Nonresident: \$237.60			
C & D: Resident: \$242.00 Nonresident: \$290.40			

SOCGER SQUIRTS PARENT AND ME

U.S. Sports Institute, Instructor

Program No: **325515-A, B**

About the Program: Soccer squirts classes are a fun and positive introduction to soccer **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. This is an excellent opportunity to spend quality time easing your child into social situations with support and direction from our coaches. Maximum of 16 participants.

Day:	Date:	Time:	Location:
A: Tuesdays	9/22 to 10/27	10:00 - 10:50am	Legacy Turf Field (6 classes)
B: Saturdays	9/12 to 10/24	3:10 - 4:00pm	Hunterbrook Field (7 classes)
Fee: A: Resident: \$120.00 Nonresident: \$144.00			
B: Resident: \$140.00 Nonresident: \$168.00			

TOTAL SPORTS SQUIRTS PARENT AND ME

U.S. Sports Institute, Instructor

Program No: **322502-A (6 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	9/22 to 10/27	11:00 - 11:50am	Legacy Turf Field
Fee: Resident: \$120.00 Nonresident: \$144.00			

TOTAL SPORTS SQUIRTS

U.S. Sports Institute, Instructor

Program No: **322501-A, B**

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. Whether it is trying to find Nemo, sending Shrek into a spin or catching jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun!



Day:	Date:	Time:	Location:
A: Tuesdays	9/22 to 10/27	3:30 - 4:30pm	Legacy Baseball Field (6 classes)
B: Saturdays	9/12 to 10/24	2:00 - 3:00pm	Hunterbrook Field (7 classes)
Fee: A: Resident: \$130.00 Nonresident: \$156.00			
B: Resident: 150.00 Nonresident: \$180.00			

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. Join now and your child will have a great time. Each child receives a trophy.



Day:	Date:	Time:	Location:
Thursdays	11/5 to 12/17 (no class 11/26)	10:30 - 11:15am	Solaris Sports Club
Fee: Resident: \$95.00 Nonresident: \$114.00			

Yorktown Recreation

Fall 2015 Pre-School Program

** Addition to Fall 2015 Brochure **

SOCCER SQUIRTS

Program No: 325505- A, B (7 classes) U.S. Sports Institute, Instructor

About the program: Introduces soccer to 3-5 year old boys and girls. Often imitated - never duplicated. Soccer Squirts learn the fundamental skills of soccer through a program of structured activities, fun based games, and scrimmages. Each Soccer Squirts session focuses 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: Fridays	9/18-10/30	3:30-4:30pm	Legacy Field
B: Saturdays	9/12-10/24	4:15-5:15pm	Hunterbrook Field

Fee: Resident: \$150.00 Nonresident: \$180.00



Yorktown Recreation
176 Granite Springs Rd
Yorktown Heights, NY 10598

914-245-4650
ypr@yorktownny.org

T-BALL SQUIRTS

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	9/13 to 10/25	2:00 – 3:00pm	Hunterbrook Field
B: Sundays	9/13 to 10/25	3:15 – 4:15pm	Hunterbrook Field
Fee: Resident: 150.00	Nonresident: \$180.00		

U. S. Sports Institute, Instructor

TODDLER TIME

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:
Session 1: A: 1 to 2 years	B: 2 to 4 years		
A: Wednesdays	9/16 to 11/18 (no class 9/23 & 11/11)	10:00 - 10:45am	Sparkle Lake Building
B: Wednesdays	9/16 to 11/18 (no class 9/23 & 11/11)	11:00 – 11:45am	Sparkle Lake Building
Session 2: A: 1 to 2 years	B: 2 to 4 years		
A: Wednesdays	1/13 to 3/9 (no class 2/17)	10:00 – 10:45am	Sparkle Lake Building
B: Wednesdays	1/13 to 3/9 (no class 2/17)	11:00 – 11:45am	Sparkle Lake Building
Fee: Resident: \$75.00	Nonresident: \$90.00		

Risa D'Amaso, Instructor



TAE KWON DO TOTS

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's goals include: developing a child's intelligence, balance and coordination. Children develop important social skills through regular activities with other children. 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 at 1761 Front Street in Yorktown.

Day:	Date:	Time:	Location:
Session 1: A: Thursdays	9/17 to 11/5	10:00 - 10:50am	PHILAM-Self Defense
B: Thursdays	9/17 to 11/5	11:00 - 11:50am	
C: Thursdays	9/17 to 11/5	12:30 - 1:20pm	
Session 2: A: Thursdays	1/14 to 3/10	10:00 - 10:50am	PHILAM-Self Defense
B: Thursdays	1/14 to 3/10	11:00 - 11:50am	
C: Thursdays	1/14 to 3/10 (No class 2/18)	12:30 - 1:20pm	
Fee: Resident: \$75.00	Nonresident: \$90.00		

Lorna Groux, Black Belt Instructor



"TOTTERY" AT TIME TO KILN

Program No: **321204-A Session 1 (6 classes)**

121204-A Session 2 (6 classes)

About the program: For **ages 3 to 5** to enjoy hearing a playful story and explore their creative side. Each session will feature a story and a related ceramic figure to paint. Children are given the unpainted ceramic piece for the story, listen to the story, and begin imagining how they will paint their piece. Each session includes coloring page(s), story telling, ceramic piece, painting and kiln firing. Please be advised that the pottery piece will be ready the following week.

Day:	Date:	Time:	Location:
S1: Thursdays	9/24 to 12/10 (no classes 10/1, 10/15, 10/29, 11/12, 11/26, 12/3)	10:30 – 11:30am	Time to Kiln Studio
S2: Thursdays	1/14 to 3/31 (no classes 1/21, 2/4, 2/18, 3/3, 3/17, 3/24)	10:30 - 11:30am	Time to Kiln Studio
Fee: Resident: \$114.00	Nonresident: \$136.80		

Ximena Barbuscia, Instructor



PEE WEE SOCCER

Dan Strauss, Instructor

Program No: **325511-A Session 1 (6 classes)**
125511-A, B Session 2 (6 classes)

About the program: For ages **3 to 5**. Your child will be introduced to basic and advance moves while learning the fundamental of soccer (dribbling, passing, trapping and shooting). The coach will emphasize skills through drills and soccer games. Each child will receive a trophy.

Day:	Date:	Time:	Location:
Session 1 Fridays	11/6 to 12/18 (no class 11/27)	10:30 - 11:15am	Solaris Sports Club
Session 2: A: Fridays	1/15 to 2/26 (no class 2/19)	9:30 – 10:15am	Solaris Sports Club
B: Fridays	1/15 to 2/26 (no class 2/19)	10:30 – 11:15am	Solaris Sports Club
Fee: Resident: \$95.00	Nonresident: \$114.00		

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	9/25 to 10/30	9:30 – 10:15am	Sparkle Lake Building
Fee: Resident: \$185.00	Nonresident: \$222.00		

YOUTH AND TEEN PROGRAMS

CREATIVE SEWING

Vivian Burns, Instructor

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

About the program: **For ages 8 to 12**. Creative Sewing class is a fun class. It is project oriented with a new project each week, while learning new sewing techniques. Projects can include tennis balls, hacky saks, book covers, flowers and much more. This class is suitable for boys and girls.

Day:	Date:	Time:	Location:
Session 1: Mondays - Fridays	9/21 to 10/26 (no class 10/12)	3:30 - 4:30pm 4:00 - 5:00pm	YCCC, CR1
Session 2: Mondays Fridays	1/11 to 2/22 (no class 1/18, 2/15)	3:30 - 4:30pm 4:00 - 5:00pm	YCCC, CR1
Fee: Resident: \$60.00	Nonresident: \$72.00		

STEP UP YOUR SPORTS **NEW**

Cathy Cousin, Club Fit Instructor

Program No: **122602-A, B**

About the program: **For ages 5 to 7**. This program is the next level from Intro to Sports featuring a variety of sports including lacrosse, t-ball, soccer, basketball and floor hockey.

Day:	Date:	Time:	Location:
A: Mondays (9 classes)	1/4 to 3/14 (no class 1/18 & 2/15)	4:30 - 5:30pm	Club Fit Jefferson Valley
B: Tuesdays (11 classes)	1/5 to 3/15	4:30 – 5:30pm	Club Fit Jefferson Valley
Fee: A: Resident: \$198.00	Nonresident: \$237.60		
B: Resident: \$242.00	Nonresident: \$290.40		

TAE KWON DO FOR KIDS



Lorna Groux, Black Belt Instructor

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

About the program: For **grades K to 1**. 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 at 1761 Front Street in Yorktown.

Day:	Date:	Time:	Location:
Session 1: A: Mondays	9/21 to 11/16 (no class 10/12)	4:00 - 5:00pm	PHILAM-Self Defense
B: Fridays	9/18 to 11/6	3:30 – 4:30pm	PHILAM Self Defense
Session 2: A: Mondays	1/11 to 3/14 (no class: 1/18, 2/15)	4:00 – 5:00pm	PHILAM Self Defense
B: Fridays	1/15 to 3/11 (no class 2/19)	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)		

SCULPTOR'S CLAY WORKSHOP

Ginny Oppedisano, Instructor

Program No: **323701-A Session 1 (8 classes)**
123701-A Session 2 (8 classes)

About the program: For students **ages 7 to 11**. Enjoy the fun of making things out of clay. We will create clay creations and then paint them with a shiny colorful finish. Students will be taught the slab and coil method of clay techniques into all kinds of fun creations. **Please Note:** Bring a cardboard/plastic box and paper plates each week to carry projects home. A \$10.00 fee payable to instructor for clay and paint will be due the first week of class.

Day	Date:	Time:	Location:
S1: Mondays	9/21 to 11/16 (no class 10/12)	5:00 - 6:00pm	YCCC, Room 104
S2: Mondays	1/11 to 3/14 (no class 1/18, 2/15)	5:00 - 6:00pm	YCCC, Room 104

Fee: Resident: \$95.00 Nonresident: \$114.00



Bricks 4 Kidz

LEGO BUILDING...TOO FUN TO BE HOMEWORK

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

About the program: For children **ages 6 to 13**. Your child's learning doesn't stop when the bell rings. Students build moving or motorized models of simple machines, structures, vehicles, rides and more with LEGO bricks as they explore S.T.E.M. concepts (science, technology, engineering, math) and with the use of LEGO bricks and Bricks 4 Kidz model plans. Learn, build and play the Bricks 4 Kidz way! **Please Note: Models will not be taken home.**

Day	Date	Time:	Location:
S1: Tuesdays	9/29 to 11/24 (no class 11/3)	4:30 - 5:30pm	YCCC, Room 104
S2: Tuesdays	1/26 to 3/29 (no class 2/16, 3/22)	4:30 - 5:30pm	YCCC, Room 104

Fee: Resident: \$150.00 Nonresident: \$180.00



Ginny Oppedisano, Instructor

BEGINNERS' DRAWING AND PAINTING CLUB

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	9/16 to 11/18 (no class 9/23, 11/11)	5:00 - 6:00pm	YCCC, Room 104
S2: Wednesdays	1/13 to 3/9 (no class 2/17)	5:00 - 6:00pm	YCCC, Room 104

Fee: Resident: \$95.00 Nonresident: \$114.00

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	9/16 to 11/18 (no class 9/23, 11/11)	6:00 - 7:00pm	YCCC, Room 104
S2: Wednesdays	1/13 to 3/9 (no class 2/17)	6:00 - 7:00pm	YCCC, Room 104

Fee: Resident: \$95.00 Nonresident: \$114.00



FIND A MISTAKE?

It is our policy to include something for everybody. Since some people like to find errors, we regularly include a few in our brochure to meet this need.

AMERICAN RED CROSS BABYSITTING

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

Joseph Pepe, Instructor

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

Day	Date:	Time:	Location:
S1: Thursdays	October 8, 15, 22	5:30 - 8:30pm	Sparkle Lake Building
S2: Thursdays	March 3, 10, 17	5:30 - 8:30pm	Sparkle Lake Building

Fee: Resident: \$105.00 Nonresident: \$126.00

STRENGTH TRAINING FOR TEENS **NEW**

Program No: **325301-A (Session 1) 8 classes**
125301-A (Session 2) 8 classes

Personal Training Staff

About the program: **For ages 13 to 17.** Strength training offers many bonuses to young adults. Teens can begin a better health and fitness regimen with the use of fitness machines, free weights, body weights, stretching and abdominal exercises and focusing on proper techniques and safety.

Day:	Date:	Time:	Location:
S1: Thursdays	9/17 to 11/5	6:00 - 7:00pm	Solaris Sports Club
S2: Thursdays	1/14 to 3/10 (no class 2/18)	6:00 - 7:00pm	Solaris Sports Club

Fee: Resident: \$120.00 Nonresident: \$144.00

INTRODUCTION TO FENCING

Program No: **325502-A Session 1 (6 classes)**
125502-A Session 2 (6 classes)

Jim Bernitt, Westchester Fencers Club

About the program: **For ages 8 to 12.** 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	9/17 to 10/22	6:00 - 7:00pm	YCCC Nutrition Room
S2: Thursdays	1/28 to 3/10 (no class 2/18)	6:00 - 7:00pm	YCCC Nutrition Room

Fee: Resident: \$110.00 Nonresident: \$132.00

IRISH STEP DANCING FOR BEGINNERS

Program No: **325313-A Session 1 (8 classes)**
125313-A Session 2 (8 classes)

Lizzy Carlson, TCRG Instructor

About the program: For **ages 5 and up.** Students will be introduced to the basics of Irish Dance where they will learn to count with the music and will be introduced to basic foot positions, proper technique, seven's, three's and drills. Students will learn Beginner Reel and Light Jig in soft shoe.

Day:	Date:	Time:	Location:
S1: Fridays	9/25 to 11/13	5:00 - 6:00pm	YCCC, CR1
S2: Fridays	1/15 to 3/11 (no class 2/19)	5:00 - 6:00pm	YCCC, CR1

Fee: Resident: \$120.00 Nonresident: \$144.00

FLY TYING CLASS **NEW**

Program No: **181211-A (4 classes)**

Chris Mantz, Professional Fisherman

About the program: For **ages 10 and up.** Children and adults will learn the basis of tying flies and how to use certain materials to get desired movements of the fly to lure fish. (Necessary equipment is available at cabelas.com - 1. Flying tying device for about \$20; 2. Bobbin (ceramic model) for about \$10 and 3. Dr. Slick scissors for about \$14.)

Day:	Date:	Time:	Location:
Thursdays	1/14 to 2/4	5:30 - 6:30pm	Sparkle Lake Building

Fee: Resident: \$50.00 Nonresident: \$60.00



FISHING LESSONS

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

Chris Mantz, Professional Fisherman

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	9/12 to 10/3	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	9/12 to 10/3	10:00 - 11:30am	Sparkle Lake
Fee: Resident: \$65.00	Nonresident: \$78.00		

KUNG FU KARATE FOR KIDS

Sifu Nat Costanzo, Instructor

Program No: **325801-A Session 1 (8 classes)**

125801-A Session 2 (8 classes)

About the program: For children **ages 7 to 11**. They will learn Discipline, learn Self-Confidence, will build Awareness, be taught fundamentals of Self-Defense, as well as develop Endurance and Strength. Students will also learn the proper way to stretch, be introduced to Martial Arts basics and will be given demonstrations in hand and sword Katas (forms). **NOTE: This class has no sparring contact.**

Day	Date:	Time:	Location:
S1: Saturdays	9/26 to 11/21 (no class 10/10)	10:00 - 11:00am	YCCC, Room 104
S2: Saturday	1/16 to 3/12 (no class 2/20)	10:00 - 11:00am	YCCC, Room 104
Fee: Resident: \$64.00	Nonresident: \$76.80		



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:
Session 1: A: Saturdays	9/19 to 11/14 (no class 10/10)	10:00 - 11:00am	YCCC, Senior Room
B: Saturday	9/19 to 11/14 (no class 10/10)	11:00 - 12noon	YCCC Senior Room
Session 2: A: Saturday	1/16 to 3/12 (no class 2/20)	10:00 - 11:00am	YCCC, Senior Room
B: Saturday	1/16 to 3/12 (no class 2/20)	11:00 - 12noon	YCCC, Senior Room
Fee: Resident: \$85.00	Nonresident: \$102.00		



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	9/19 to 11/14 (no class 10/10)	9:00 - 10:30am	YCCC, CR1
S2: Saturdays	1/16 to 3/12 (no class 2/20)	9:00 - 10:30am	YCCC, CR1
Fee: Resident: \$95.00	Nonresident: \$114.00		



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	9/19 to 11/14 (no class 10/10)	10:30 - 12noon	YCCC, CR1
S2: Saturdays	1/16 to 3/12 (no class 2/20)	10:30 - 12noon	YCCC, CR1
Fee: Resident: \$95.00	Nonresident: \$114.00		



COMMUNITY DRUMMING ****NEW****

Program No: **322201-A Session 1 (4 classes)**
122201-A Session 2 (4 classes)

Soo D'Agnese, Instructor

About the program: **For ages 12 and under. NO drumming experience needed.** A fun and health beneficial class. According to research, drumming can boost the immune system, decrease chronic discomfort, release emotional trauma, promote calmness increase relaxation, and alleviate self-centeredness and isolation. Rhythm sounds promote neuronal connection to all parts of the brain. Even a brief drumming session can double alpha brain wave activity. Change your rhythm to change your life.



Day:	Date:	Time:	Location:
S1: Saturdays	9/26 to 10/31 (no class 10/10, 10/17)	11:15am – 12:15pm	YCCC, Room 104
S2: Saturdays	1/16 to 2/6	11:15am – 12:15pm	YCCC, Room 104
Fee: Resident: \$30.00		Nonresident: \$36.00	

HORSEBACK RIDING I AND II

Program No: **325201-A, B (8 classes)**

Zephyr Farm, Instructor

About the program: **Horseback Riding I:** This class is for students in **Grades 2 to 8** who have had little or no horseback riding instruction. During this 8-week course, participants will be introduced to the sport in a fun and safe environment. Classes are run in a lighted, indoor arena. Each class will consist of a 40-minute riding lesson that will teach the basics in balance, position, control and safety, and a 20-minute discussion and/or demonstration. There will be no more than 5 students per class. Each class will be led by an instructor and several aides. Students must wear long pants and heeled shoe boots. Helmets are available for loan.

Horseback Riding II: This class is for students in **Grades 2 to 8** who are able to walk, trot and canter on their own. During the 8-week course, participants will continue to develop their skills. Classes are run 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 11/15 (no class 10/11)	12:00 - 1:00pm (Horseback Riding I)	Zephyr Farm
B: Sundays	9/20 to 11/15 (no class 10/11)	1:00 - 2:00pm (Horseback Riding II)	Zephyr Farm
Fee: Resident: \$320.00 per program		Nonresident: \$384.00 per program	

SKI or SNOWBOARD LESSONS

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) 1½ hour group lessons. Participants can choose from the following days and times:

- Friday: 5:00pm or 6:30pm (start date 1/8/16)
- Saturday: 3:30pm or 5:30pm (start date 1/9/16)
- Sunday: 3:30pm (start date 1/10/16)
- Monday: 5:30pm (start date 1/4/16)
- Tuesday: 5:30pm (start date 1/5/16)
- Wednesday: 5:30pm (start date 1/6/16)
- Thursday: 5:00pm (start date 1/7/16)



Lessons are for skiers and snowboarders **first 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:** \$127.00 (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: \$217.00 (includes lift ticket during lesson and remainder of evening**)

Lift, Lesson, Rental: \$367.00 (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 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: Saturday
Date: October 4
Time: 2:00 - 4:30pm
Location: Sylvan Glen's Stony Street Parking Lot (near Granite Knolls)
Fee: Free – no need to register

WEIGHT LOSS PROGRAM

Jenn Gannon, Instructor

Program No: **331401-A, B Session 1 (8 classes)**
131401-A, B Session 2 (8 classes)

About the program: Use HIIT (high intensity interval training) to jump start your metabolism and lose weight. Use kettlebells, training ropes, sandbells, medicine balls, and more to burn high levels of calories in the least amount of time.

Day:	Date:	Time:	Location:
Session 1 A: Mondays	9/21 to 11/16 (no class 10/12)	10:00 – 11:00am	Solaris Sports Club
B: Thursdays	9/17 to 11/5	6:00 – 7:00pm	Solaris Sports Club
Session 2: A: Mondays	1/11 to 3/14 (no class 1/18, 2/15)	10:00 – 11:00am	Solaris Sports Club
B: Thursdays	1/14 to 3/10 (no class 2/18)	6:00 – 7:00pm	Solaris Sports Club

Fee: Resident: \$120.00 Nonresident: \$144.00

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 preparing you for the spring!

Day:	Date:	Time:	Location:
Session 1: A: Mondays	9/21 to 11/16 (no class 10/12)	6:30 - 7:30pm	Sparkle Lake Building
B: Wednesdays	9/30 to 12/2 (no class 11/11, 11/25)	6:30 - 7:30pm	Sparkle Lake Building
C: Mondays & Wednesdays	9/21 to 12/2 (no class 9/23, 10/12, 11/11, 11/23, 11/25, 11/30)	6:30 - 7:30pm	Sparkle Lake Building
Session 2: A: Mondays	1/11 to 3/14 (no class 1/18, 2/15)	6:30 - 7:30pm	Sparkle Lake Building
B: Wednesdays	1/13 to 3/9 (no class 2/17)	6:30 - 7:30pm	Sparkle Lake Building
C: Mondays & Wednesdays	1/11 to 3/14 (no class 1/18, 2/15, 2/17)	6:30 - 7:30pm	Sparkle Lake Building

Fee: Resident: \$104.00 (one day) \$198.00 (two days)
 Nonresident: \$124.80 (one day) \$237.60 (two days)

BELLY DANCE FIT

Gina Bergamini, Instructor

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

About the program: Belly dance is undergoing a surge in popularity all over as this great workout appeals to everyone. Exciting Bollywood music helps you shake and shimmy your way to fitness. Relax your mind and nurture your soul as the energy burns the calories. Veils provided for use at the first class. Become a mysterious and glamorous woman!

Day:	Date:	Time:	Location:
S1: Mondays	9/21 to 11/16 (no class 10/12)	7:40 - 8:40pm	Sparkle Lake Building
S2: Mondays	1/11 to 3/14 (no class 1/18, 2/15)	7:40 - 8:40pm	Sparkle Lake Building

Fee: Resident: \$104.00 Nonresident: \$124.80



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

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

Sim Wong, Instructor



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.

Day:	Date:	Time:	Location:
Session 1: A: Mondays	9/21 to 10/26 (no class 10/12)	7:30 - 8:30pm	YCCC, CR 1
B: Mondays	11/9 to 12/14 (no class 11/16)	7:30 - 8:30pm	YCCC, CR 1
Session 2: A: Mondays	1/25 to 2/29 (no class 2/15)	7:30 - 8:30pm	YCCC, CR 1
B: Mondays	3/7 to 4/11 (no class 3/14)	7:30 - 8:30pm	YCCC, CR1

Fee: Resident: \$85.00 Nonresident: \$102.00

LUNCH TIME EXPRESS **NEW**

Program No: **331103-A (Session 1) 8 classes**
131103-A (Session 2) 8 classes



Solaris Staff

About the program: This is a 30 minute high intensity interval training that will get your workout in on your lunchtime. Increase your metabolism and unleash your best body through cardio endurance training, strength and flexibility. Use training ropes, TRX sandbags and other training tools.

Day:	Date:	Time:	Location:
S1: Tuesdays	9/22 to 11/10	12:00 - 12:30pm	Solaris Sports Club
S2: Tuesdays	1/12 to 3/8 (no class 2/16)	12:00 - 12:30pm	Solaris Sports Club

Fee: Resident: \$85.00 Nonresident: \$102.00

HAPPY RAINBOW TAI CHI FAN

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

Soo D'Agnes, Instructor

About the program: With effortless grace, you can glide and guide your life forces harmoniously within and out, rewiring your brains to establish long term wellness habits. Most school sports may tear down joints and muscles; qigong/tai chi is one of the few that strengthens and repairs. A fun focus for all ages, the fan is also an enticing tool for all to practice daily with joy. Besides being exquisitely beautiful, like poetry in motions, it is loaded with practical health, virtuous and mental benefits: deep calmness, better sleep, greater body awareness etc. Not just a pretty form, this routine is also perfect for teens as well as adults. Minor fee for fans may applied paid to instructor.

Day:	Date:	Time:	Location:
S1: Tuesday	9/22 to 11/17 (no class 11/3)	12:00 - 1:00pm	YCCC, Room 104
S2: Tuesdays	1/12 to 3/8 (no class 2/16)	12:00 - 1:00pm	YCCC, Room 104

Fee: Resident: \$85.00 Nonresident: \$102.00

GENTLE FLOOR YOGA

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

Sharon Cohen, Instructor

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	9/22 to 11/17 (no class 11/3)	1:15 - 2:30pm	YCCC, Room 104
S2: Tuesdays	1/12 to 3/8 (no class 2/16)	1:15 - 2:30pm	YCCC, Room 104

Fee: Resident: \$90.00 Nonresident: \$108.00



PILATES MAT

Program No: **331604-A Session 1 (8 classes)**
131604-A Session 2 (8 classes)

Jennifer Longobardi, Instructor

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:
S1: Tuesdays	9/29 to 11/24 (no class 11/3)	6:00 - 7:00pm	YCCC, Room 104
S2: Tuesdays	1/12 to 3/8 (no class 2/16)	6:00 - 7:00pm	YCCC, Room 104

Fee: Resident: \$96.00 Nonresident: \$115.20



20/20/20 WORKOUT

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

Michelle Saccurato, Instructor

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	9/29 to 11/24 (no class 11/3)	6:30 - 7:30pm	Sparkle Lake Service Building
S2: Tuesdays	1/12 to 3/8 (no class 2/16)	6:30 - 7:30pm	Sparkle Lake Service Building
Fee: Resident: \$104.00	Nonresident: \$124.80		

ZUMBA WORKOUT

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

Pam McKenna (Tuesdays)/Eileen Torres
(Wednesdays)

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:
Session 1: A: Tuesdays	9/29 to 11/24 (no class 11/3)	7:35 - 8:35pm	Sparkle Lake Service Building
B: Wednesdays	9/30 to 12/2 (no class 11/11, 11/25)	7:35 - 8:35pm	Sparkle Lake Service Building
Session 2: A: Tuesdays	1/12 to 3/8 (no class 2/16)	7:35 - 8:35pm	Sparkle Lake Service Building
B: Wednesdays	1/13 to 3/9 (no class 2/17)	7:35 - 8:35pm	Sparkle Lake Service Building
Fee: Resident: \$104.00	Nonresident: \$124.80		

CHINESE YOGA & QI GONG/TAI CHI

Program No: **334301-A, B Session 1 (8 classes)**
134301-A, B Session 2 (8 classes)

Soo D'Agnese, Instructor

About the program: Qi (energy), gong (practice) is gentle and easy to follow regardless of age and is the mother of most other styles such as Kung fu, Tai Chi etc. It is described as "Meditation in motion" by Harvard Medical Review. Dr. Oz, when asked by Oprah out of all the health practices that one could do, what was the one practice that he would choose and recommend people practice to stay healthy. His response: "If you want to be healthy and live to 100, do Qigong." He added that Qigong reverses the aging process. Over 6,000 form of qigong exist, but we will focus on one of the most health enhancing form: 8 Pieces of Treasure to unify your mind body and spirit. For teens and adults – this class can be beneficial for family members to do together.

Day:	Date:	Time:	Location:
Session 1: A: Tuesdays	9/22 to 11/17 (no class 11/3)	8:00 - 9:00pm	YCCC, Room 104
B: Thursdays	9/17 to 11/5	11:00 - 12noon	YCCC, Room 104
Session 2: A: Tuesdays	1/12 to 3/8 (no class 2/16)	8:00 - 9:00pm	YCCC, Room 104
B: Thursdays	1/14 to 3/10 (no class 2/18)	11:00 - 12noon	YCCC, Room 104
Fee: Resident: \$85.00	Nonresident: \$102.00		

CO-ED VOLLEYBALL

Program No: **337101-A**

Christine Heitman, Instructor

About the program: Volleyball pick-up games.

Day:	Date:	Time:	Location:
Tuesdays	11/17 to 4/26 (no class 12/22, 12/29, 2/16, 3/22)	8:00 - 10:00pm	MESMS gym
Fee: Resident: \$70.00	Nonresident: \$84.00		



MODERN PAINTING WITH ACRYLICS

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

Judika Lieberman, Instructor

About the program: Beginners and experienced art lovers are encouraged to join. This is a relaxed class with music to inspire your works of art. Instruction will include mixing paints and using additives to create dramatic effects. Bring all your art materials to the first class. A supply list is available at Recreation Office.

Day:	Date:	Time:	Location:
S1: Wednesdays	9/16 to 11/18 (no class 9/23, 11/11)	10:00 - 12noon	YCCC, Room 104
S2: Wednesdays	1/13 to 3/9 (no class 2/17)	10:00 - 12noon	YCCC, Room 104
Fee: Resident: \$120.00	Nonresident: \$144.00		

FLY FISHING LESSONS

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

Chris Mantz, Professional Fisherman

Day:	Date:	Time:	Location:
Saturdays	9/12 to 10/3	10:00 - 11:30am	Sparkle Lake
Fee: Resident: \$65.00	Nonresident: \$78.00		

KUNG-FU: CHINESE KENPO (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 2015 and runs through June 2016. Students can join any session. Those qualifying will earn a belt at a promotion ceremony in June 2016. 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	9/16 to 12/9 (no class 9/23, 11/11, 11/25)	6:30 - 7:30pm	YCCC, Nutrition Room
S2: Wednesdays	1/13 to 3/30 (no class 2/17, 3/23)	6:30 - 7:30pm	YCCC, Nutrition Room
Fee: Resident: \$80.00	Nonresident: \$96.00		

MEDITATION

Soo D'Agnes, 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 truly unify mind, body and spirit, then your stress level will naturally decrease along with any physical discomfort. Your mind will be crystal clear to reveal its wisdom and beneficial insights. Your spirit will feel connected and secure, allowing greatness to come through you. Simple and effective meditations will be shown to empower you to carry over into your daily life. Some comments from past students include: "Like taking a vacation in the middle of the week"; "My lower back discomfort is gone."

Day:	Date:	Time:	Location:
S1: Thursdays	9/17 to 11/5	12:15 - 1:15pm	YCCC, Room 104
S2: Thursdays	1/14 to 3/10 (no class 2/18)	12:15 - 1:15pm	YCCC, Room 104
Fee: Resident: \$85.00	Nonresident: \$102.00		

TAI CHI AND CHI KUNG (Ages 13 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, will increase your strength and is also very beneficial in stress reduction and mind relaxation. **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 1 (10 classes)**
136601-A Session 2 (10 classes)

Day:	Date:	Time:	Location:
S1: Wednesdays	9/16 to 12/9 (no class 9/23, 11/11, 11/25)	7:30 - 8:30pm	YCCC, Nutrition Room
S2: Wednesdays	1/13 to 3/30 (no class 2/17, 3/23)	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 1 (10 classes)**
136621-A Session 2 (10 classes)

Day:	Date:	Time:	Location:
S1: Wednesdays	9/16 to 12/9 (no class 9/23, 11/11, 11/25)	7:30 - 8:45pm	YCCC, Nutrition Room
S2: Wednesdays	1/13 to 3/30 (no class 2/17, 3/23)	7:30 - 8:45pm	YCCC Nutrition Room
Fee: Resident: \$85.00	Nonresident: \$102.00		

FLY TYING CLASS **NEW**

Chris Mantz, Professional Fisherman

Program No: **181211-A (4 classes)**
See Youth and Teen section for details.

Day:	Date:	Time:	Location:
Thursdays	1/14 to 2/4	5:30 - 6:30pm	Sparkle Lake Building
Fee: Resident: \$50.00	Nonresident: \$60.00		

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	9/17 to 10/22	7:45 – 8:45pm	1000 N. Division St., Peekskill (Suite 26/Hat Factory)
S2: Thursdays	1/14 to 2/25 (no class 2/18)	7:45 – 8:45pm	1000 N. Division St., Peekskill (Suite 26/Hat Factory)

Fee: Resident: \$120.00 Nonresident: \$144.00

MUAU THAI KICKBOXING **NEW**

Phabion Wilson, Instructor

Program No: **331601-A (Session 1) 8 classes**
131601-A (Session 2) 8 classes

About the program: This class uses power kickboxing with proper technique to sharpen your skill set. It will give you the benefit of being a competitive fighter without the contact. You will use heavy bags, target pads and mitts. Learn how to kick, punch, strike and take down.

Day:	Date:	Time:	Location:
S1: Fridays	9/18 to 11/6	10:00 – 11:00am	Solaris Sports Club
S2: Fridays	1/15 to 3/11 (no class 2/19)	10:00 – 11:00am	Solaris Sports Club

Fee: Resident: \$85.00 Nonresident: \$102.00

TECHNIQUES OF GARMENT CONSTRUCTION **NEW**

Vivian Burns, Instructor

Program No: **334801-A Session 1(8 classes)**
134801-A Session 2 (8 classes)

About the program: This is an 8 week course in this hands-on class. Students will learn the many and diverse sewing techniques starting with seams and seam finishes, darts, pleats, gathers and zippers. The class will finish godets and gussets. This class builds skills as well as sewing confidence. Students should bring a 3-inch binder and sheet protectors.

Day:	Date:	Time:	Location:
S1: Fridays	9/18 to 11/13 (no class: 10/30)	5:00 – 7:00pm 7:00 – 9:00pm	Sparkle Lake Building
S2: Fridays	1/15 to 3/11 (no class 2/19)	5:00 – 7:00pm 7:00 – 9:00pm	Sparkle Lake Building

Fee: Resident: \$160.00 Nonresident: \$192.00

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	9/19 to 11/21	9:00 - 12noon	Sparkle Lake Building
S2: Saturdays	1/16 to 3/19	9:00 - 12noon	Sparkle Lake Building

Fee: Resident: \$120.00 Nonresident: \$144.00

COMMUNITY DRUMMING **NEW**

Soo D'Agnese, Instructor

Program No: **332101-A Session 1 (4 classes)**
132101-A Session 2 (4 classes)

About the program: **For ages 13 and over. See description in Youth and Teen section.**

Day:	Date:	Time:	Location:
S1: Saturdays	9/26 to 10/31 (no class 10/10, 10/17)	12:15 – 1:15pm	YCCC, Room 104
S2: Saturdays	1/16 to 2/6	12:15 – 1:15pm	YCCC, Room 104

Fee: Resident: \$50.00 Nonresident: \$60.00

HORSEBACK RIDING FOR ADULTS

Zephyr Farm, Instructor

Program No: **335201-A (8 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:
Sundays	9/20 to 11/15 (no class 10/11)	2:00 - 3:00pm	Zephyr Farm

Fee: Resident: \$320.00 Nonresident: \$384.00

SENIOR CITIZEN PROGRAMS

SENIOR PAINTING

Kathy Pasquale, Instructor

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

Registration: **Must sign up at the Recreation Office beginning September 8. 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.



Day:	Date:	Time:	Location:
S1: Mondays	9/21 to 12/7 (no class 10/12, 11/16)	9:30 – 11:30am	YCCC, CR1
S2: Mondays	1/11 to 4/4 (no class 1/18, 2/15, 3/14)	9:30 – 11:30am	YCCC, CR1
Fee: Resident: \$50.00	Nonresident: \$60.00		

CHAIR YOGA

Sharon Cohen, Instructor

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

Registration: **Must sign up at the Recreation Office beginning September 8. If you have never registered with us, please provide proofs of residency. Space is limited, so please sign up early.**

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.



Day:	Date:	Time:	Location:
S1: Tuesdays	9/22 to 12/1 (no class 11/3)	12noon - 1:00pm	YCCC, gym
S2: Tuesdays	1/12 to 3/15	12noon - 1:00pm	YCCC, gym
Fee: Resident: No fee	Nonresident: \$30.00		

SENIOR LINE DANCING

Betty Boot, Instructor

Program No: **132201-A**

Registration: **Participants must sign up at the Recreation Office beginning September 8. If you have never registered with us, please provide proofs of residency.**

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

Day:	Date:	Time:	Location:
1 st and 3 rd Wednesdays	9/2 to 3/16	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)

Registration: **Participants must sign up at the Recreation Office beginning September 8. If you have never registered with us, please provide proofs of residency.**

About the program: Line dancing with some fitness exercise.

Day:	Date:	Time:	Location:
S1: Fridays	9/18 to 11/20	10:45 - 11:45am	YCCC, gym
S2: Fridays	1/15 to 3/18	10:45 - 11:45am	YCCC, gym
Fee: Resident: No fee	Nonresident: \$30.00		

SENIOR CHORALE

Joe Nigro, Instructor

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:
S1: Mondays	9/21 to 10/19 (concerts to follow)	2:15 – 3:00pm	YCCC, Nutrition Room
S2: Mondays	1/11 to 2/29 (no class 1/18, 2/15) (concerts to follow)	2:15 – 3:00pm	YCCC, Nutrition Room
Fee: No fee			

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. **Sites are subject to change.**

- **Knitters Club** – Tuesdays from 10:00am to 12noon in Room 104
- **Mah Jong** – Tuesdays from 10:00am to 12noon – Room CR1
- **Bridge Club** – Wednesdays from 1:00pm to 4:00pm – Room CR1
- **Card Games & Bingo** – Monday thru Friday from 10:00am to 12noon – Nutrition Room.
- **Billiards** – a pool table for open play is available in the Nutrition Center between 8:30am to 3:00pm.
Participants should call 962-7447 for daily availability.
- **Pickleball** – Use courts at Blackberry Woods.



COMPUTER LAB at Yorktown Community and Cultural Center

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 between 11:00am - and 1:00pm in Community Room 1 at the Yorktown Community & Cultural Center.

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. If you would like to submit any articles or information to the newsletter, please call the Recreation Office at 245-4650.



NUTRITION CENTER

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.

Noreen O'Driscoll, Director



SENIOR CITIZEN'S MEDICAL TRANSPORTATION

The Town of Yorktown has a medical transportation program for doctor visits within the Town of Yorktown. This program is 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. **At least one week advanced reservation is required. For more information, call 962-7447.**

SENIOR CITIZEN CLUBS

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

Meetings: Tuesdays - 10:00am to 2:00pm
President: Rhoda Sussman – 245-0641

Yorktown Chapter II

Meetings: Thursdays - 10:00am to 2:00pm
President: Frank Adler – 245-6214

Shrub Oak Seniors

Meetings: Mondays - 10:00am to 1:00pm
President: Lee Kull – 245-9277

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: Christina Fox – 302-6766

St. Patrick's Seniors

Meetings: Tuesday (3rd) – 10:00am in Parish Center
President: Carol Manse – 245-2953

Jefferson Village Travel Club

Trip Coordinator: Winny Zahensky – 245-3197



TENNIS

YOUTH TENNIS INSTRUCTION

Solaris Sports Club

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. Loaner racquets are available.

Day:	Date:	Time:	Location:
Session 1:			
Program No: 342701-A, B, C, D, E (8 classes)			
A: Saturdays	9/12 to 10/31	9:00 - 10:00am (ages 5, 6)	Solaris Sports Club
B: Saturdays	9/12 to 10/31	10:00 - 11:00am (ages 7 & 8)	Solaris Sports Club
C: Saturdays	9/12 to 10/31	11:00 - 12noon (ages 9 & 10)	Solaris Sports Club
D: Saturdays	9/12 to 10/31	12:00 - 1:00pm (ages 11 to 13)	Solaris Sports Club
E: Saturdays	9/12 to 10/31	1:00 - 2:00pm (ages 14 & up)	Solaris Sports Club
Fee: Resident: \$216.00	Nonresident: \$259.20		



Session 2:			
Program No: 142701-A, B, C, D, E (8 classes)			
A: Saturdays	1/9 to 3/5	9:00 - 10:00am (ages 5, 6)	Solaris Sports Club
B: Saturdays	1/9 to 3/5	10:00 - 11:00am (ages 7 & 8)	Solaris Sports Club
C: Saturdays	1/9 to 3/5	11:00 - 12noon (ages 9 & 10)	Solaris Sports Club
D: Saturdays	1/9 to 3/5	12:00 - 1:00pm (ages 11 to 13)	Solaris Sports Club
E: Saturdays	1/9 to 3/5	1:00 - 2:00pm (ages 14 & up)	Solaris Sports Club
(no class for ALL sections 2/20)			
Fee: Resident: \$216.00	Nonresident: \$259.20		

ADULT TENNIS INSTRUCTION

Solaris Sports Club

About the program: A variety of options, **Tennis 101 (Beginners)** covers the fundamentals and basic rules of tennis. **Tennis 202 (Advanced Beginners)** introduces players to placement, shot selection, and strategy. **Tennis 303 (Intermediate)** provides the more experienced player with drills and match play while exploring advanced tactics. Loaner racquets are available. Non-marking rubber soled shoes are necessary. All participants must be **age 18 or older**.

Day:	Date:	Time:	Location:
Session 1:			
Program No: 344101-A, B, C (8 classes)			
A: Sundays	9/13 to 11/1	9:30 - 10:30am (Tennis 202)	Solaris Sports Club
B: Sundays	9/13 to 11/1	10:30am - 12noon (Tennis 303)	Solaris Sports Club
C: Sundays	9/13 to 11/1	12:00 - 1:00pm (Tennis 101)	Solaris Sports Club
Fee: Resident: \$240.00 (1 1/2 hour class)	Nonresident: \$288.00 (1 1/2 hour class)		
Resident: \$216.00 (1 hour class)	Nonresident: \$259.20 (1 hour class)		

Session 2:			
Program No: 144101-A, B, C (8 classes)			
A: Sundays	1/10 to 3/6	9:30 - 10:30am (Tennis 202)	Solaris Sports Club
B: Sundays	1/10 to 3/6	10:30 - 12noon (Tennis 303)	Solaris Sports Club
C: Sundays	1/10 to 3/6	12:00 - 1:00pm (Tennis 101)	Solaris Sports Club
(no class for ALL sections 2/14)			
Fee: Resident : \$240.00 (1 1/2 hour class)	Nonresident: 288.00 (1 1/2 hour classclass)		
Resident: \$216.00 (1 hour class)	Nonresident: \$259.20 (1 hour class)		



AQUATIC PROGRAMS

LEARN TO SWIM!

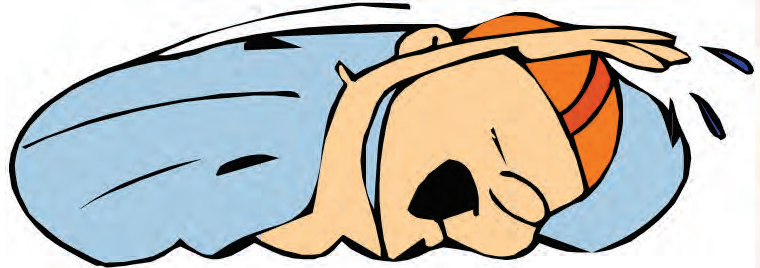
Program No: **311101-A, B, C, D:** September 19 – November 21 (Session 1) **(9 classes)**
 & (no program October 10)
 Dates: **111101-A, B, C, D:** March 5 – May 7 (Session 2) **(9 classes)**
 (no program March 26)

Eligibility: **Grades K to 8th.**

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.

A: Grades K and 1	B: Grades 2 and 3	C: Grades 4 and 5	D: Grades 6 and up
Day: Saturday	Dates: See Above	Time: 9:00 - 11:30am	Location: S1: Lakeland Copper Beech MS S2: TBD
Testing:	September 19 March 5	(Session 1) (Session 2)	
	Testing is from 9:00 to 11:00am		
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: Tuesdays	Date: 9/22 to 11/10	Time: 8:00 – 9:00pm	Location: ME Strang Pool
Fee: Resident: \$85.00	Nonresident: \$102.00		



PRE-LIFEGUARDING SKILLS AND DEVELOPMENT

Program No: **311201-A Session 1 (9 classes)**
111201-A Session 2 (9 classes)

About the Program: Considering becoming a Lifeguard? Improve your stroke and enhance your skills necessary to recognize and respond to aquatic emergencies. Additional topics which will be covered include water safety, victim recognition, self rescue, non-swimming rescue and assistance. Participants must be tested the first day in order to meet the Level 5 stroke skills level requirement.

Day: S1: Saturdays	Date: 9/19 – 11/21 (no class 10/10)	Time: 11:45am - 12:15pm	Location: Lakeland Copper Beech MS
S2: Saturdays	3/5 – 5/7 (no class 3/26)	11:45am - 12:15pm	TBD
Fee: Resident: \$90.00	Nonresident: \$108.00		

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	9/19- 11/21 (no class 10/10)	11:30 - 12:30pm	Lakeland Copper Beech MS
S2: Saturdays	3/5 - 5/7 (no class 3/26)	11:30 - 12:30pm	TBD

Fee: No charge - Must pre-register by calling Recreation Office for program application.

YORKTOWN SWIM & DIVE TEAM

Brian J. Slavin Aquatic Facility

Experience the fun during this 6-7 week program beginning in late June. The schedule for the first week of practice will be: All returning swimmers & 11 and over swimmers M-T-W 6:00-7:30pm. The regular practice and morning hours for ALL Swimmers begin Thursday & Friday. New Swimmer Evaluations will be done Thursday and Friday of the first week. All practice sessions are Monday thru Friday emphasizing quality stroke development and competitive diving instruction. Spirit wear and swimsuits will be available for purchase the first practice. Fee: TBD.

Mail in Registration Deadline May 6, 2016

Check or Money order only, made payable to Yorktown Swim & Dive Team
Yorktown Swim & Dive Team, 3060 Chen Court, Yorktown Heights, NY 10598

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 is **REQUIRED**.

For additional questions regarding the team please call (914) 220.2806.





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 7 regular season games and league play consists of 1-2 divisions depending on amount of entries. Deadline for registration will be Friday July 25. 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 2015-2016 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.

MEN'S LACROSSE FALL PICK UP

Give it a go! Play pick up lacrosse for 30 and over players. If you enjoy the game as a parent, coach, or former player and would be interested in taking some runs come out and join us. Players meet at Legacy Field 8:30-10:15pm on Tuesday or Wednesday. A small fee is collected each night for field fees. Email torlowski@yorktownny.org to join distribution list for further details.



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

NEW YORK-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 or Nancy Leader at (914)962-8865 or (914)245-2789 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

Girls basketball development for grades 2 through 8 offering in-house and travel teams. Learn more about our registration and program information by visiting: 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

YORKTOWN RECREATION REGISTRATION FORM - FALL 2015/WINTER 2016

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 September 8, with
 Registration fee(s) to: Yorktown Parks & Recreation Department – 176 Granite Springs Rd, Yorktown Heights, NY 10598

TOTAL

YORKTOWN RECREATION REGISTRATION FORM - FALL 2015/WINTER 2016

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
											-	
											-	
											-	
											-	
											-	
											-	

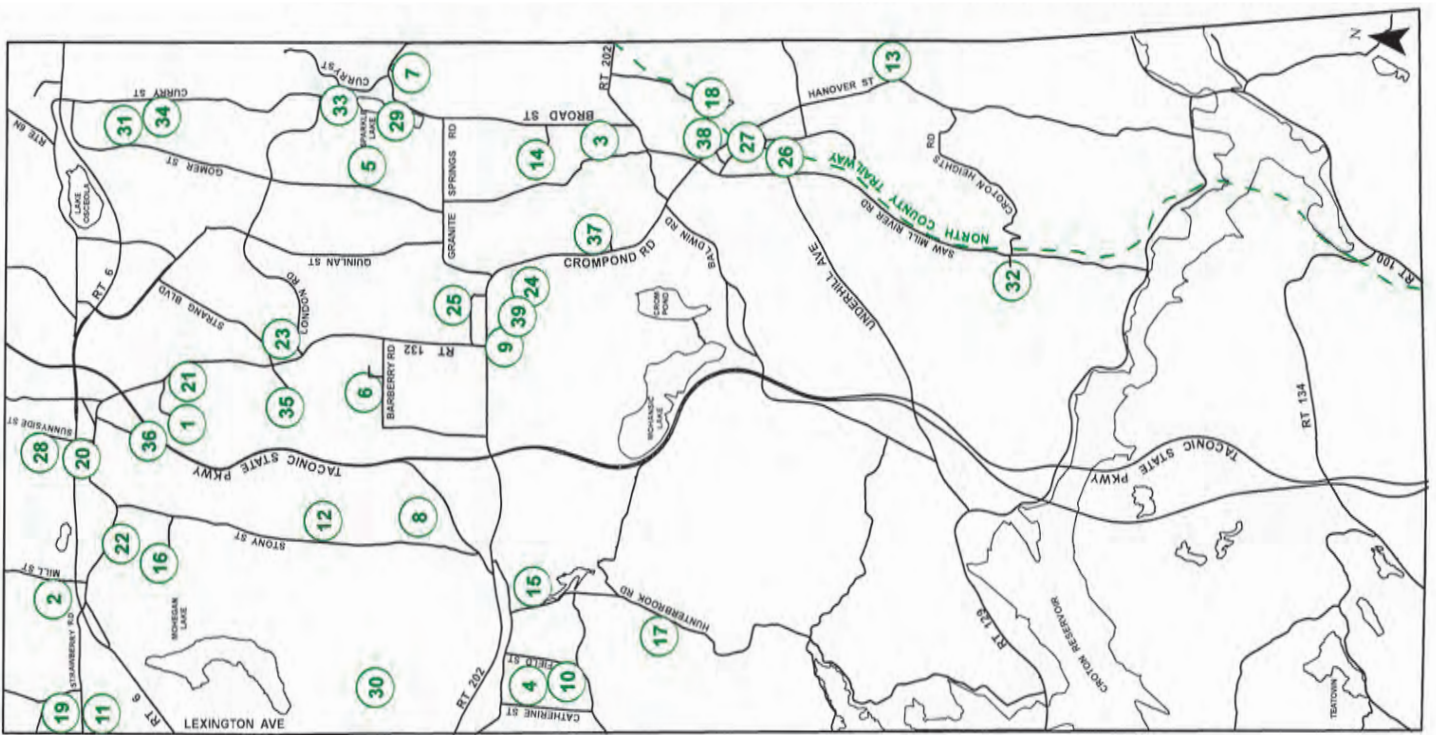
Please remove and mail this form or bring it in person between the hours of 8:30 AM and 4:00 PM on or after September 8, with
 Registration fee(s) to: Yorktown Parks & Recreation Department – 176 Granite Springs Rd, Yorktown Heights, NY 10598

TOTAL

TOWN OF YORKTOWN FACILITIES AT TOWN SITES

Site #	Address	Tennis Courts	Swimming Pool	Skating (I=Ice, R=Inline Rink)	Skate Park	Senior Citizen Center	Run/Walk Track	Rest Rooms (P=at Pool)	Play Apparatus	Picnic Area	Pavilion	Outdoor Concert Area	Nature Trails	Meeting Rooms	Gymnasium	Dog Park	Cooking Grill	Bocce Courts	Beach Area	Basketball Courts	Ball Fields	
1	Ben Franklin Elem School, 3477 Kamhi Dr																					
2	Blackberry Woods, Marcy Ln																					
3	Brookside Elem School, 2285 Broad St																					
4	Catherine Street Field, Catherine St																					
5	Chelsea Park, Gomer St																					
6	Crompond Elem School, 2901 Manor St																					
7	Crystal Lake, Granite Springs Rd																					
8	Deer Hollow Park, Deer St																					
9	Downing Park, Route 202 (2881 Crompond Rd)																					
10	Fox Den, Field St																					
11	George Washington Elem School, 3634 Lexington Ave, Mohegan Lake																					
12	Granite Knolls Trails, Sney St																					
13	Hanover East, Wellington St																					
14	Harrison Apar Field of Dreams, Benjamin Blvd																					
15	Hunterbrook Field, Hunterbrook Rd																					
16	Ivy Knolls Park, Ivy Road & Spring St																					
17	Jeremiah R. Dineen, III Hunterbrook Linear Park, Hunterbrook Rd																					
18	Junior Lake Park, 1939 Edgewater St, Yorktown Heights																					
19	Kensington Woods, Emma Ln, Mohegan Lake																					
20	Lakeland Administrative Office, 1086 East Main St, Shrub Oak																					
21	Lakeland-Copper Beach Middle School, Route 132 (3401 Old Yorktown Rd)																					
22	Lakeland High School, 1349 East Main St, Shrub Oak																					
23	London Woods Field, London Rd																					
24	Mildred Strang Middle School, Rt 202 (2701 Crompond Rd)																					
25	Mohansic Elem School, 704 Locksley Rd																					
26	Patriot Skate Park & Garden, 363 Underhill Ave																					
27	Railroad Station Park, Commerce St																					
28	Shrub Oak Park, 3800 Sunnyside St, Shrub Oak																					
29	Sparkle Lake and Recreation Office, 176 Granite Springs Rd																					
30	Sylvan Glen Park Preserve and Paw Park, Morris Ln & Grant Ave																					
31	Thomas Jefferson Elem School, 3636 Gomer St																					
32	Turkey Mountain Nature Area, Route 118 (Saw Mill River Rd)																					
33	Walden Woods Park, Curry St																					
34	Willow Park, Curry St & Tulip St																					
35	Woodlands Legacy Ballfields, Strang Blvd/Woodlands Dr																					
36	Woodlands Woods, Buckhorn St																					
37	Yorkhill Park, Hawthorne Dr																					
38	Yorktown Community & Cultural Center, 1974 Commerce St																					
39	Yorktown High School, Rt 202 (2727 Crompond Rd)																					

Park Hours: Facilities, with the exception of those with lights, are open 1/2 hour before dawn until 1/2 hour after dusk. 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 & Cultural Center with regard to the use of the facilities.



YORKTOWN
PARKS & RECREATION DEPARTMENT
176 Granite Springs Road
Yorktown Heights, NY 10598

PRST STD
CARRIER PRESORT
U.S. Postage
PAID
Permit No. 64
Yorktown Heights, NY

TOWN OF YORKTOWN POSTAL PATRON

What's Inside

Don't Miss Out ! Registration for Fall and Winter Programs Begins Wed. Sept. 18th

Pre School Programs

Toddler Time, Sports
Squirts, Soccer Squirts,
Tottery at Time to Kiln,
Leap into Language
Tae Kwon Do,
...

Youth/Teen Programs

Creative Sewing, Chess,
Fishing, Kung Fu,
Irish Step, Tae Kwon Do,
Drawing, Fencing,
Swimming, Cartooning,
Horseback Riding, Tennis...

Adult Programs

After work work-out, RPM,
Yoga, Pilates, Zumba, Medi-
ation, Volleyball, Tai Chi,
Pick Up Soccer, Painting,
Kickboxing Drumming,
Horseback Riding, Tennis, ...

... And Much Much More

Aquatics, Senior Programs,
Special Events, Facility Map,
Cooperating Agencies, Discount
Ski Tickets

Save the Dates

Halloween Parade/Carnival - Saturday, October 31st

Great Goblin Call - Wednesday, October 28th

*"Celebrate the Seasons" Holiday Lights Parade
and Tree Lighting* - Saturday, December 5th (rain date 12/6)

Decorate Egg Contest - Deadline Friday, March 11th

Easter Egg Hunt - Saturday, March 19th



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



Like Us On



Follow Us On