

Creating Community Through People, Parks And Programs

For more updated information please visit www.yorktownny.org/parksandrecreation

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YORKTOWN PARKS & RECREATION

Phone: 245-4650 Fax: 245-1608

E-Mail: ypr@yorktownny.org

Website: www.yorktownny.org

Online Registration: <http://register.capturepoint.com/yorktown>

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 Rec News e-mails from us regarding programs, special events, camps, facilities and much more!

2 easy ways to join our mailing list:

- Visit our website: www.yorktownny.org/parksandrecreation
- Follow us on Facebook at <https://www.facebook.com/yorktownparksandrecreation>

JOIN YPR ON SOCIAL MEDIA



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** *

* **Granite Knolls Pavilion** *



TOWN SUPERVISOR

Tom Diana



BOARD MEMBERS

Mary Capoccia
Luciana Haughwout

Ed Lachterman
Sergio Esposito

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Joseph A. Falcone
Diego Jaramillo
Christine Dunn

Patrick Cumiskey, Vice Chairperson
John Campobasso
Thomas Dunn
Luciana Haughwout, Liaison

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Marissa Lieto..... Assistant Superintendent
Deanna Peterson..... Senior Recreation Leader
Michael Gould Recreation Assistant
Patty Marino..... Office Assistant
Kim Hughes Senior Office Assistant-Recreation
Dominic Monopoli..... Parks Foreman
Andrew Cerrato Assistant Parks Foreman
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Steve Proctor Maintenance Mechanic–Repair

Scott Ferreira..... Maintenance Mechanic–Repair
Guido Parks..... Maintenance Mechanic–Repair
Stephen Melillo Maintenance Mechanic
Michael Hoek..... HME
Eric Hollberg..... Park Groundskeeper
Richard Williams Park Groundskeeper
Andrew Bergin..... Park Groundskeeper
Thomas Fonte Laborer
David Nikisher..... Laborer
Matthew Mancuso..... Laborer

LETTER FROM THE TOWN SUPERVISOR

Dear Neighbor,

I encourage you to review the excellent range of recreational activities our Parks and Recreation Department has planned for the autumn.

As we ease our children back into the routines of school, we should be mindful of kids' desires for physical activity and play. Our youth activities include pre-school programs, an introduction to sports for younger children, and organized sports for older children and teens. We also recognize some children prefer non-competitive activities, so our recreation staff developed crafts, yoga, and arts programs.

Grownups also need activities to maintain physical and mental health. Our recreation department offers a variety of sports, games and arts programs for adults and seniors to lift spirits and help our residents find friends who have similar interests.

The cooler months should not prevent you from visiting Yorktown's greatest asset: our amazing trails, parks, and outdoor spaces. Our fall park highlight is the newly reopened municipal golf course, now rebranded as The Links at Valley Field. After years of closure, the golf course now offers 9 holes of play, private golf lessons and post-play socializing in the Tee Bar & Grille, a modern American bistro.

I'm thankful for all the work our Parks and Recreation Department puts into this thoughtful array of activities that offers engaging programming for all ages. Let's all set a personal goal to go out into our community this fall, meet new friends, and get some exercise.

Best Wishes,

Tom Diana

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 9:00am to 4:00pm.
**ONLINE REGISTRATION AVAILABLE AT ANYTIME AFTER THE
REGISTRATION START DATE
REGISTER ON OUR NEW WEBSITE:
<http://register.capturepoint.com/Yorktown>**

REGISTRATION WILL BEGIN ON Tuesday, August 29, 2023 at 9:00 am

Registration is available online or in person at the Recreation office located at:

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

(Note: All participants must have a Community Pass account in order to register for any Recreation programs)

- 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.
- Phone registrations WILL NOT be accepted for fee-based programs.
- Checks or Money Orders are to be made payable to the: Town of Yorktown Parks and Recreation Department.
- Discover, Master Card, American Express & 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.

CANCELLATIONS:

- Information concerning weather related cancellations will be sent via email through Community Pass. Please be sure contact information on the account is accurate and current.

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.

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.

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 also minus fees.
- 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.
- If materials are included in the program fee they must be returned with your written request for a refund or their cost will be deducted from your credit/refund.
- 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 2024 Spring/Summer Brochure to be mailed in March.

SPECIAL EVENTS

HALLOWEEN WINDOW PAINTING EVENT

Get ready to paint the town orange! Our annual Halloween Window Painting program will take place this October! It's your chance to create a spooky masterpiece for all to see. Participants will be assigned a window of a local business to paint, and your artwork will stay displayed until Halloween! Help us decorate the community for Halloween!

DATES: **Wednesday, October 18, 2023**
4:00pm-5:00pm
5:15pm-6:15pm
LOCATION: Triangle Shopping Center
FEES: \$5 per Participant

GREAT GOBLIN CALL

DATES: **Wednesday, October 25, 2023**
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 26 & 27, between 9:00am and 4:00pm

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 2024 Great Goblin Call Program T-Shirts. Drawings must be submitted to the Recreation Department by Thursday, October 26, 2023.

YORKTOWN LIONS HALLOWEEN PARADE/CARNIVAL

Co-sponsored with Parks and Recreation
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.

LOCATION: Parade will begin at the Yorktown Plaza (Rexall's)
DATES: **Saturday October 21, 2023**
(Rain Date: October 28, 2023)
2:00pm

YORKTOWN GRANGE FAIR

September 8, 9 & 10

Welcome to the 2023 Yorktown Grange Fair! This year's theme, "Your Hometown Fair" celebrates the special bonds each of us enjoys with our hometown. Home is truly where the heart is, and our goal for the 99th Annual fair is to highlight the wonderful bonds of home and community. Every year the fair spotlights the talent in our hometown with beautiful floral exhibits, local produce, homemade crafts, photography and art, and more. Local farms and 4-H clubs share the joy of getting "up close and personal" with livestock from the area. The fair midway will be humming with games, rides, great food and craft beer. The stage will be rockin' all weekend with music sure to please everyone from the littlest fairgoers to their grandparents. **Check out our website (yorktowngrangefair.org) for further details and updates!**

DECORATED EGG CONTEST

Children grades Kindergarten through 5th grade can decorate a paper egg provided by the Recreation Department. This paper egg template 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.

YORKTOWN LIONS EASTER EGG HUNT

Co-sponsored with Parks and Recreation

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!

DATES: **Saturday March 23, 2023**
(Rain Date: March 30, 2023)
SESSION 1: **9:30am**
SESSION 2: **10:30am**
SESSION 3: **11:30am**
LOCATION: 202 fields at Downing Park



TOWN PARADES

HOLIDAY ELECTRIC LIGHTS PARADE AND TREE LIGHTING

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.

DATES: **Saturday, December 2, 2023**
5:30pm
(Rain Date: December 3, 2023)

PARADE ROUTE: Commerce St.



SCHOOL VACATION CAMPS

SCHOOL'S OUT CAMP

Ages 5-12

This program offers your child a day of activity which may include; basketball, soccer, kickball, running bases, gym games and swimming. Children may bring a packed lunch or purchase lunch from our café. If your child intends to swim, please remember to pack their suit. No need to pack a towel, we will provide. Children must wear sneakers to participate in any gym activity. **Instructor: Club Fit**
Early drop off is available from 8:00am for an additional \$10/day directly through Club Fit. Must sign up for each date. Registration is for **ONE DAY** out of the listed dates.

FEES: Resident: \$85 per date, Nonresident: \$102 per date
LOCATION: Club Fit
801 DATES: **Monday-Friday, 9:30am – 3:30pm**
9/25, 10/9, 11/7, 11/10, 11/24, 11/25, 12/26, 12/27,
12/28, 12/29, 1/15, 1/16, 2/19, 2/20, 2/21, 2/22, 2/23

SOLARBOT.14 (AM)

Ages 8-12

Come and take home your very own 14 in 1 educational solar robot kit! Every hour more solar energy reaches the Earth than humans use in an entire year! Learn how solar energy works and witness firsthand how this technology can harness the sun's energy source. This kit contains unique components and parts that operate on land and water. Construct 14 different solar powered robots from functional to comical designs which include a tortoise bot, bug bot, paddle bot, tumbler bot, monster bot, big wheeler bot, car bot, surfer bot, and rowing bot! **Instructor: Minds in Motion of NJ LLC**

FEES: Resident: \$200, Nonresident: \$240
LOCATION: AACCCC Room 123
802-A DATES: **Tuesday-Friday, 9:00am-12:00pm**
2/20-2/23

ELECTRICITY & MAGNETMANIA (PM)

Ages 8-12

Learn all about electronics, magnetism, and more in this fun and educational hands-on workshop! Take part in our Minds in Motion electronic lab and take home your very own circuit kit. With the aid of your instructor, simply follow the colorful pictures in your manual to build up to 100 exciting projects such as a flying saucer, alarm, and doorbell! All parts are mounted on plastic modules and snap together with ease. You will also take part and witness many cool magnetic experiments including making and taking home the World's Simplest Motor! **Instructor: Minds in Motion of NJ LLC**

FEES: Resident: \$200, Nonresident: \$240
LOCATION: AACCCC Room 123
802-B DATES: **Tuesday-Friday, 12:30pm-3:30pm**
2/20-2/23



YOUTH PROGRAMS

TAEKWONDO TOTS

Ages 2-5

This class provides an excellent opportunity to learn basics of Taekwondo, including defense, offense, punches, kicking, blocking, and stances. Taekwondo 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 learning self-defense. Parental participation is encouraged. PHILAM Self-Defense is located at 1761 Front Street, Yorktown Heights. Note: child should be dressed in sweatpants. **Instructor: Lorna Groux, Black Belt Instructor**

FEES: Resident: \$125, Nonresident: \$150
LOCATION: PHILAM Self Defense
Fall:
101-A DATES: **Thursdays, 10:00-10:50am**
9/14 - 11/2
101-B DATES: **Thursdays, 12:30-1:20pm**
9/14 - 11/2
Winter:
102-A DATES: **Thursdays, 10:00-10:50am**
1/11 – 3/7 (no class 2/22)
102-B DATES: **Thursdays, 12:30-1:20pm**
1/11 – 3/7 (no class 2/22)

TAEKWONDO FOR KIDS

Grades K-2

Taekwondo 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 Taekwondo: defense, offense, punches, kicking, blocking, stances and forms. Students will develop self-discipline, confidence and athleticism. PHILAM Self-Defense is located at 1761 Front Street, Yorktown Heights. Note: Child should be dressed in sweatpants. **Instructor: Lorna Groux, Black Belt Instructor**

FEES: Resident: \$130, Nonresident: \$156
LOCATION: PHILAM Self Defense
103-A DATES: **Mondays, 4:00-5:00pm**
9/11 – 11/13 (No class 9/25, 10/9)
103-B DATES: **Mondays, 4:00-5:00pm**
1/8 – 3/11 (No class 1/15, 2/19)

LITTLE GREEN HEARTS

Ages 18 Month - 8

Little Green Hearts is an outdoor nature-play class that parents/caregivers attend with their child(ren) ages 18 months to 8 years old. Children will explore elements of nature, experiment with sensory rich materials, and collaborate with one another while parents/caregivers connect and learn about how kids learn through play. The guided play activities are fun and support language, physical, social, and brain development. Class rhythm includes a welcome circle, guided play activity, snack and closing circle. Kate Lanfer has been leading outdoor nature play classes in the community since 2017. Email questions to lilgreenhearts@gmail.com..

Instructor: Kate Lanfer
FEES: Resident: \$250, Nonresident: \$300
LOCATION: Downing Park
104-A DATES: **Wednesdays, 10:00-11:30am**
(8 classes) 9/13 – 11/1
FEES: Resident: \$188, Nonresident: \$225.60
104-B DATES: **Wednesdays, 10:00-11:30am**
(6 classes) 1/10 – 2/14

YORKTOWN LANTERN WALK All Ages Welcome

The 2023 Yorktown Lantern Walk is hosted by Little Green Hearts. During this free event families will gather before dusk to sing songs. Light lanterns and enjoy an evening walk together. The Yorktown Lantern Walk is a celebration that inspires a connection to the rhythms of nature, community, and the light within all of us. Make or bring a lantern or camping light. Event is FREE and LED tea lights will be provided for all who register.

Instructor: Kate Lanfer, Little Green Hearts
FEES: FREE
LOCATION: Downing Park
105-A DATES: **Sunday, 4:30pm**
11/5

Continued on next page

YOUTH PROGRAMS

HOMESCHOOL GYM CLASS

Ages 4-10

Kid-friendly yoga stretch followed by physical education games and a craft. Finish with lunch sitting with your classmates then time for open play. Bring your own lunch. Bring sneakers to change into (no outdoor footwear). Parent presence is required. Organized by Stefania Cedra. Contact (914)703-5627.

To learn more visit: Muddypuddlehomeschoolers.substack.com.

Instructor: Stefania Cedra

FEES: Resident: \$125, Nonresident: \$150

LOCATION: Sparkle Lake Building

Fall:

106-A DATES: **Wednesdays, 10:30am-12:30pm**

11/15 – 12/20 (No class 11/22)

Winter:

FEES: Resident: \$160, Nonresident: \$192

107-A DATES: **Wednesdays, 10:30am-12:30pm**

1/10 – 2/14

107-B DATES: **Wednesdays, 10:30am-12:30pm**

2/28 – 4/3

6 IN 1 SPACE FLEET ROBOT

Ages 7-11

Build and take home your very own Solar Space Fleet Robot! The Solar Space Fleet Kit is an innovative solar powered science kit that can transform into six different lunar modules. Using your own mini solar panel, watch as direct sunlight brings the kit to life.

Instructor: Minds in Motion of NJ LLC

FEES: Resident: \$170, Nonresident: \$204

LOCATION: Sparkle Lake Building

108-A DATES: **Wednesdays, 4:00pm-5:00pm**

10/11 – 11/15

MONTHLY MOTHER-DAUGHTER YOGA CIRCLE

Ages 4-14 and Adult Guardian

Through yoga, mantra music, guided visualizations and art, moms and their girls explore authentic self-expression, how to manage stress and big emotions, and joyful confidence. Sharing this time together deepens trust and enhances the mother-daughter relationship. Some fitness is helpful. Beginners are welcome. Everyone needs a yoga mat. This playful class is led by Yoga Medicine instructor Stefania Cedra and her daughter Juniper. Learn more at rawmindbody.com. Standard fee is for a pair. Additional participants are \$8.00 each.

Instructor: Stefania Cedra

FEES: Resident: \$30 per pair, per date

Nonresident: \$36 per pair

\$8.00 for each additional participant.

LOCATION: Sparkle Lake Building

109-A DATES: **Sunday, 9/17, 1:30-3:00pm**

110-A DATES: **Sunday, 10/15, 1:30-3:00pm**

111-A DATES: **Sunday, 11/19 1:30-3:00pm**

112-A DATES: **Sunday, 12/17 1:30-3:00pm**

113-A DATES: **Sunday, 1/21 1:30-3:00pm**

114-A DATES: **Sunday, 2/11 1:30-3:00pm**

115-A DATES: **Sunday, 3/10 1:30-3:00pm**

YOUTH SPORTS

INTRO TO SPORTS - MONDAYS

Ages 3-5

10-week 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; lacrosse, t-ball, soccer, basketball and floor hockey. All skill levels may participate. Coach Cathy 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 HS lacrosse and field hockey. Her experience and teaching ability make her an excellent instructor for your child. **Instructor: Coach Cathy Cousin, Club Fit Instructor**

LOCATION: Club Fit

Fall A:

FEES: Resident: \$195, Nonresident: \$234

201-A DATES: **Mondays, 10:00-11:00am**

9/11 – 11/13 (no classes: 9/25, 10/9)

201-B DATES: **Mondays, 1:30-2:30pm**

9/11 – 11/13 (no classes: 9/25, 10/9)

201-C DATES: **Mondays, 4:30-5:30pm**

9/11 – 11/13 (no classes: 9/25, 10/9)

Fall B:

FEES: Resident: \$150, Nonresident: \$180

202-A DATES: **Mondays, 10:00-11:00am**

11/20 – 1/8 (no classes: 12/26, 1/1)

202-B DATES: **Mondays, 1:30-2:30pm**

11/20 – 1/8 (no classes: 12/26, 1/1)

202-C DATES: **Mondays, 4:30-5:30pm**

11/20 – 1/8 (no classes: 12/26, 1/1)

Winter:

FEES: Resident: \$195, Nonresident: \$234

203-A DATES: **Mondays, 10:00-11:00am**

1/22 – 3/18 (no class 2/19)

203-B DATES: **Mondays, 1:30-2:30pm**

1/22 – 3/18 (no class 2/19)

203-C DATES: **Mondays, 4:30-5:30pm**

1/22 – 3/18 (no class 2/19)

INTRO TO SPORTS - TUESDAYS

Ages 3-5

10-week 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; lacrosse, t-ball, soccer, basketball and floor hockey. All skill levels may participate. Coach Cathy 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 HS lacrosse and field hockey. Her experience and teaching ability make her an excellent instructor for your child. **Instructor: Coach Cathy Cousin, Club Fit Instructor**

LOCATION: Club Fit

Fall A:

FEES: Resident: \$195, Nonresident: \$234

204-A DATES: **Tuesdays, 10:00-11:00am**

9/12 – 11/7 (no classes: 10/31)

204-B DATES: **Tuesdays, 1:30-2:30pm**

9/12 – 11/7 (no classes: 10/31)

Fall B:

FEES: Resident: \$195, Nonresident: \$234

205-A DATES: **Tuesdays, 10:00-11:00am**

11/14 – 1/9 (no classes: 12/26)

205-B DATES: **Tuesdays, 1:30-2:30pm**

11/14 – 1/9 (no classes: 12/26)

Winter:

FEES: Resident: \$195, Nonresident: \$234

206-A DATES: **Tuesdays, 10:00-11:00am**

1/23 – 3/19 (no class 2/20)

206-B DATES: **Tuesdays, 1:30-2:30pm**

1/23 – 3/19 (no class 2/20)

YOUTH SPORTS

INTRO TO SPORTS - SATURDAYS

Ages 4-5

10-week 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; lacrosse, t-ball, soccer, basketball and floor hockey. All skill levels may participate.

Instructor: Coach Cathy Cousin, Club Fit Instructor

LOCATION: Club Fit

Fall A:

FEES: Resident: \$195, Nonresident: \$234

207-A DATES: Saturdays, 1:00-2:00pm
9/16 – 11/4

Fall B:

FEES: Resident: \$150, Nonresident: \$180

207-B DATES: Saturdays, 1:00-2:00pm
11/11 – 12/23 (no classes: 11/25)

Winter:

FEES: Resident: \$195, Nonresident: \$234

207-C DATES: Saturdays, 1:00-2:00pm
1/13 – 3/9 (no class 2/24)

STEP UP YOUR SPORT

Ages 5-7

One Hour Class. Next step up from our Intro to Sports class. Improving on the skills for soccer, basketball, t-ball, lacrosse and field hockey. Coach Cathy 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 HS lacrosse and field hockey. Her experience and teaching ability make her an excellent instructor for your child.

Instructor: Coach Cathy Cousin, Club Fit Instructor

FEES: Resident: \$195, Nonresident: \$234

LOCATION: Club Fit

Fall A:

208-A DATES: Tuesdays, 4:30-5:30pm
9/12 – 11/7 (No class: 10/31)

Fall B:

208-B DATES: Tuesdays, 4:30-5:30pm
11/14 – 1/9 (No class: 12/26)

Winter:

208-C DATES: Tuesdays, 4:30-5:30pm
1/23 – 3/19 (No class: 2/20)

CLUB FIT BASEBALL

Ages 7-10

Baseball skills taught through drills and simulated games. Hitting, throwing, catching, fielding and base running plus other concepts will be covered in a fun way that children will understand.

Instructor: Coach John Rotando, Club Fit Instructor

FEES: Resident: \$195, Nonresident: \$234

LOCATION: Club Fit

209-A DATES: Wednesdays, 5:30-6:30pm
11/1 – 1/3

BACKYARD SPORTS

SPECIAL NEEDS MULTI-SPORT

Ages 5-19

Our program offers special needs children, ages 5-19, a safe and appropriately competitive program to learn and enjoy team sports. The activities focus on athlete development skills while stressing proper behaviors required for optimal group participation and cooperation. 1:1 teaching ratio and professionally designed curriculum.

Instructor: Backyard Sports

FEES: Resident: \$200, Nonresident: \$240

LOCATION: Willow Park

210-A DATES: Saturdays, 11:00-11:45am
9/23 – 11/4 (No class 10/7)

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. More information to follow on the Parks & Recreation website.

BACKYARD SPORTS FALL MULTI-SPORT

Ages 4-6

Backyard Sports offers children ages 4-6 a fun, engaging, and age appropriate introduction to fall sports. This program is staffed by local teachers and coaches with 10+ years of experience working with children in the 4-6 age range and ability level. Fall sports may include soccer, t-ball, flag football, and floor hockey. **Instructor:** Backyard Sports

FEES: Resident: \$200, Nonresident: \$240

LOCATION: Willow Park

211-A DATES: Saturdays, 12:00-12:45pm
9/23 – 11/4 (No class 10/7)

PARENT & ME T-BALL

Ages 2-3

Parent & Me T-Ball is a fun and positive introduction to t-ball for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through structured activities, fun based games, and scrimmages.

Instructor: USA Sports Group

FEES: Resident: \$185, Nonresident: \$222

LOCATION: Shrub Oak Park, Grassy Knoll

212-A DATES: Sundays, 3:00-3:50pm
9/17 – 11/5

SQUIRTS T-BALL

Ages 3-4

The Squirts T-Ball program is open to both boys and girls. There's no better introduction to the sports of baseball or softball! Skills covered include hitting, throwing, catching, base running, fielding, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun fun fun!

Instructor: USA Sports Group

FEES: Resident: \$185, Nonresident: \$222

LOCATION: Shrub Oak Park, Grassy Knoll

213-A DATES: Sundays, 4:00-4:50pm
9/17 – 11/5

SENIOR SQUIRTS T-BALL

Ages 5-6

This T-Ball program 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. Note: participants are required to provide their own glove for this program.

Instructor: USA Sports Group

FEES: Resident: \$185, Nonresident: \$222

LOCATION: Shrub Oak Park, Grassy Knoll

214-A DATES: Sundays, 5:00-5:50pm
9/17 – 11/5

SKYHAWKS SOCCER TOTS

Ages 2

SoccerTots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Younger groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! Note: Parent participation required. **Instructor:** Skyhawks

FEES: Resident: \$159, Nonresident: \$190.80

LOCATION: TBD

215-A DATES: Saturday, 9:00-9:50 am
9/16 – 10/21

Continued on next page

YOUTH SPORTS

SKYHAWKS SOCCER TOTS

Ages 3

SoccerTots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Younger groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! **Instructor: Skyhawks**

FEES: Resident: \$159, Nonresident: \$190.80
LOCATION: TBD
216-A DATES: **Saturday, 10:00-10:50 am**
 9/16 – 10/21

SKYHAWKS SOCCER TOTS

Ages 4

SoccerTots is our flagship program! These soccer-themed motor skill classes are very easy for youngsters to get into. Younger groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus and introduce an element of light competition. Instructor-to-student ratio is kept small to maximize individual development, and above all else we promote fun, fun, fun! **Instructor: Skyhawks**

FEES: Resident: \$159, Nonresident: \$190.80
LOCATION: TBD
217-A DATES: **Saturday, 11:00-11:50 am**
 9/16 – 10/21

SKYHAWKS SOCCER

Ages 5-7

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills. **Instructor: Skyhawks**

FEES: Resident: \$159, Nonresident: \$190.80
LOCATION: TBD
218-A DATES: **Saturday, 12:00-12:50 pm**
 9/16 – 10/21

SKYHAWKS SOCCER

Ages 8-10

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills. **Instructor: Skyhawks**

FEES: Resident: \$159, Nonresident: \$190.80
LOCATION: TBD
219-A DATES: **Saturday, 1:00-2:00 pm**
 9/16 – 10/21

SKYHAWKS FLAG FOOTBALL

Ages 6-8, 9-12

Give your child perfect introduction to America's favorite game with Skyhawks Flag Football Fueled by USA Football. Campers learn fundamentals like passing, receiving, kicking and flag pulling in a fun, positive environment. Parents, please note that this is a drop-off program. **Instructor: Skyhawks**

FEES: Resident: \$159, Nonresident: \$190.80
LOCATION: TBD

Ages 6-8:
220-A DATES: **Mondays, 4:00-5:00 pm**
 9/18 – 10/30 (No class 10/9)

Ages 9-12:
220-B DATES: **Mondays, 5:00-6:00 pm**
 9/18 – 10/30 (No class 10/9)

SKYHAWKS BASEBALL

Ages 5-7, 8-10

Kids will learn the fundamentals of baseball. **Instructor: Skyhawks**

FEES: Resident: \$159, Nonresident: \$190.80
LOCATION: TBD

Ages 5-7:
221-A DATES: **Wednesdays, 4:00-5:00 pm**
 9/13 – 10/18

Ages 8-10:
221-B DATES: **Wednesdays, 5:00-6:00 pm**
 9/13 – 10/18

SKYHAWKS VOLLEYBALL

Ages 7-10, 11-14

Kids learn the fundamentals of volleyball. **Instructor: Skyhawks**

FEES: Resident: \$159, Nonresident: \$190.80
LOCATION: TBD

Ages 7-10:
222-A DATES: **Tuesdays, 4:00-5:00pm**
 9/12 – 10/17

Ages 11-14:
222-B DATES: **Tuesdays, 5:00-6:00pm**
 9/12 – 10/17

GIRL'S FLAG FOOTBALL

Grades 3-5, 6-7

Join Brewster Varsity Flag Football Coaches Mike Castaldo and Matt Cunningham as they introduce and teach the skills and fundamentals of flag football, while building confidence and having fun. 13 classes total..

Instructor: East Coast Sports & Fitness

FEES: Resident: \$300, Nonresident: \$360.00
LOCATION: East Coast Sports & Fitness

Grades 3-5:
223-A DATES: **Thursdays, 4:00-5:00 pm &**
Sundays, 9:00-10:00am
 10/12 – 11/26 (No Class 11/23)

Grades 6-7:
224-A DATES: **Thursdays, 5:00-6:00 pm &**
Sundays, 10:00-11:00am
 10/12 – 11/26 (No Class 11/23)



ADULT PROGRAMS

TORTOISE TAEKWONDO

Ages 18+

Looking for a gentle way to improve balance and flexibility with fun, graceful, low-impact movements? This class brings an awareness of mind/body connection to the basics of ancient martial arts. Condition and strengthen the core, elevate the heart rate and promote healthy joints. Emphasis is on good posture and form, beginning each movement at the center of our energy (chi) and awareness of breathing. Class will be held at PHILAM Self-Defense located at 1761 Front Street in Yorktown Heights. **Instructor: Lorna Groux, Black Belt Instructor**

FEES: Resident: \$150, Nonresident: \$180

LOCATION: PHILAM Self-Defense

Fall:

301-A DATES: Wednesdays, 9:30-10:30am
9/13 – 11/1

Winter:

301-B DATES: Wednesdays, 9:30-10:30am
1/10 – 3/6 (No class 2/21)

PILATES

Ages 18+

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! **Instructor: Jennifer Longobardi**

FEES: Resident: \$120, Nonresident: \$144

LOCATION: AACCCC Room 104

Fall:

302-A DATES: Tuesdays, 6:00-7:00pm
9/12 – 11/14

Winter:

302-B DATES: Tuesdays, 6:00-7:00pm
1/9 – 3/26 (No class 1/16, 2/20)

NEW YOGA PAUSE AND PAINT

Ages 16+

A gentle exploration into Yoga and the creative senses. The class will begin with an introductory and intermediate instruction of the science of yoga. We will explore the foundations of yoga, with the use of meditation, breath and postures, taking a pause to reflect and connect with one's self. Each class will include an exploration to the creative side with sketches that will bring us to create a painted yoga mat, inspired by your practice. Upon conclusion the participant will leave with their very own created yoga mat. Yoga mats available and can be purchased from the instructor for an additional \$25.00! **Instructor: Melissa Feinberg**

FEES: Resident: \$180, Nonresident: \$216

LOCATION: Sparkle Lake Building

303-A DATES: Wednesdays, 5:30-6:30pm
9/13 – 11/15

NEW "I LOVE ART" WITH STUDIO TIME

Ages 18+

Bring your favorite art materials: Acrylics, Watercolors, Colored Pencils, Pens, Ink, canvases and come create! I will bring lots of materials for inspiration, jazz music and different mediums to try and explore. Let's be creative together! Visit www.Judika.com for more!

Instructor: Judika Lieberman

FEES: Resident: \$110, Nonresident: \$132

LOCATION: Sparkle Lake Building

304-A DATES: Fridays, 11:00am-12:30pm
9/8 – 10/13

KUNG FU: CHINESE KENPO KARATE SELF DEFENSE FOR BEGINNERS

Ages 12+

This class is open to all beginners, as well as those who have had experience in any martial art. Tired of paying high prices for Martial Arts and signing contracts? Come and join our Yorktown Program Class and get into shape, plus learn how to defend yourself by learning the ancient secrets of Shaolin. This program will teach basic self-defense stances, blocks, hand weapons and techniques. Simple to intermediate Katas (forms) will be taught, as well as progressive self-defense material. You will also stretch, tone and condition your body and be provided with a challenging workout. Note: This class has NO sparring. Sifu Nat Costanzo has intensively trained for over 35 years in the five systems of Chinese Kung Fu (Shaolin Chuan, Tai Chi, Pau Kua Chang, Hsing-I Chuan and Shuai Chiao). Nat has been featured in Inside Kung-Fu, Blackbelt, Tai Chi Chi-Kung and most recently, Living and Being magazines.

Instructor: Sifu Nat Costanzo, 8th Teng

FEES: Resident: \$60, Nonresident: \$72

LOCATION: Sparkle Lake Building

305-A DATES: Wednesdays, 6:30 – 7:30pm
11/1 to 11/29 (No class 11/22)

CHANG TAI CHI AND CHI KUNG FOR EVERYONE

Ages 12+

This class is open to all beginners as well as those who have had experience. Perfected over 2000 years ago, Tai Chi is a low impact workout designed to increase your mental and physical energy. Tai Chi is the most popular Chinese exercise in the world and is practiced daily by millions of people both young and old. The short form will be taught, as well as Chi Kung exercises and stretching to improve one's flexibility, balance and coordination. Chang Style Tai Chi will help you achieve total harmony of body, mind and spirit. The slow rhythmic movements of Tai Chi will tone muscles, improve overall fitness, improve your balance and heighten your senses. **Instructor: Sifu Nat Costanzo, 8th Teng**

FEES: Resident: \$60, Nonresident: \$72

LOCATION: Sparkle Lake Building

306-A DATES: Wednesdays, 7:30 – 8:30pm
11/1 to 11/29 (No class 11/22)

TAKE A WALK OR HIKE IN YORKTOWN

Ages 12+

Discover where to walk or hike on the more than 60 miles of trails in Yorktown, or which over 40 miles are owned by the Town. Jane and Walt Daniels are the authors of Walkable Westchester, a comprehensive guide to over 600 miles of trails in Westchester County. They are also responsible for managing the volunteers who maintain the trails and do trail repairs.

Instructor: Jane and Walt Daniels

FEES: Resident: No Fee, Nonresident: No Fee

LOCATION: Sparkle Lake Building

307-A DATES: Wednesday, September 20th
7:30-8:30pm

YOGA FOR BONE HEALTH

Ages 18+

Do you want to take charge of your Bone Health? Did you know that Yoga can help build bone mass and combat osteoporosis and osteopenia? I will teach you a proven yoga sequence to reverse Osteoporosis and Osteopenia, and secure bone health whether you have either of these conditions or not. The twelve poses are each taught in three versions: Beginner, Intermediate and Classic. No prior yoga experience is necessary.

Instructor: Lisa Thomas

FEES: Resident: \$132, Nonresident: \$158.40

LOCATION: TBD

308-A DATES: Mondays, 9:30-10:30am
9/11 – 11/6 (No class 10/9)

ADULT PROGRAMS

PAINTING IN OIL OR ACRYLICS

Ages 14+

This program is for all levels, beginners to advanced. We will cover values, composition, and color using still life, photographic material, and plein air. A complete supply list is available at the Recreation Office. No materials supplied, bring your own paints, canvas and paper towels!

Instructor: Terry Fokine

FEES: Resident: \$140, Nonresident: \$168

LOCATION: Sparkle Lake Building

Fall:

309-A DATES: Saturdays, 9:00am-12:00pm
9/16 – 11/18

Winter:

309-B DATES: Saturdays, 9:00am-12:00pm
1/13 – 3/16

COUNTRY LINE DANCE

Ages 18+

Line dancing is so much fun and excellent exercise. Join Erin and learn some line dances to country, latin, and pop hits! You don't ever need a partner to dance and have a blast. Make some new friends. Erin will let you know where you can go and dance all week long.

Instructor: Erin McMahon

FEES: Resident: \$142, Nonresident: \$170.40

LOCATION: AACCCC Gym

Fall:

310-A DATES: Tuesdays, 6:15-7:15 pm
9/12 – 10/31

Winter:

310-B DATES: Tuesdays, 6:15-7:15 pm
1/9 – 2/27

BALLROOM DANCE

Ages 18+

Learn to dance with your special someone or come meet new friends. Bring fun, romance and music back into your life! Dance at parties and weddings instead of sitting on the sidelines. Learn swing, cha cha, waltz and hustle. Each individual in a couple must register.

Instructor: Cameron Kelly

FEES: Resident: \$142, Nonresident: \$170.40

LOCATION: AACCCC Gym

Fall:

311-A DATES: Tuesdays, 7:30-8:30 pm
9/19 – 11/14 (No class 11/7)

Winter:

311-B DATES: Tuesdays, 7:30-8:30 pm
1/9 – 2/27

ZUMBA DANCE WORKOUT

Ages 18+

Slim down, tone up, have fun and get your energy going again with Zumba. Suzi leads you through simple, energetic routines to the best music that will get you up dancing, sweating and having a blast!

Instructor: Suzi Tipa

FEES: Resident: \$142, Nonresident: \$170.40

LOCATION: AACCCC Gym

Fall:

312-A DATES: Thursdays, 5:00-6:00pm
9/21 – 11/9

Winter:

312-B DATES: Thursdays, 5:00-6:00pm
1/11 – 2/29

HATHA YOGA

Ages 18+

Tone up, improve your balance, and strengthen your core as you reduce stress and become both relaxed and energized. Join Chris, a very experienced yoga instructor, who will lead you through "slow flow" asanas and coordinated breathing as she encourages you to become your best self! Create body/mind alignment in this supportive and effective practice.

Instructor: Chris Tangerman

FEES: Resident: \$142, Nonresident: \$170.40

LOCATION: AACCCC Room 121

Fall:

313-A DATES: Thursdays, 6:00 - 7:00pm
9/21 – 11/9

Winter:

313-B DATES: Thursdays, 6:00 - 7:00pm
1/11 – 2/29

CO-ED VOLLEYBALL

Ages 18+

Fun adult volleyball pick-up games. Games are meant to be fun in a relaxed environment. Come to the gym, form teams and play volleyball! Volleyball is cancelled when school is closed due to snow.

Coordinator: Christine Heitman

FEES: Resident: \$160, Nonresident: \$192

LOCATION: MESMS Gym

314-A DATES: Tuesdays, 8:00 - 10:00pm
11/21 – 4/30 (No class 12/26, 1/2, 2/20, 4/2)

HIKE TO GRANITE KNOLLS GIANT BOULDER

A hike starting from the parking lot at Woodlands/Legacy Field off Strang Boulevard across the Taconic pedestrian bridge thru Granite Knolls to a large glacial erratic boulder that was partially quarried. Walk by evidence of early quarrying. Wear weather appropriate clothing, sturdy footwear, bring insect repellent and water. Open to all ages who can walk on rough surfaces for about 2 hours total. Rain or shine. **Led by John E. Schroeder**

FEES: Resident: No Fee, Nonresident: No Fee

LOCATION: Parking lot at Woodlands/Legacy Field

317-A DATES: Sunday, October 15th
1:00 pm start time

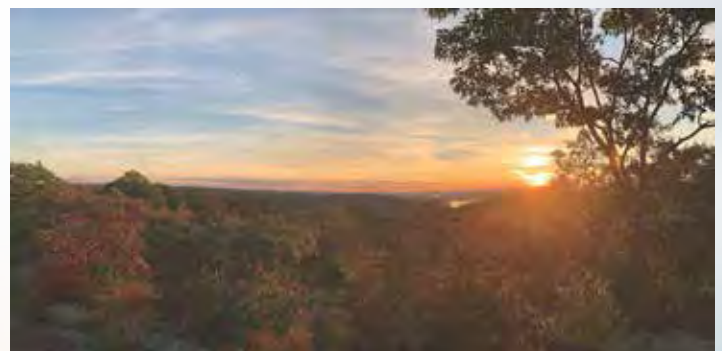
HIKE THE HUNTERBROOK PRESERVE

Hike this hidden gem in Yorktown! A family friendly 2.59 mile hike that includes a few moderate inclines after crossing the bridge that traverses the stream. Not suitable for children under age 5. Wear study shoes and bring water. Assemble in the parking area on the right side of Fox Tail Lane that's off Hunterbrook Road. **Led by Alexandria Berrios**

FEES: Resident: No Fee, Nonresident: No Fee

LOCATION: Parking area on Fox Tail Lane

318-A DATES: Sunday, September 17th
11:00 am start



FIT 4 MOM PROGRAMMING

Instructor: Dana Pavella, Instructor

STROLLER STRIDES

Stroller strides is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60 minute workout is comprised of strength training, cardio, and core restoration, all while entertaining little ones with songs, activities, and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is about self-care in a supportive and encouraging environment.

Please refer to www.yorktown.fit4mom.com or call 914-302-9994.

DATES: Mon, Wed, Fri, 9:30 am

RUN CLUB

Take your running to the next level with our 8 week guided training program. Whether you're training for a specific running goal such as a 5k, 10k or half marathon or simply want the support and structure of a run-training program, we provide at-home and in-person opportunities to train, learn and improve. Included in the 8 weeks are tips for getting started, detailed training plans for a variety of distances or general running, as well as nutrition tips for fueling during training. Each week, you'll receive e-mail support, accountability and progress check-ins from your Run Club Coach. Please refer to www.yorktown.fit4mom.com.

DATES: Tuesdays, 7:30pm

BODY BOOST

A high intensity interval training (HIIT) workout designed to challenge, empower and energize you. Combining cardio, strength training, core work, and meditation. This 60-minute class is just for you and will leave you feeling refreshed and recharged for motherhood and all that comes with it. Please refer to www.yorktown.fit4mom.com.

DATES: Thursdays, 7:30pm

DATES: Saturdays, 7:30am

ADULT SPORTS INFORMATION

MEN'S ADULT SOCCER

Yorktown Parks and Recreation has been offering Men's soccer leagues for the last decade. Sessions will be held various weeknights at Legacy Field from 8:30 to 10:00pm. These leagues are meant to provide exercise, competition and a family like feeling amongst all the participants. Leagues will be created based on the competitiveness and quality of each team. There will be separate levels of competition on different weeknights.

The leagues are run and organized by KIIDS INC. For more information call 914-962-8865 and ask for Rick Romanski or Brandon Paulicelli @ 914-450-3719. Visit the website: www.kiidssports.com.

YORKTOWN WEEKNIGHT SOFTBALL LEAGUES

Open Competitive, Men's Modified and Coed Weeknight Fall League offers a 6-game regular season of softball followed by Playoffs with games played at Downing Park.

Season starts September 11, 2023.

Register: www.ysaleagues.com

Contact: info@ysaleagues.com

YORKTOWN FLAG FOOTBALL LEAGUE

Northern Westchester's premier flag football league consists of three divisions of 6 v. 6. League starts September 10th and runs through November (End date depends on number of teams). Games are held on Sundays from 8:00am to 11:30am at the Granite Knolls Facility. League information and registration forms will be posted on our website: www.yorktownny.org/parksandrecreation.

League registration deadline: September 1st, 2023.

Note: League will not play Columbus Day weekend or Thanksgiving weekend. (10/8 and 11/19) .

SENIOR PROGRAMS

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

SENIOR PAINTING

Ages 60+

Come paint with me in acrylics and oils. Two Hour session (A): Classes include a variety of lessons to improve technique and skill. One hour Session (B): Open studio time, with guided instruction as needed. Students must bring their own brushes and canvases. Reference photos and sketch book are recommended. This session will include painting a still life. **Instructor: Kathleen Pasquale**

LOCATION: Sparkle Lake Building

Fall:

FEES: Resident: \$50, Nonresident: \$60

401-A DATES: **Mondays, 9:30-11:30am**

9/11 – 11/20 (No class 10/9)

FEES: Resident: \$10, Nonresident: \$30

401-B DATES: **Mondays, 10:30-11:30am**

9/11 – 11/20 (No class 10/9)

Winter:

FEES: Resident: \$50, Nonresident: \$60

402-A DATES: **Mondays, 9:30-11:30am**

1/8 – 3/25 (No class 1/15, 2/19)

FEES: Resident: \$10, Nonresident: \$30

402-B DATES: **Mondays, 10:30-11:30am**

1/8 – 3/25 (No class 1/15, 2/19)

SENIOR LINE DANCING

Ages 60+

Come and join Betty Boot in some fun County-Western Line dancing steps. **Instructor: Betty Boot**

FEES: Resident: No Fee, Nonresident: \$30

LOCATION: AACCCC Gym

404-A DATES: **1st and 3rd Wednesdays, 12:00-1:00pm**

9/6 – 3/20

FALL PREVENTION

Ages 60+

This class involves balance and bone strengthening exercises. Information is provided on nutrition and lifestyle habits to benefit bone health and density. **Instructor: Naomi Cohen, PT**

FEES: Resident: No Fee, Nonresident: \$30

LOCATION: Sparkle Lake Building

Fall:

405-A DATES: **Thursdays, 2:30- 3:30pm**

9/14 – 11/2

405-B DATES: **Fridays, 1:00- 2:00pm**

9/15 – 11/3

Winter:

406-A DATES: **Thursdays, 2:30- 3:30pm**

1/11 – 2/29

406-B DATES: **Fridays, 1:00- 2:00pm**

1/12 – 3/1

SENIOR DANCE & EXERCISE

Ages 60+

Line dancing with some fitness exercise. **Instructor: Cameron Kelly**

FEES: Resident: No Fee, Nonresident: \$30

LOCATION: AACCCC Gym

407-A DATES: **Fridays, 10:45-11:45am**

9/15 – 11/3

407-B DATES: **Fridays, 10:45-11:45am**

1/12 – 3/1

MAH JONGG

Ages 60+

If you can play 500 Rummy you can play Mah Jongg. Cards will be provided. **Instructor: Betty Amico**

FEES: Resident: No Fee, Nonresident: \$30

LOCATION: AACCCC Gym Room 26

408-A DATES: **Wednesdays, 10:00am – 12:00pm**

10/4 – 12/20 (No class 11/22)

408-B DATES: **Wednesdays, 10:00am – 12:00pm**

1/3 – 3/27

KNITTING CLUB

Ages 60+

Free for resident Seniors ages 60 and over. Join us each Thursday from 10am to 12pm in the AACCCC Room 16. Bring your supplies and current project and enjoy a morning of knitting.

FEES: Resident: No Fee, Nonresident: \$30

LOCATION: AACCCC Room 16

409-A DATES: **Thursdays, 10:00am – 12:00pm**

9/7 – 3/28

YORKTOWN SENIOR ADVISORY COMMITTEE

The Town of Yorktown Senior Advisory Committee is a non-political committee, appointed by the Town Board, representing the senior citizens of Yorktown. Meetings for the Yorktown Senior Advisory Committee are held the third Friday of the month at 1:00pm at the Yorktown Town Hall, 363 Underhill Avenue, Yorktown Heights.

SENIOR NEWSLETTER

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



Fun for Seniors

YORKTOWN SENIOR CENTER

Noreen O'Driscoll, Director • 914-962-7447 • 9:00am-2:00pm

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 \$3.00. Please contact the Senior Center for more information or to make a reservation. Monthly Menu can be found online at www.yorktownny.org/senior.

TRANSPORTATION

Yorktown Senior Center provides transportation for seniors:
-Weekdays to and from the Senior Nutrition Program
-On Tuesdays to local supermarkets
There is a suggested contribution for these services. Call the Senior Center for more information and to make a reservation.

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

PROGRAMS

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

Card Games & Bingo – Monday - Friday from 10:00am to 12noon
Sugar Screenings Exercise Classes
Blood Pressure Reading Monthly Speakers
Shopping

Programs are funded through the Department of Health & Human Services, N.Y. State Office of Aging, Westchester County Department of Senior Programs & Services, and The Town of Yorktown.

SENIOR CITIZEN CLUBS

For questions regarding Nutrition Program: Noreen O'Driscoll, Director 914-962-7447

For questions regarding Senior clubs: James Martorano Jr, Superintendent of Parks & Recreation 914-245-4650

YORKTOWN CHAPTER I

Currently recruiting new members. Join today by calling the club president or by attending the next meeting.

President: Janet Novak, 914-245-7318

LOCATION: Albert A. Capellini Community & Cultural Center, Room 16

DATES: Tuesdays, 10:00 am – 2:00 pm

SHRUB OAK SENIORS

President: Bea Perkins, 914-302-2708

LOCATION: Albert A. Capellini Community & Cultural Center, Room 16

DATES: Mondays, 10:00 am – 1:00 pm

JEFFERSON OWNERS FOUNDATION TRAVEL CLUB

President: Jim Higgins, 914-302-2836

AARP – THE AMERICAN ASSOCIATION OF RETIRED PERSONS

President: Julie Nielsen, 914-522-0702

LOCATION: Albert A. Capellini Community & Cultural Center, Nutrition Room

DATES: 2nd Wednesday, 2:00 pm

ST. PATRICK'S SENIORS

President: Carol Manse, 914-245-2953

LOCATION: Parish Center

DATES: 3rd Tuesday, 10:00 am

ST. PATRICK'S WIDOWS & WIDOWERS CLUB

President: Ada Ereno, 914-214-8060 or Joan Evers, 845-628-4279

LOCATION: Parish Center

DATES: 1st Tuesday of the month, 1:00 pm

GOLF, TENNIS & PICKLEBALL

ADULT GOLF CLINIC

Ages 18+

Introduction to golf for beginner/intermediate players. Topics include the proper fundamentals of the long game and the short game. Golf equipment will be provided if needed.

Instructor: Joseph Raitano PGA, Mohansic Golf Course Driving Range

FEES: Resident: \$175, Nonresident: \$210

LOCATION: Mohansic Golf Course

501-A DATES: Tuesday, 5:30 – 6:30 pm
9/12 to 10/10

501-B DATES: Wednesdays, 5:30 – 6:30 pm
9/13 to 10/18 (no class 9/27)

501-C DATES: Thursdays, 5:30 – 6:30 pm
9/14 to 10/12

LOLLIPOP TENNIS

Ages 4-6

Students will develop basic essential skills – handling and swinging racquet, throwing, rolling and catching. Students will focus on basic movements: running, jumping, and balance. The main goal is to develop body control and have fun! Note: Students should bring their own racquets and balls – loaners also available. Rain make up classes will be held Fridays.

Instructor: Shrub Oak Tennis Inc.

FEES: Resident: \$240, Nonresident: \$288

LOCATION: Shrub Oak Park Courts

502-A DATES: Monday, 4:30 – 5:30 pm
9/11 to 11/6 (no class 10/9)

502-B DATES: Tuesday, 4:30 – 5:30 pm
9/12 – 10/31

502-C DATES: Thursday, 4:30 – 5:30 pm
9/14 – 11/2

PEEWEE TENNIS

Ages 7-10

Basic stroke shape will be introduced along with proper movement and recovery. Students will focus on receiving and sending the ball. Players work together in cooperative activities. Students will be introduced to competitive situations and learn match format and scoring. Note: Students should bring their own racquets and balls – loaners also available. Rain make up classes will be held Fridays.

Instructor: Shrub Oak Tennis Inc.

FEES: Resident: \$240, Nonresident: \$288

LOCATION: Shrub Oak Park Courts

503-A DATES: Monday, 5:30 – 6:30 pm
9/11 – 11/6 (No class 10/9)

503-B DATES: Tuesday, 5:30 – 6:30 pm
9/12 – 10/31

503-C DATES: Thursday, 5:30 – 6:30 pm
9/14 – 11/2

JR BEGINNER/INTERMEDIATE TENNIS

Ages 11-17

Students will learn basic form and stroke mechanics. The main goal is to establish form and timing of all major shots. Basic footwork will be emphasized as well. Note: Students should bring their own racquets and balls – loaners also available. Rain make up classes will be held Fridays.

Instructor: Shrub Oak Tennis Inc.

FEES: Resident: \$240, Nonresident: \$288

LOCATION: Shrub Oak Park Courts

504-A DATES: Monday, 6:30 – 7:30 pm
9/11 – 11/6 (No class 10/9)

504-B DATES: Tuesday, 6:30 – 7:30 pm
9/12 – 10/31

504-C DATES: Thursday, 6:30 – 7:30 pm
9/14 – 11/2

ADULTS BEGINNER/INTERMEDIATE TENNIS

Ages 18+

Students will work on generating spins and control power. Singles and doubles strategies will be covered. Students will be expected to play out points. Note: Students should bring their own racquets and balls – loaners also available. **Instructor:** Shrub Oak Tennis Inc.

FEES: Resident: \$240, Nonresident: \$288

LOCATION: Shrub Oak Park Courts

505-A DATES: Monday, 7:30 – 8:30 pm
9/11 – 11/6 (No class 10/9)

505-B DATES: Tuesday, 7:30 – 8:30 pm
9/12 – 10/31

505-C DATES: Thursday, 7:30 – 8:30 pm
9/14 – 11/2

MORNING ADULT TENNIS CLINICS

Ages 18+

Students will work on generating spins and control power. Singles and doubles strategies will be covered. Students will be expected to play out points. Note: Students should bring their own racquets and balls – loaners also available. **Instructor:** Shrub Oak Tennis Inc.

FEES: Resident: \$180, Nonresident: \$216

LOCATION: Shrub Oak Park Courts

Beginners:

508-A DATES: Tuesdays, 9:00-10:00 am
9/19 – 10/24

508-B DATES: Thursdays, 9:00-10:00 am
9/21 – 10/26

Low Intermediate:

509-A DATES: Tuesdays, 10:00-11:00 am
9/19 – 10/24

509-B DATES: Thursdays, 10:00-11:00 am
9/21 – 10/26

Intermediate:

510-A DATES: Tuesdays, 11:00am-12:00pm
9/19 – 10/24

510-B DATES: Thursdays, 11:00am-12:00pm
9/21 – 10/26

TENNIS/PICKLEBALL PASS

Tennis Courts available at Shrub Oak Park and Downing Park. Pickleball Courts available at Granite Knolls Park and Blackberry Woods Park. All levels welcome. Season runs from April through November.

FEES: Resident: \$40, Nonresident: \$125

PICKLEBALL ADVANCED BEGINNER CLINIC

Ages 18+

Pickleball instruction for beginners around the 2.5-3.0 level. Students will learn: basic pendulum swing on the forehand and backhand; proper side step movement while staying balanced at NVZ (non volley zone) line; how to punch volley, how to perform an overhead with proper sideways turn; to control forehand and backhand groundstrokes; and how to perform 3rd shot drop by long dinking. **Instructor:** Jerome Cabuhat, Certified Pickleball Instructor

FEES: Resident: \$200, Nonresident: \$240

LOCATION: Granite Knolls Courts 4-6

506-A DATES: Wednesdays, 2:00-3:00pm
9/6 – 10/11

506-B DATES: Wednesdays, 3:00-4:00pm
9/6 – 10/11

PICKLEBALL INTERMEDIATE CLINIC - SEMI PRIVATE

Ages 18+

Participants will go through intermediate drills and guided play. Must be level 3.0-4.0.

Instructor: Jerome Cabuhat, Certified Pickleball Instructor

FEES: Resident: \$240, Nonresident: \$288

LOCATION: Granite Knolls Courts 4-6

507-A DATES: Wednesdays, 4:00- 5:00pm
9/6 – 10/11

AQUATIC PROGRAMS

COMPETITIVE SWIM CLINIC

Ages 8-16

Ages 8-16, under 8 must be evaluated by coach at first session. This program will be run as a competitive swim team practice focusing on preparing youngsters for competition. Younger swimmers will be taught the 4 competitive strokes (butterfly, backstroke, breaststroke, freestyle) as well as receiving an introduction to starts and turns. Seasoned swimmers will be geared towards strength, conditioning and speed training.

This is not a beginner's swim lesson program. Instructor: Beth Kear

FEES: Resident: \$160, Nonresident: \$192

LOCATION: LCBMS Pool

701-A DATES: Saturdays, 8:00-9:30am

9/23 – 12/2 (No class 10/7, 11/11, 11/25)

701-B DATES: Saturdays, 8:00-9:30am

1/6 – 3/2 (No class 2/24)

701-C DATES: Saturdays, 8:00-9:30am

3/16 – 5/11 (No class 3/30)



YORKTOWN SWIM & DIVE TEAM

Brian J. Slavin Facility

Participate in a 5-6 week program beginning June 2024. 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.

Yorktown residency is **REQUIRED**.

Registration Information will be made available on the Yorktown Parks and Recreation website under the Swim & Dive Team information tab. For additional questions regarding the team please call Brian Fagan at (914) 438-1315.



Annual Events

- **Spring**
 - Pickleball Tournament
 - Ryan West Scholarship/Ultimate Disc Hat Tournament
- **Summer**
 - Hole-in-One/Pitch and Putt
- **Fall**
 - Art and Antique Show
- **Winter**
 - Polar Bear Plunge

The Friends of Yorktown Parks is an independent, citizen led, nonprofit organization which works with the town to help enhance Yorktown's Park & Recreation

If you would like to purchase our gear to show your support:

Hats - \$20

Hoodies - \$40



Contact: [Bob Giordano 914-874-4347 rgiord19@optonline.net](mailto:rgiord19@optonline.net)

Donate: Venmo @FYPR-1 (confirmation 8843)

Join us to for dates and additional information <https://www.facebook.com/FriendsofYorktownParksandRec>

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 Albert A Capellini 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 books and maps that guide public use on trails. In Yorktown, their corps of volunteers maintain trails in Granite Knolls Park, Mohansic Trailway, Rock Hill Park, Sylvan Glen Park Preserve, Turkey Mountain Nature Preserve, Woodlands Legacy Field Park and Yorktown Trailway under a legal agreement with the Town. Westchester Mountain Biking Association (WMBA) volunteers in conjunction with the Trail Conference maintain some trails in Granite Knolls Park and the Yorktown Trailway. WMBA promotes the recreational use of mountain bikes on trails in a safe and environmentally sound manner. For more information about the Trail Conference and WMBA see nynjtc.org and WMBA.org.

YORKTOWN TRAIL TOWN COMMITTEE

The Yorktown Trail Town Committee is a 501c3 volunteer based organization that promotes the recreational, health, social, and economic benefits of Yorktown's extensive trail network. The Committee carries out trail related projects and sponsors events, including guided walks, hikes and cycle rides. For more information, see www.yorktowntrailtown.org, or visit us on social media at www.facebook.com/yorktowntrailtown or www.instagram.com/yttny.

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, Inc. (ASK) is a 501c3 non-profit organization in Yorktown that collaborates with all sectors of the community to provide youth and families with the information and skills needed to support a healthy lifestyle by sharing resources that promote: Youth Mental Health, Prevention of Substance Abuse and Opportunities for Thoughtful Service. For more information and to find out how to get involved, visit our website www.allianceforsafekids.org.



YORKTOWN YOUTH SOCCER CLUB

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

SHRUB OAK ATHLETIC CLUB

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

YORKTOWN ATHLETIC CLUB

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

THE ENRICHMENT CENTER of YORKTOWN

The Enrichment Center is a non-profit before and after school program for students living in the Yorktown School District. A variety of activities are provided in a safe, nurturing environment, where each child's emotional, social and physical development is encouraged. The programs are located at the Elks Lodge (Grades K-8). To learn more about our programs visit our website: www.yorktown.org under Community Links or call 302-7977.

ONLINE REGISTRATION PROCESS

- Go to www.yorktownny.org/parksandrecreation
- On the left side of the page, click on **ONLINE REGISTRATION**
- This will bring you to Community Pass
- If an existing user, login to the right
- If a new user, create an account by clicking Create an Account on the left
- Note: All family members in household should be added to the account. To add a family member:
- Click **VIEW ACCOUNT**
- Click **ADD CHILD** or **ADD ADULT** under Individual Information
- Be sure to add correct birth date – some programs are restricted by age
- Once logged in and all family members added, click the gold **CLICK HERE TO REGISTER** button

From here you will be able to scroll through our virtual catalog of programs and events available through Yorktown Parks and Recreation

- Select your desired program by clicking on the name
- Click **ADD TO CART** on the right
- Select family member(s) to be registered for the program
- When ready to checkout, click **CHECKOUT** in the upper right hand corner
- Checkout will prompt payment with credit card. Registration is not complete until payment is processed. For other payment methods see below:

Cash and check payments may be accepted at the Parks and Recreation office.

No internet? No problem! Just stop by Yorktown Parks and Recreation office to register.

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

For any questions regarding online registration, call Yorktown Parks and Recreation at (914) 245-4650

YORKTOWN PARKS AND AMENITIES

	Playground	Tennis	Pickleball	Baseball	Softball	Soccer/Lacrosse	Basketball	Multipurpose Turf Fields	Fishing	Picnic Area	Pavilion/Gazebo	Public Restrooms	Nature Trails/Wildlife	Exercise Area	Pool Facility	Beachfront	Dog Park	Walk/Run Track	Skate Park	Roller Hockey Rink	Community Garden
<i>Blackberry Woods, Marcy Lane & Cranberry Lane</i>	•	•	•																		
<i>Chelsea Park, Gomer Street</i>					•																
<i>Deer Hollow Park, Deer Street</i>	•																				
<i>Downing Park, Route 202</i>	•	•		•	•					•	•	•	•	•							
<i>Fox Den, Field Street & Jacob Road</i>	•						•														
<i>Granite Knolls Sports Complex, Stony Street</i>	•		•	•			•	•		•	•	•	•					•			
<i>Hanover East, Wellington Street</i>	•										•										
<i>Harrison Apar Field of Dreams, Benjamin Bld</i>				•																	
<i>Hunterbrook Field, Hunterbrook Road</i>				•		•															
<i>Ivy Knolls Parks, Ivy Road & Spring St.</i>	•																				
<i>Junior Lake Park & Pool, Edgewater St.</i>	•								•				•		•						
<i>Kensington Woods, Emma Lane</i>	•						•														
<i>London Woods Field, London Road</i>				•																	
<i>Patriot Skate Park & Garden, Underhill Ave</i>													•						•		
<i>Railroad Park, Underhill Ave & Kear St</i>	•						•			•			•								
<i>Shrub Oak Park & Brian J. Slavin Aquatic Facility, Sunnyside St.</i>	•	•		•			•								•					•	
<i>Sparkle Lake Park & Beach, Granite Springs Rd</i>	•						•		•	•						•					
<i>Sylvan Glen Paw Park & Park Preserve, Morris Ln & Grant Ave</i>									•				•				•				
<i>Turkey Mountain Nature Preserve, Route 118</i>													•								
<i>Walden Woods, Curry St</i>	•									•											
<i>Willow Park, Curry St & Tulip Drive</i>	•			•																•	
<i>Woodlands Legacy Field, Strang Blvd via Route 132</i>				•				•				•	•								
<i>Yorkhill Park, Hawthorne Drive</i>	•									•											
<i>Albert A. Capellini Community & Cultural Center and Jack DeVito Veterans Field, Commerce St & Veterans Rd</i>	•					•					•		•		•			•			

T TEE BAR & GRILLE

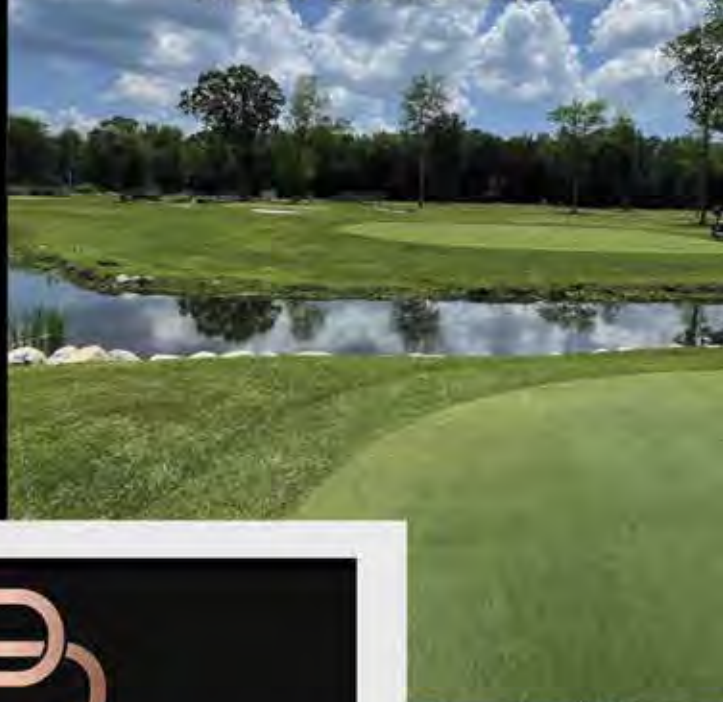
Tee Bar & Grille a modern American Bistro
Where delicious food meets the ambiance of the sport.
Whether you're a golf enthusiast, a local foodie, or simply
seeking a memorable meal in a picturesque setting, our
bistro is the perfect destination.



HAPPY HOUR • FOOD & DRINKS
Monday to Friday 3pm-6pm

795 Route 6 Shrub Oak, NY 10588
914.302.2850

A UNIQUE PAR 3 GOLF COURSE IN WESTCHESTER!



LINKSYORKTOWN.COM



Non Yorktown Residents \$40 Yorktown Residents \$35
Seniors & Veterans \$30 Push Carts for Rent \$5

Mon - Sun: 8:00 am - Sundown
Night Golf: Thur - Sat 10pm last tee time

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Golf Reservations
914-302-2851

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

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**TOWN OF YORKTOWN
POSTAL PATRON**

Save the Dates

Yorktown Grange Fair - September 8th, 9th & 10th
Halloween Parade/Carnival - Saturday October 21st
Holiday Electric Lights Parade & Tree Lighting - Saturday Dec 2nd
Easter Egg Hunt - Saturday March 23rd



SCAN ME

What's Inside

Don't Miss Out! Registration Begins Tuesday August 29th

Pre School Programs

Soccer Squirts, Sports
Squirts, Tae Kwon Do, T-Ball
Squirts, Cooking, Intro to
Sports...

Youth/Teen Programs

Swimming Lesson, Golf,
Tennis, Tae Kwon Do,
Total Sports, Sewing,
Lego Building,
Babysitting Course, Art,
Engineering,
Basketball, Fencing,
Soccer, T-Ball,
Horseback Riding, Skiing,
Pickleball...

Adult Programs

Golf, Tennis, Sports Leagues,
Belly Dance, RPM, After Work
Work Out, Yoga, 20/20/20,
Zumba, Pilates,
Kung-Fu, Tai Chi, Fencing,
Painting, Ballroom Dancing,
Pickleball...

... And Much Much More

Town Parades
Holiday Break Camps
Aquatic Facilities
Senior Programs
E-Sports



Don't Trash our Parks!

- Use Designated Trash and Recycling Receptacles When Available
- Carry Out What You Carried In
- Keep it Green, Keep it Clean
- Love Where You Live