

YORKTOWN PARKS & RECREATION

Creating Community Through People, Parks, And Programs

FALL/WINTER 2025-26



General Resident Registration begins August 19th 9:30am!
For more information please visit www.yorktownny.gov/parksandrecreation

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YORKTOWN PARKS & RECREATION

Phone: 245-4650 • Fax: 245-1608

E-Mail: ypr@yorktownny.gov

Website: www.yorktownny.gov

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

Office Hours: Monday - Friday, 8:30am to 4:30pm

Program Registration Hours: Monday – Friday, 9:00am 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.gov/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.

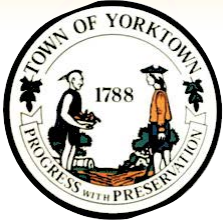
PLEASE REGISTER EARLY!

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 OF YORKTOWN



Town Supervisor

Ed Lachterman

BOARD MEMBERS

Patrick Murphy
Luciana Haughwout

Susan Siegel
Sergio Esposito

RECREATION COMMISSION

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Diego Jaramillo
Christine Dunn
Antonio Galvao, Alternate

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

PARKS & RECREATION STAFF

James Martorano, Jr..... Superintendent
Marissa Lieto Assistant Superintendent
James Torre Senior Recreation Leader
Ava SperlingRecreation Assistant
Patty MarinoOffice Assistant
Kim Hughes ...Senior Office Assistant-Recreation
Dominic Monopoli Parks Foreman
Andrew Cerrato Assistant Parks Foreman
Robert Alfano.....Maintenance Mechanic-Repair
Steve Proctor.....Maintenance Mechanic-Repair

Guido ParksMaintenance Mechanic-Repair
Stephen Melillo Maintenance Mechanic
Scott FerreiraHMEO
Michael Hoek.....HMEO
Eric Hollberg Park Groundskeeper
Andrew Bergin Park Groundskeeper
Thomas Fonte Park Groundskeeper
Donald Hopper Laborer
Matthew Mancuso Laborer

A LETTER FROM THE TOWN SUPERVISOR

Dear Neighbor,

As the vibrancy of summer fades and we embrace the fall rhythm, I invite you to explore the exciting array of programs in the following pages. Our Parks and Recreation Department thoughtfully curated these activities for the upcoming fall and winter seasons.

With children back in their academic routines, it's the perfect time to discover enriching extracurricular activities. Our youth activities offer a fantastic blend of creative and active pursuits, from Fashion Class and Little Inventors to Robotics and Taekwondo. For young athletes, our Youth Sports include everything from Intro to Fencing and Soccer to T-Ball and Volleyball, providing engaging ways to stay active and develop new skills. And of course, Swim Lessons are always available to help our younger residents build confidence in the water.

Adults will find plenty of opportunities to nourish their well-being. Our Adult Programs offer a diverse range of options, whether they prefer the tranquility of Yoga, the lively steps of Country Line Dancing, or the competitive spirit of Pickleball. For our valued seniors, we offer a welcoming space for activities like Painting, Line Dancing, Mahjong, and vital Fall Prevention workshops.

Our Parks and Recreation Department also offers engaging School Vacation Camps, designed to keep young minds active and entertained during breaks. Look for fun options like My First Hot Cocoa Stand, an Easter-themed camp, March Mania, and Future Engineers.

Yorktown also has an abundance of beautiful trails and parks, offering a spectacular backdrop to appreciate the vibrant fall colors right in our backyard.

To avoid missing preferred activities, I encourage prompt registration. Many programs have limited enrollment, and robust participation is crucial for all offerings to proceed as planned.

I commend our Parks and Recreation Department for their dedication to developing such an engaging program selection. Use this brochure as your guide to getting out, connecting with your community, and staying active.

Have fun,
Ed Lachterman

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 low enrollment. It is recommended that you register two weeks prior to the start of the program.
- Programs with insufficient registration will be cancelled prior to the program start and refunds issued accordingly.
- **REGISTRATION HOURS:** Monday - Friday from 9:00 am 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 19, 2025 at 9:30 am**

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

**1974 Commerce St. Yorktown Heights NY 10598
Rooms 122 & 123**

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 the participant **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, 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 \$30.00 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 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 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.

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 only. **If a refund/credit is granted, it will be pro-rated on the date the request is received also minus fees. Refund requests may be sent to ypr@yorktownny.gov.**
- 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 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.

SPECIAL EVENTS

YORKTOWN GRANGE FAIR

Since the Grange Fair began, the purpose has been to provide a showcase for the community to “show off” their home grown (or homemade) goods, whether vegetables, flowers, needlework, baking, photography, livestock or poultry. In addition to the entertainment on our stage and blacktop, the fair will be filled with fun and activities for the entire family, including the livestock show, the flower and produce show, rides, contests and competitions. Check out our website (yorktowngrangefair.org) for further details and updates!

LOCATION: Yorktown Grange
DATES: September 5th, 6th, 7th

SAN GENNARO FEAST

Yorktown Feast of San Gennaro is an iconic Italian Heritage Festival. This five-night street festival brings traditional Italian food, drinks, carnival rides, games and live entertainment. This is a great event for children and individuals of all ages.

DATES: Wednesday-Sunday,
September 17th – 21st
Wed-Fri 5pm-11pm
Sat & Sun 12pm-11pm
LOCATION: Railroad Park Commerce Street

SPOOK THE HALLS: DRAWING EVENT

Join us as we spook-ify the Community & Cultural Center’s Hallways! It’s your chance to create a spooky masterpiece for all to see. Participants will be assigned a section of the hallway to design a Halloween scene. Help us decorate the community for Halloween! Cider and treats will be provided!

DATE: Wednesday, October 8th, 2025
TIMES: Session 1: 4:00pm-5:00pm
Session 2: 5:15pm-6:15pm
LOCATION: AACCCC Room 122
FEE: \$5 per participant

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.

DATE: Saturday October 18th, 2025
(Rain Date: October 19th, 2025)
TIME: 2:00pm
LOCATION: Parade will begin at the Yorktown Fire House

GREAT GOBLIN CALL

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 23rd & 24th, between 9:00am and 4:00pm.

DATE: Wednesday, October 22nd, 2025
TIME: 6:30 to 7:30pm

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 23rd, 2025.

JOHN C. HART MEMORIAL LIBRARY’S ANNUAL HAUNTED HOUSE

Bring the whole family and prepare to be spooked! In addition to the haunted house taking over the community room, there will also be snacks, games, and other fun activities for the whole family. This annual event is planned and executed by teen volunteers and is one of our biggest events of the year!

DATE: Friday, October 24th, 2025 6pm-8pm
Saturday, October 25th 2025 6pm-8pm
Sunday, October 26th 2025 4pm-6pm
LOCATION: John C. Hart Memorial Library

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 online at yorktownny.gov/parksandrecreation in late February. Place ribbons will be awarded.

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.

DATE: Saturday, March 21st, 2026
(Rain Date: March 28th, 2026)
TIMES: Session 1: 9:30am Session 2: 10:30am
Session 3: 11:30am
LOCATION: 202 fields at Downing Park



TOWN PARADES

GRANGE ANTIQUE TRACTOR & VEHICLE PARADE

Sponsored by: Yorktown Grange Tractor Club

The parade route will begin on Veterans Road and end at Grange Fairgrounds. Open to all tractors and antique vehicles. Entries may contact: yorktowngrangetractorclub@gmail.com

DATES: Saturday, September 6th 12:00pm

LOCATION: Yorktown Heights

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.

DATE: Saturday October 18th, 2025
(Rain Date: October 19th, 2025)

TIME: 2:00pm

LOCATION: Parade will begin at the Yorktown Fire House

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. Parade Route: Commerce Street

DATES: Saturday, December 6th, 2025

Rain date: Saturday, December 13th, 2025
6:00pm

TIME:



SCHOOL VACATION CAMPS

MARCH MANIA

Ages 5-12

Day filled with fun to bring in spring! Get ready for an action packed day full of movement, laughter, and exciting challenges all while learning team work! Bear crawl through tunnels, ladder races, bean bag toss, foam ball dodge ball, balloon pass race, and so much more! **Instructor: DSJ Adventures**

FEES: Resident: \$160 1st child/*130 2nd + child
Nonresident: \$192

LOCATION: Sparkle Lake Building

101-A DATES: Thursday, 9:00am-3:00pm
3/19

HOP INTO SPRING!

Ages 5-12

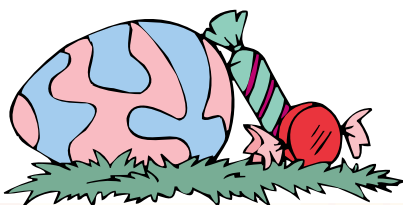
Week filled with tons of fun! Egg decorating, Spring Terrariums, Egg hunts(with prizes), Bunny relay races, Rubbing Art, Cookie and cupcake decorating, Obstacle bunny course (weather permitting), Golden Egg surprise, Dance party, baking soda and vinegar explosions, bug hunt, nature bingo, and so much more!

Instructor: DSJ Adventures

FEES: Resident: \$360 1st child/*330 2nd + child
Nonresident: \$432

LOCATION: Sparkle Lake Building

102-A DATES: Monday-Friday, 9:00am-3:00pm
3/30 to 4/3



MY FIRST HOT COCOA STAND

Grades K-2

Learn how to make yummy hot cocoa, and earn money selling it! A hot cocoa stand is a great way to introduce our youngest entrepreneurs to the world of business and is fun! From designing marketing flyers to estimating profits to experimenting with recipes, students have fun while developing business savvy! As a showcase event, students launch their stand as a fundraiser for a charity they select! **Instructor: SPARK Business Academy**

FEES: Resident: \$450 Nonresident: \$540

LOCATION: Sparkle Lake Building

103-A DATES: Monday-Friday, 9:00am-3:00pm
2/16 to 2/20

SCHOOL'S OUT CAMP

Ages 5-11

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 \$10/day directly through Club Fit. Must sign up for **each date**.

FEES: Resident: \$90 per date
Nonresident: \$108 per date

LOCATION: Club Fit

104 DATES: 9:30am – 3:30pm
9/23, 9/24, 10/2, 10/13, 11/4, 11/11, 11/26,
11/28, 12/26, 12/29, 12/30, 1/2, 1/19, 2/16,
2/17, 2/18, 2/19, 2/20, 3/30, 3/31

ROBO-MONORAIL MAKERS

Ages 8-12

Blast into the future of transportation and build your very own Robot Monorail System! Watch in awe as your RoboRails Robot balances on a single wheel and zips along a track, powered by a super-fast gyroscope and monowheel. You'll be amazed at how steady your little robot is as it rolls along the track! Get ready to unleash your inner engineer with over 180 durable track pieces. You can follow the 26 awesome layouts in the manual or let your imagination run wild and design your own unique monorail system! With special connectors like the seesaw, splitter, and cross switch, you'll add cool twists, turns, and challenges to your track that make it one-of-a-kind. Dive into hands-on experiments that explore cool physics concepts like rotational motion, acceleration, and angular momentum as you see gyroscopic forces in action. Are you ready to build the monorail of tomorrow? The adventure starts now! **Instructor: Minds in Motion LLC**

FEES: Resident: \$220, Nonresident: \$264
LOCATION: AACCC Room 223
105-A DATES: **Tuesday-Friday, 9:00am-12:00pm**
2/17 to 2/20 (No class 2/16)

FUTURE ENGINEERS

Ages 8-12

If you like to create and build things, this program is for you! Enjoy an adventure of physics, gravity, and action and take home your very own engineering kit! Through 26 model-building exercises, you'll investigate all six classic simple machines — wheels and axles, levers, pulleys, inclined planes, screws, and wedges — as well as gears. Students will follow easy step-by-step illustrated instructions to build each model, which includes a balance scale, elevator, and geared carousel! Test your new creations to demonstrate basic laws of physics and how they exist in our everyday lives! Young researchers will gain hands-on experience with the design process and learn about various topics in the fascinating world of engineering. Come obtain the necessary skills and experience to take on the technological challenges of the future and continue your engineering journey at home! **Instructor: Minds in Motion LLC**

FEES: Resident: \$220, Nonresident: \$264
LOCATION: AACCCC Room 223
106-A DATES: **Tuesday-Friday, 12:30pm-3:30pm**
2/17 to 2/20 (No class 2/16)

SCHOOLS OUT CREATIVITY

Ages 5-12

Join me for fun filled days of activities and experiments - make your own launching rocket, lava lamps, edible slime, pool noodle launchers, bouncy balls, kinetic sand, bubble art, and so much more.

FEES: full day - \$260.00 1st child /
\$240.00 per additional sibling
9:00 - 12:00 - half day - \$160.00 1st child /
\$140.00 per additional sibling
LOCATION: AACCCC ROOM 106
DATES: **Tuesday & Wednesday, 9:00am-3:00pm**
9/23 & 9/24

OCT 2 - FALL FUNDAY

Ages 5-12

Schools out Fall Fun! Kids will have a great day pumpkin painting, apple bobbing, leaf rubbing, creating pine cone bird feeders, cinnamon scented slime, and lots more creative activities to welcome Fall all to take home at the end of the day! Indoors and Out weather permitting.

FEES: \$180 1st child/ \$160 per additional sibling
LOCATION: Sparkle Lake Clubhouse
DATES: **Thursday, 9:00am-3:00pm**
10/2

AROUND THE WORLD IN A DAY

Ages 5-12

Kids travel to different countries throughout the day through activities, crafts, games, and recipes. Create a passport, get stamped, make an African drum, decorate Italian flag cookies, carnival masks, kangaroo races, and so much more.

FEES: \$160.00 1st child /
\$140.00 per additional sibling
LOCATION: AACCCC ROOM 106
DATE: **Monday, 9:00am-3:00pm**
10/20

WINTER OLYMPICS

Ages 5-12

Bobsled races, ice skating races, snowball fight, snow slime, create your own snow, frozen art with ice and food coloring, and much more wintery fun indoor or out weather permitting.

FEES: \$160.00 1st child /
\$140.00 per additional sibling
LOCATION: Sparkle Lake Clubhouse
DATE: **Thursday, 9:00am-3:00pm**
11/20

HOLIDAY OLYMPICS

Ages 5-12

Last minute holiday shopping, drop the kids and promise they will have fun!

Antler ring toss, candy cane fishing, snowball bucket race, present stack challenge, Santa sack races, cookie decorating, gingerbread house making, and many more exciting Christmas activities and crafts.

FEES: 2 days - \$260.00 1st child /
\$240.00 per additional sibling
1 day - \$160.00 1st child /
\$140.00 per additional sibling
LOCATION: Sparkle Lake Clubhouse
DATES: **Monday & Tuesday, 9:00am-3:00pm**
12/22 & 12/23

NEW YEARS COUNT DOWN

Ages 5-12

3 days of fun arts and crafts decorating party hats, noisemakers, minute to win it games, Balloon drop relay, dance parties, limbo, confetti poppers, glitter slime, and the final countdown party!!

FEES: 3 Day Deal - \$325.00 1st child /
\$305.00 per additional sibling
1 day - \$160.00 per day 1st child /
\$140.00 per additional sibling
LOCATION: Sparkle Lake Clubhouse
DATES: **Monday - Wednesday, 9:00am-3:00pm**
12/29 to 12/31

JINGLE AND MINGLE 2026

Ages 5-12

Arts and crafts, games galore, Nerf Wars, finger painting, and many more fun filled activities to start the New Years right!

FEES: \$160.00 1st child /
\$140.00 per additional sibling
LOCATION: Sparkle Lake Clubhouse
DATE: Friday, 9:00am-3:00pm
1/2

YOUTH PROGRAMS

ASPIRING FASHIONISTAS

Grades 3-8

In this “glam” program for boys and girls, students gain knowledge of the fashion industry and develop skills in branding, marketing, fashion journalism and design. Students explore popular brands, analyze industry trends (e.g., athleisure), design various articles of clothing, define their own brand and more! **Instructor: SPARK Business Academy**

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

LOCATION: AACCCC Room 223

201-A DATES: Thursdays, 5:30-6:30pm
9/18 to 10/23

LITTLE INVENTORS

Grades K-2

In this “inventive” program, students design and create solutions to problems, teaming up to identify the need for a new invention, and producing real structures and solutions. In one STEM challenge, students build bridges using a variety of materials and experiment with how much weight they can hold. Students will also learn about famous inventors, and discuss how inventions improve our lives. **Instructor: SPARK Business Academy**

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

LOCATION: AACCCC Room 223

202-A DATES: Thursdays, 4:30-5:30pm
9/18 to 10/23

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 1974 Commerce St. Room 227 in Yorktown Heights. Note: child should be dressed in sweatpants. **Instructor: Lorna Groux, Black Belt Instructor**

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

LOCATION: AACCCC Room 227

Fall:

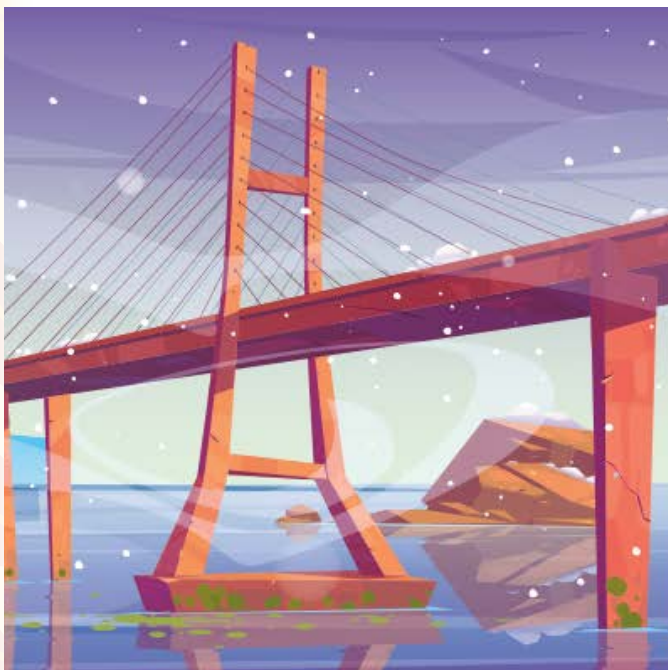
203-A DATES: Thursdays, 10:00-10:50am
9/11 to 11/6 (No Class 10/2)

203-B DATES: Thursdays, 12:30-1:20pm
9/11 to 11/6 (No Class 10/2)

Winter:

204-A DATES: Thursdays, 10:00-10:50am
1/8 to 3/5 (No class 2/19)

204-B DATES: Thursdays, 12:30-1:20pm
1/8 to 3/5 (No class 2/19)



TAEKWONDO FOR KIDS

Grades K-2

Taekwondo is a martial art form which uses leg kicks and punches as its predominant weapons. This class provides 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 1974 Commerce St. Room 227 in Yorktown Heights. Note: Child should be dressed in sweatpants. **Instructor: Lorna Groux, Black Belt Instructor**

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

LOCATION: AACCCC Room 227

Fall:

205-A DATES: Tuesdays, 4:30-5:30pm
9/2 to 10/28 (No class 9/23)

Winter:

206-A DATES: Tuesdays, 4:30-5:30pm
1/6 to 3/3 (No class 2/17)

FUTURE ARCHITECTS

Ages 6-10

Unleash your inner architect as you work on and take home your very own Architectural Design kit! Dive into the world of building design as you construct everything from simple arches and domes to iconic landmarks like the Sydney Opera House and the Eiffel Tower. With 20 awesome models to create, you'll learn how real-world structures stand tall through hands-on fun! Challenge yourself as you explore architectural principles and engineering techniques, all while designing and building your very own masterpieces. As you build stadiums, skyscrapers, and even a Ferris wheel, you'll discover the secrets behind how engineers and architects plan, design, and create the world's most incredible structures. Ready to design and build your own towering creations? The sky's the limit as you bring your engineering dreams to life and see the world of architecture from a whole new perspective!

Instructor: Minds in Motion LLC

FEES: Resident: \$190, Nonresident: \$228

LOCATION: AACCCC Room 223

207-A DATES: Mondays, 4:30-5:30pm
10/20 to 11/24

CYBER-CRAWLER ROBOT

Ages 7-11

Build and take home your very own CyberCrawler Robot! This smart coding robotics kit entertains and teaches programming skills to inquisitive young future robotic engineers! With the aid of your instructor, you will each assemble your own robot that consists of 76 pieces. Once completed, a simple press-button programming keypad embedded on its cranium will send your CyberCrawler on its way! You can design obstacles and maze courses with your classmates and see how far you can go. With a maximum storage capacity of 64 tasks, your CyberCrawler Robot will be a terrific starter tool to learn the joy of coding. This very cool robot's LEDs illuminate as it executes whatever you command. Come and join this fascinating and educational robotic experience! **Instructor: Minds in Motion LLC**

FEES: Resident: \$190, Nonresident: \$228

LOCATION: AACCCC Room 223

208-A DATES: Mondays, 4:30-5:30pm
1/26 to 3/9 (No class 2/16)

KIDS ZUMBA

Ages 5-10

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness. There will be a performance for the parents at the end of the session. **Instructor: Bernadette Matta, Club Fit Instructor**

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

LOCATION: Club Fit

Fall:

209-A DATES: Mondays, 4:30-5:15pm
9/8 to 11/10 (No class 10/13, 10/20)

Winter:

210-A DATES: Mondays, 4:30-5:15pm
1/5 to 3/9 (No class 1/19, 2/16)

KID'S YOGA

Ages 5-10

Build a solid foundation for a lifetime of health and wellness by introducing life skills (creativity, motor skill development, sense of identity, healthy body image, sense of personal safety, and regulation of emotions) through movement and play. **Instructor: Diana Morgan, Club Fit Instructor**

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

LOCATION: Club Fit

Fall:

211-A DATES: Tuesdays, 4:30-5:15pm
9/9 to 11/18 (No class 9/23, 11/4, 11/11)

Winter:

212-A DATES: Tuesdays, 4:30-5:15pm
1/6 to 3/3 (No class 2/17)



TACTICAL LASER TAG (OUTSIDE) / NERF WARS (INSIDE)

Let the kids burn some energy while having tons of fun! Capture the flag, zombie survival, hide and seek, freeze tag, and many more exciting themed games inside and out weather permitting.

FEES: \$220.00 1st child /
\$200.00 per additional sibling

LOCATION: Sparkle Lake Clubhouse

Ages 5-8 years

DATES: **Tuesdays, 4:00 - 5:30pm**
9/30 to 11/18 (no class 10/28, 11/11)

Ages 9-12 years

DATES: **Tuesdays, 5:40 - 7:10pm**
9/30 to 11/18 (no class 10/28, 11/11)

CREATE AND DESIGN YOUR OWN FAIRY GARDEN Ages 5-12

Let the kids explore how to create a whimsical miniature garden filled with charm and creativity with painting, decorating, and just adding their own special touches all to take home at the end of the program.

FEES: \$160.00 1st child /
\$140.00 per additional sibling

LOCATION: Sparkle Lake Clubhouse

DATES: **Wednesdays, 4:30 - 5:30pm**
10/1 to 11/12 (no program 10/29)

SCAVENGER / TREASURE HUNTS Ages 5-12

It'll get your kids up and moving while having tons of fun searching for treasures, solving riddles, finding clues all leading up to the take home surprise each week.

FEES: \$160.00 1st child /
\$140.00 per additional sibling

LOCATION: Sparkle Lake Clubhouse

DATES: **Thursdays, 4:30 - 5:30pm**
9/25 to 11/6 (no class 10/23)



EXPERIMENT LAB Ages 5-12

Magic melting snowmen, Ice Crystals, mini volcanos, Frozen bubbles, snowstorm in a jar, glow in the dark slime, and many more creative winter projects.

FEES: \$160.00 1st child /
\$140.00 per additional sibling

LOCATION: Sparkle Lake Clubhouse

DATES: **Tuesdays, 4:30 - 5:30pm**
1/6 to 2/10

CULINARY CREATIONS Ages 5-12

No bake cooking for kids and "Nailed it" challenges. Fun filled days of no baking edible cooking creations and recreating some culinary delights out of clay and creative decorations.

FEES: \$160.00 1st child /
\$140.00 per additional sibling

LOCATION: Sparkle Lake Clubhouse

DATES: **Wednesdays, 4:30 - 5:30pm**
1/7 to 2/11

WEARABLE CREATIONS Ages 5-12

Make your own tote bag, tied dye shirts, baseball hats, water bottle, and more.

FEES: \$160.00 1st child /
\$140.00 per additional sibling

LOCATION: Sparkle Lake Clubhouse

DATES: **Thursdays, 4:30 - 5:30pm**
1/8 to 2/12



YOUTH SPORTS

BACKYARD SPORTS: SPECIAL NEEDS MULTI-SPORTS

Ages 5-19

Program offers special needs children, ages 5-19 a safe and appropriately competitive program to learn and enjoy team sports and games. The activities focus on athlete development skills while stressing proper behavior required for optimal group participation and cooperation. We strive for a 1:1 teacher/volunteer to participant ratio with a professionally designed curriculum. **Instructor: Craig Butler**

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

LOCATION: Shrub Oak Grassy Knoll

301-A DATES: Saturdays, 10:00-10:45am
9/27 to 11/8 (No class 10/11)

INTRODUCTION TO FENCING

Ages 10-16

An introduction to the sport that will last you a lifetime. Instruction includes basic exercises, footwork and mobility, fundamental weapon manipulation and fencing rules. Students work with each other and with the instructor for a total of six sessions. All protective gear (except gloves) and foils are provided. Participants can use either their own leather gloves or purchase their own (from suppliers or through the activity). Instruction is given and gear is supplied under the auspices of Westchester Fencers Club, a member of the United States Fencing Association. Venue rules will be explained at the first session. **Instructor: Jim Bernitt, WFC**

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

LOCATION: United Methodist Church

Fall:

302-A DATES: Thursdays, 6:00pm-7:00pm
9/11 – 10/23 (No Class 10/2)

Winter:

303-A DATES: Thursdays, 6:00pm-7:00pm
1/8 – 2/12

SKYHAWKS SOCCER TOTS

Ages 2-3, 3-4

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 for ages 2-3.5 years. **Instructor: Skyhawks**

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

LOCATION: Hunterbrook Fields

Age 2-3:

304-A DATES: Saturdays, 9:00-9:45am
9/20 to 10/25

Age 3-4:

304-B DATES: Saturdays, 10:00-10:45am
9/20 to 10/25

SKYHAWKS SOCCER

Ages 4-6 & 6-8

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: Hunterbrook Field

Age 4-6:

305-A DATES: Saturday, 11:00am-12:00pm
9/20 to 10/25

Age 6-8:

305-B DATES: Saturday, 12:00-1:00pm
9/20 to 10/25

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: Shrub Oak Park

Age 6-8:

306-A DATES: Mondays, 4:30-5:30 pm
9/15 to 10/27 (No class 10/13)

Age 9-12:

306-B DATES: Mondays, 5:30-6:30 pm
9/15 to 10/27 (No class 10/13)

SKYHAWKS VOLLEYBALL

Ages 7-10 & 11-14

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player and includes a focus on critical life skills such as leadership and teamwork. **Instructor: Skyhawks**

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

LOCATION: Shrub Oak Park

Age 7-10:

307-A DATES: Thursdays, 4:30-5:30 pm
9/18 to 10/23

Age 11-14:

307-B DATES: Thursdays, 5:30-6:30 pm
9/18 to 10/23



SKYHAWKS TRACK & FIELD

Ages 6-8 & 8-10

The fundamentals of body positioning, stride, proper stretching and cool down techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events (activities may vary by area). Participants also learn positive life skills such as teamwork and sportsmanship. **Instructor: Skyhawks**

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

LOCATION: Granite Knolls Pavilion

Ages 6-8:

308-A DATES: Tuesdays, 4:30-5:30 pm
9/16 to 10/21

Ages 8-10:

308-B DATES: Tuesdays, 5:30-6:30 pm
9/16 to 10/21

INTRO TO SPORTS

Ages 3.5-5

Join our engaging 8-week program, featuring one-hour classes that teach the basics of various sports through fun games and drills. Kids will stay active and healthy while learning soccer, t-ball, basketball, lacrosse and floor hockey. All skill levels are welcome! Coach Cathy, who has a lifelong passion for sports, brings extensive experience to the program. She played field hockey and lacrosse throughout high school and college, taught physical education at Marymount College, and coached high school lacrosse and field hockey. Her expertise and teaching skills make her an excellent instructor for your child.

Instructor: Coach Cathy Cousin, Club Fit Instructor

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

LOCATION: Club Fit

309-A DATES: Tuesdays, 10:00-11:00am
9/9 to 11/4 (No Class 9/23)

310-A DATES: Tuesdays, 10:00-11:00am
11/18 to 1/13 (No Class 12/30)

311-A DATES: Tuesdays, 10:00-11:00am
1/20 to 3/17 (No Class 2/17)

309-B DATES: Wednesdays, 11:00-12:00pm
9/10 to 11/5 (No Class 9/24)

310-B DATES: Wednesdays, 11:00-12:00pm
11/12 to 1/21 (No Class 11/26, 12/24, 12/31)

311-B DATES: Wednesdays, 11:00-12:00pm
1/28 to 3/25 (No Class 2/18)

STEP UP YOUR SPORT

Ages 5-7

Join our engaging 8-week program, featuring one-hour classes that builds on our Intro to Sports Class. It focuses on improving skills in soccer, t-ball, basketball, lacrosse, and floor hockey. Coach Cathy, who has a lifelong passion for sports, brings extensive experience to the program. She played field hockey and lacrosse throughout high school and college, taught physical education at Marymount College, and coached high school lacrosse and field hockey. Her expertise and teaching skills make her an excellent instructor for your child **Instructor: Coach Cathy Cousin, Club Fit Instructor**

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

LOCATION: Club Fit

Fall:

312-A DATES: Tuesdays, 4:30-5:30pm
9/9 to 11/4 (No Class 9/23)

313-A DATES: Tuesdays, 4:30-5:30pm
11/18 to 1/13 (No Class 12/30)

314-A DATES: Tuesdays, 4:30-5:30pm
1/20 to 3/24 (No Class 2/17, 3/17)

HOOPSTERS

Ages 7-9 & 9-12

This one-hour co-ed program is designed to enhance basketball skills and sport-specific conditioning, focusing on key techniques such as dribbling, passing, pivoting, shooting, layups, jump shots, and offensive and defensive moves. Discover the joy of learning basketball the right way. Coach John holds a degree in Sports Management and brings valuable coaching experience, having led CYO basketball teams and served as the varsity soccer coach at Haldane High School. He is deeply committed to promoting fitness, sports, and outdoor activity as key components of a healthy lifestyle. **Instructor: Coach John Rotando, Club Fit Instructor**

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

LOCATION: Club Fit

Ages 7-9:

315-A DATES: Tuesdays, 5:30-6:30pm
9/9 to 11/4 (No Class 9/23)

316-A DATES: Tuesdays, 5:30-6:30pm
11/18 to 1/13 (No Class 12/30)

317-A DATES: Tuesdays, 5:30-6:30pm
1/20 to 3/24 (No Class 2/17, 3/17)

Ages 9-12:

318-A DATES: Thursdays, 5:30-6:30pm
9/11 to 11/6 (No Class 10/2)

319-A DATES: Thursdays, 5:30-6:30pm
11/13 to 1/22 (No Class 11/27, 12/25, 1/1)

320-A DATES: Thursdays, 5:30-6:30pm
1/29 to 3/26 (No Class 2/19)

BASEBALL

Ages 7-10

Baseball skills taught through drills and simulated games. Hitting, throwing, fielding, and other concepts will be covered in a fun way children will understand. **Instructor: Coach John Rotando, Club Fit Instructor**

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

LOCATION: Club Fit

321-A DATES: Wednesdays, 5:30-6:30pm
1/7 to 3/4 (No Class 2/18)

GOLF

Ages 8-11

Children will learn all facets of the game including: ¼ swing, ½ swing, ¾ swing, full swing, how to putt, chip and pitch. Our equipment is user friendly. Brendan Mannion has been a physical education teacher in the Yonkers School District for the past 30 years. A lifelong athlete and enthusiastic golfer for over 40 years, Brendan is passionate about sports and looks forward to sharing that passion with your child. **Instructor: Coach Brendan Mannion, Club Fit Instructor**

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

LOCATION: Club Fit

322-A DATES: Tuesdays, 5:30-6:30pm
1/6 to 3/3 (No class 2/17)

T-BALL PARENT ASSISTED SQUIRTS Ages 2.5-3.5

Children will dive into the world of baseball and softball, nurturing essential T-Ball skills such as throwing, hitting, running, and catching, all with the support and guidance of a parent. **Instructor: USA Sports Group**

Fall:

FEES: Resident: \$205, Nonresident: \$246

LOCATION: Shrub Oak Park

323-A DATES: Sundays, 3:00-3:45pm
(8 weeks) 9/14 to 11/2

T-BALL SQUIRTS

Ages 3-4.5 & 4-5.5

Great way to introduce children to the sport of T-Ball. This program will develop the child's skills in hitting, throwing, base running and catching. **Instructor: USA Sports Group**

FEES: Resident: \$205, Nonresident: \$246

Fall:

Ages 3-4.5

324-A DATES: **Sundays, 3:50-4:35pm**
(8 weeks) 9/14 to 11/2

Ages 4-5.5

325-A DATES: **Sundays, 4:40-5:25pm**
(8 weeks) 9/14 to 11/2

MULTI SPORTS - PARENT ASSISTED SQUIRTS

Ages 2.5-3.5

The Squirts Multi Sports program allows children to try a variety different sports throughout the season including: Lacrosse, Soccer, T-Ball and Track & Field. Parents are not required to participate but suggested to and will be asked by the coach if the coach thinks the child could benefit from having a parent involved.

Instructor: USA Sports Group

Fall:

FEES: Resident: \$205, Nonresident: \$246

LOCATION: Shrub Oak Park

326-A DATES: **Sundays, 8:30-9:15am**
(8 weeks) 9/14 to 11/2



MULTI SPORTS - SQUIRTS

Ages 3-4.5 & 4-5.5

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including: Lacrosse, Soccer, T-Ball and Track & Field. All equipment is provided by USA Sport Group. Children must wear closed toed shoes and bring lots of water! **Instructor: USA Sports Group**

Fall:

FEES: Resident: \$205, Nonresident: \$246

LOCATION: Shrub Oak Park

Ages 3-4.5

327-A DATES: **Sundays, 9:20-10:05am**
(8 weeks) 9/14 to 11/2

Ages 4-5.5

328-A DATES: **Sundays, 10:10-10:55am**
(8 weeks) 9/14 to 11/2

328-B DATES: **Sundays, 11:00-11:45am**
(8 weeks) 9/14 to 11/2

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.



TEEN PROGRAMS & EVENTS

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.

OPEN GYM AT YTC

Ages 18+

The Yorktown Teen Center will be open every Friday from 5:30-9:30PM. The \$10 entry fee includes open gym, one slice of pizza, snacks and bottled water. Additional pizza slices and Gatorade will be available for \$1.00 each. Come enjoy games or play basketball in the gym, have snacks in the lounge, play pool, Xbox or on the computers. Bring a friend! For more information about the center, hours, and upcoming events, visit our website at www.yorktowntc.org

ADULT PROGRAMS

FLOWING INTO STILLNESS: SOMATIC & RESORTATIVE YOGA Ages 15+

A Somatic and Restorative Yoga class that gently guides you through mindful movements to release tension, reconnect with your body, and promote deep relaxation. Combining somatic awareness with restorative poses, this practice soothes the nervous system, supports healing, and leaves you feeling balanced and renewed. Perfect for all levels, it's a space to unwind, reset, and cultivate inner calm. Bring a yoga mat, blocks, blanket & pillow. **Instructor: Danielle Guilderson**

FEES: Resident: \$130, Nonresident: \$156

LOCATION: ACCCC Room 104

Fall:

401-A DATES: **Thursdays, 5:30-6:30pm**
9/11 to 10/23 (No class 10/16)

Winter:

402-A DATES: **Thursdays, 5:30-6:30pm**
10/30 to 12/18 (No class 11/6, 11/27)

OIL & ACRYLIC PAINTING Ages 13+

This program is for all levels, beginners to advanced. We will cover values, composition, and color using still life, photographic material. A complete supply list is available at the Recreation Office. Please bring to class all materials, paints, canvas and paper towels. **Instructor: Terry Fokine**

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

LOCATION: Sparkle Lake Service Building

Fall:

403-A DATES: **Saturdays, 9:30am-12:30pm**
9/6 to 11/8

Winter:

404-A DATES: **Saturdays, 9:30am-12:30pm**
1/10 to 3/14

KUNG FU: CHINESE KENPO KARATE SELF DEFENSE FOR EVERYONE 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

405-A DATES: **Wednesdays, 6:30 - 7:30pm**
11/5 to 11/26

TAI CHI AND CHI KUNG Ages 14+

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 - Outdoors

406-A DATES: **Wednesdays, 7:30 - 8:30pm**
11/5 to 11/26

TAI CHI & QIGONG Ages 18+

Mindfulness Meditation in Motion: Chair or Standing! Looking for a gentle way to improve balance and flexibility with fun, graceful, low-impact movement? Tai Chi/ Qigong brings meditative breathing, while conditioning and strengthening the legs, arms, core, and protecting the joints. PHILAM Self-Defense is located at 1974 Commerce St. Room 227 in Yorktown Heights. **Instructor: Sensei Lorna Groux**

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

LOCATION: AACCCC Room 227

Fall:

407-A DATES: **Wednesdays, 10:00 – 11:00am**
9/10 to 11/5 (No class 9/24)

Winter:

408-A DATES: **Wednesdays, 10:00 – 11:00am**
1/7 to 3/4 (No class 2/18)

INTRODUCTION TO FENCING Ages 17+

An introduction to the sport that will last you a lifetime. Instruction includes basic exercises, footwork and mobility, fundamental weapon manipulation and fencing rules. Students work with each other and with the instructor for a total of six sessions. All protective gear (except gloves) and foils are provided. Participants can use either their own leather gloves or purchase their own (from suppliers or through the activity). Instruction is given and gear is supplied under the auspices of Westchester Fencers Club, a member of the United States Fencing Association. Venue rules will be explained at the first session. **Instructor: Jim Bernitt, WFC**

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

LOCATION: United Methodist Church

Fall:

425-A DATES: **Saturdays, 9:30am-10:30am**
9/13 – 10/18

Winter:

426-A DATES: **Saturdays, 9:30am-10:30am**
1/10 – 2/14

INTRO to WEIGHT-BEARING YOGA for BONE HEALTH

Ages 18+

Strengthen your bones and improve bone density with this specialized yoga program, guided by an experienced yoga therapist trained in Dr. Loren Fishman's clinically proven method. Designed to help prevent and even reverse osteoporosis, this practice incorporates safe and effective weight-bearing postures to promote bone health, while improving strength, balance, and overall well-being.

For those with specific contraindications or mobility concerns, modifications using props, including chairs, make the practice accessible and safe without compromising its benefits. Whether you're managing osteoporosis or looking to maintain healthy bones, this program offers a trauma-sensitive, personalized approach to suit your unique needs. Take charge of your bone health and rediscover your vitality with expert support tailored to your journey. *This class does not involve any external weights – all postures are practiced using body weight.

Instructor: Marta Shedletsky

FEES: Resident: \$230, Nonresident: \$276

LOCATION: AACCCC Room 209

Fall:

409-A DATES: Tuesdays, 7:00-8:30pm
9/9 to 10/28

Winter:

410-A DATES: Tuesdays, 7:00-8:30pm
1/6 to 3/10 (No Class 2/10, 2/17)

WEIGHT-BEARING YOGA for BONE HEALTH LEVEL 2

Ages 18+

This class is designed for those who have completed the introductory session or have an existing yoga practice and no significant contraindications. It offers a full-length, therapeutic practice based on Dr. Loren Fishman's clinically proven method for improving bone health. Through a series of weight-bearing yoga postures using your own body weight, you'll work to increase bone mineral density, strengthen muscles, improve flexibility, and enhance range of motion.

Each session ends with a 10-minute guided relaxation to support nervous system regulation and integrate the benefits of the practice. Please bring a yoga belt and two blocks to support proper alignment and deepen the postures safely. No external weights needed, all postures are practiced using body weight. Note: This class is not suitable for individuals with current injuries or conditions that may limit mobility or require significant adaptations. For a more supported practice, please attend the Intro to Weight-Bearing Yoga for Bone Health first. **Instructor:** Marta Shedletsky

FEES: Resident: \$190, Nonresident: \$228

LOCATION: AACCCC Room 209

Fall:

411-A DATES: Mondays, 7:30-8:45pm
9/8 to 11/3 (No class 10/13)

Winter:

412-A DATES: Mondays, 7:30-8:45pm
1/5 to 3/16 (No class 1/19, 2/9, 2/16)

GENTLE YOGA

Ages 18+

A calming, accessible class that invites you to move with ease, reconnect with your breath, and restore a sense of calm and balance. Through slow, mindful movement and breath awareness, we'll gently support joint health, range of motion, balance, and overall well-being. This practice is ideal for anyone looking to release tension, reduce stress, and build strength and mobility in a way that honors the body's natural pace. Offered in a trauma-sensitive space, this class encourages choice, self-awareness, and compassion—meeting you exactly where you are, both physically and emotionally. Whether you're new to yoga, returning after a break, or simply seeking a gentler practice, you'll find a safe and supportive environment to nourish body and mind. **Instructor:** Marta Shedletsky

FEES: Resident: \$220, Nonresident: \$264

LOCATION: AACCCC 209

Fall:

413-A DATES: Tuesdays, 9:00am-10:00am
9/9 to 11/18 (No Class 11/4, 11/11)

Winter:

414-A DATES: Tuesdays, 9:00am-10:00am
1/6 to 3/24 (No Class 2/10, 2/17)

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: \$130, Nonresident: \$156

LOCATION: AACCCC Nutrition Room

Fall:

415-A DATES: Tuesdays, 6:00-7:00pm
9/9 to 12/2 (No Class 9/23, 11/11, 11/25)

Winter:

416-A DATES: Tuesdays, 6:00-7:00pm
1/6 to 3/24 (No Class 2/17, 3/17)

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: \$188, Nonresident: \$225.60

LOCATION: AACCCC Gym
(10/28 in AACCCC Room 104)

Fall:

417-A DATES: Tuesdays, 6:10-7:10 pm
(10 Weeks) 9/9 to 11/25

Winter:

418-A DATES: Tuesdays, 6:10-7:10 pm
(10 Weeks) 1/6 to 3/10

COUNTRY LINE DANCE: The Next Step

Ages 18+

This improver/intermediate line dance class will take your dancing to the next level. Learn some of the more challenging line dances that are popular in clubs all over the area. Cameron will break these dances down so you can stay on the dance floor wherever you are. **Instructor: Cameron Kelly**

FEES: Resident: \$114, Nonresident: \$136.80

LOCATION: AACCCC Gym (No Class 10/30)

419-A DATES: **Thursdays, 6:30-7:30 pm**
9/25 to 11/6

GROOVIN' TO THE MUSIC COUPLES DANCING W/ CAMERON (SINGLES WELCOME!)

Ages 18+

Learn basic dance moves so you can dance with your special someone... or meet someone at class! Dance together to upbeat music like rock, pop and party! Men easily learn how to lead with no complicated patterns. This new technique of no "steps" means.... no stress! Do you have two left feet? No problem. If you like music you can easily learn to lead and show your partner off! Guaranteed you will be dancing by the end of the first class! All levels welcome. Couples AND singles welcome! **Instructor: Cameron Kelly**

FEES: Resident: \$108, Nonresident: \$129.60

LOCATION: AACCCC Gym (No Class 10/30)

420-A DATES: **Thursdays, 7:45-8:45pm**
9/25 to 11/6

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 Nutrition Room

Fall:

421-A DATES: **Thursdays, 5:00-6:00pm**
9/11 to 10/30

Winter:

422-A DATES: **Thursdays, 5:00-6:00pm**
1/8 to 2/26

20/20/20

Ages 18+

Energizing classic low impact cardio with intervals of mobility exercises using resistance from weights, bands, and body weight. This class is designed to have you sweat, firm up, burn lots of calories, and have FUN! Please bring a mat, a set of weights, and your water bottle. **Instructor: Michelle A. Saccurato**

FEES: Resident: \$112, Nonresident: \$134.40

LOCATION: Sparkle Lake Building

423-A DATES: **Tuesdays, 9:30am-10:30am**
9/9 to 10/28

BODY CONDITIONING & STRETCH

Ages 18+

A full body conditioning workout using resistance from weights, bands and body weight. The class is designed to strengthen and tone all major muscle groups with cardiovascular properties incorporated. Abs and stretching on floor included. Please bring a mat, set of weights, and a water bottle. **Instructor: Michelle A. Saccurato**

FEES: Resident: \$112, Nonresident: \$134.40

LOCATION: Sparkle Lake Building

424-A DATES: **Thursdays, 10:30am-11:30am**
9/11 to 11/6 (No class 10/2)

Fit4Mom Programming

Instructor: Dana Pavella

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**

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: **Saturdays, 7:00am**

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 IGNITE

A body ignite is a 60 minute mom-only strength workout that targets every muscle in your body. This easy-to-follow program will increase your metabolism, athleticism, and ability to lift, lunge, and push everything mom-life throws your way! Please refer to www.yorktown.fit4mom.com.

DATES: **Mondays, 7:30pm**

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 Wednesday nights at Legacy Field from 8:30 to 11:00pm.

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 FLAG FOOTBALL LEAGUE

Northern Westchester's premier flag football league consists of three divisions of 6 v. 6. League starts in September 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.gov/parksandrecreation.



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 build and improve technique and skill. One hour Session (B): Open studio time. Participants receive one-on-one guidance as needed. Students must bring their own brushes and canvases, and reference pictures. A sketch book is recommended. Acrylic paints are provided. Students are welcome to bring their own paint if they want to work in oils. **Instructor: Kathleen Pasquale**

FEES: 501/2-A Resident: \$50 Nonresident: \$60
501/2-B Resident: \$10 Nonresident: \$30

LOCATION: Sparkle Lake Building

Fall:

501-A DATES: **Mondays, 9:30-11:30am**
9/8 to 11/17 (No Class 10/13)

501-B DATES: **Mondays, 10:30-11:30am**
9/8 to 11/17 (No Class 10/13)

Winter:

502-A DATES: **Mondays, 9:30-11:30am**
1/5 to 3/23 (No Class 1/19, 2/16)

502-B DATES: **Mondays, 10:30-11:30am**
1/5 to 3/23 (No Class 1/19, 2/16)

FOREVER FIT

Ages 60+

Forever Fit will provide senior citizens 30 minutes of easy to follow, low impact aerobics and 30 minutes of strength and stability training. Improve your fitness level and have fun while working out to music from the 50's, 60's, and 70's. Chairs provided. A pair of 2-4 pound weights are recommend. Sneakers and water are mandatory. **Instructor: Stacey Thompson, AFAA Certified Fitness Instructor**

FEES: Resident: \$8, Nonresident: \$30

LOCATION: AACCCC Gym

Fall:

503-A DATES: **Tuesdays, 10:45-11:45am**
9/9 to 12/9
(No Class 9/23, 10/14, 10/28, 11/4)

503-B DATES: **Fridays, 7:45-8:45am**
9/12 to 12/12

(No Class 9/26, 10/24, 10/31, 11/28)

Resident: \$8, Nonresident: \$30

AACCCC Gym

FEES:

LOCATION:

Winter:

504-A DATES: **Tuesdays, 10:45-11:45am**
1/6 to 3/3

504-B DATES: **Fridays, 7:45-8:45am**
1/9 to 3/6

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

Fall:

505-A DATES: **Wednesdays, 12:00-1:00pm**
9/3 to 12/17 (No Class 10/29)

Winter:

506-A DATES: **Wednesdays, 12:00-1:00pm**
1/7 to 3/25

SENIOR DANCE & EXERCISE

Ages 60+

Line dancing with some fitness exercise.

Instructor: Cameron Kelly

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

LOCATION: Downing Park Pavilion (9/12-10/31)
AACCCC Gym (11/7-11/14)

Fall:

507-A DATES: **Fridays, 10:45-11:45am**
9/12 to 11/14

Winter:

508-A DATES: **Fridays, 10:45-11:45am**
1/9 to 3/13

CHAIR YOGA

Ages 60+

This class is an invitation to tune into your body's inner wisdom as you learn to practice to encourage presence so you may connect with sensations as you move through poses that enhance joint mobility, balance, and strength. Yoga has been shown to increase flexibility, reduce inflammation, improve postural alignment, and enhance emotional ability. Join us as we practice to regulate the nervous system and reduce tension. This practice is for everybody. Absolute beginners are welcome. Variations of poses will be accessible in both seated and standing positions.

Instructor: Justine Yula Potenzo, Certified RYT 500, Add'l Certs: Accessible Yoga, Somatic Mindfulness Coach, Trauma Sensitive Yoga, Breathwork

*Due to demand of this class, you can only join ONE of the available classes, not both Wednesday AND Thursday

FEES: Resident: \$8, Nonresident: \$30

LOCATION: AACCCC Gym

Fall:

509-A DATES: Wednesdays, 10:45-11:45am
9/3 to 10/22

509-B DATES: Thursdays, 10:45-11:45am
9/4 to 10/23

Winter:

510-A DATES: Wednesdays, 10:45-11:45am
1/7 to 2/25

510-B DATES: Thursdays, 10:45-11:45am
1/8 to 2/26

FALL PREVENTION & WELLNESS

Ages 60+

This class involves balance, bone strengthening, and weight-bearing exercises. Information is provided on nutrition and lifestyle habits to benefit bone health and density. This will be Naomi's *last session!* **Instructor: Naomi Cohen, PT**

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

LOCATION: AACCCC Room 16

511-A DATES: Thursdays, 2:30- 3:30pm
9/11 to 10/30

511-B DATES: Fridays, 1:00- 2:00pm
9/12 to 10/31

SENIOR YOGA - STEADY, STRONG, & SHARP

Ages 60+

Feel better in your body and brighter in your mind! This uplifting class blends gentle movement, balance practice, and breathwork—all with the support of a chair. We'll work on improving mobility, building bone strength, and staying steady on our feet. You'll also learn simple techniques that help boost focus and keep the mind sharp. Each class ends with guided relaxation to leave you feeling refreshed, calm, and centered. Perfect for mature adults who want to stay strong, steady, and mentally clear. **Instructor: Marta Shedletsky C-IAYT, E-RYT 500, RCYT**

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

LOCATION: AACCCC Room 104

512-A DATES: Mondays, 1:00pm-2:00pm
1/5 to 2/23 (No Class 1/19, 2/16)

MAH JONGG

Ages 60+

If you can play 500 Rummy you can play Mah Jongg. Cards will be provided. This is a partially instructional class. We ask participants to attend the first 3 consecutive classes so all participants begin together. **Instructor: Betty Amico**

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

LOCATION: AACCCC Room 16

Fall:

513-A DATES: Wednesdays, 10:00am – 12:00pm
9/3 to 12/17 (No Class 11/26)

Winter:

514-A DATES: Wednesdays, 10:00am – 12:00pm
1/7 to 4/15

KNITTING CLUB

Ages 60+

Free for resident seniors ages 60 and over. Join us each Thursday from 10am-12pm in 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

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

YORKTOWN SENIOR CENTER

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

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 (914) 245-4650.

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
Exercise Classes
Monthly Speakers
Shopping

TIPS (TELEHEALTH INTERVENTION PROGRAMS FOR SENIORS)

Participants can have their vital signs- blood pressure, blood oxygen levels and weight checked every Monday from 9:00 a.m. – 11:00 a.m. by a trained technician at no cost to the participant. The data is transmitted to a nurse who reviews it remotely. If there is cause for concern, the nurse will contact the patient.

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



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

AARP CHAPTER #3297- 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

SHRUB OAK SENIORS

President: Bea Perkins, 845-661-5479
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

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
LOCATION: Parish Center
DATES: 1st Tuesday of the month, 1:00 pm

GOLF, TENNIS & PICKLEBALL

PICKLEBALL & TENNIS 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. Pass needed to join all tennis and pickleball programs.
FEES: Resident: \$40, Nonresident: \$125

ADULT GOLF CLINIC Ages 18+

Introduction to golf for beginner/intermediate players. Topics include the proper fundamentals of full swing and short game. Golf equipment will be provided if needed. **Instructor: Joseph Raitano PGA, Mohansic Golf Course Driving Range**
FEES: Resident: \$250 Nonresident: \$300
LOCATION: Mohansic Golf Course
601-A DATES: Tuesdays, 5:00 – 6:00 pm
9/9 to 10/7
601-B DATES: Wednesdays, 5:00 - 6:00pm
9/10 to 10/15 (No class 9/24)
601-C DATES: Thursdays, 5:00 - 6:00pm
9/12 to 10/10

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. **Instructor: Luis M. Jimenez, Shrub Oak Tennis Inc.**

FEES: Resident: \$260, Nonresident: \$312
LOCATION: Shrub Oak Park Courts
602-A DATES: Monday, 4:30 – 5:30 pm
9/15 to 11/10 (No Class 10/13)
602-B DATES: Tuesday, 4:30 – 5:30 pm
9/16 to 11/18 (No Class 11/4, 11/11)
602-C DATES: Thursday, 4:30 – 5:30 pm
9/18 to 11/6

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.

Instructor: Luis M. Jimenez, Shrub Oak Tennis Inc.

FEES: Resident: \$260, Nonresident: \$312

LOCATION: Shrub Oak Park Courts

603-A DATES: Monday, 5:30 – 6:30 pm
9/15 to 11/10 (No Class 10/13)

603-B DATES: Tuesday, 5:30 – 6:30 pm
9/16 to 11/18 (No Class 11/4, 11/11)

603-C DATES: Thursday, 5:30 – 6:30 pm
9/18 to 11/6

JUNIOR BEG/INT 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.

Instructor: Luis M. Jimenez, Shrub Oak Tennis Inc.

FEES: Resident: \$260, Nonresident: \$312

LOCATION: Shrub Oak Park Courts

604-A DATES: Monday, 6:30 – 7:30 pm
9/15 to 11/10 (No Class 10/13)

604-B DATES: Tuesday, 6:30 – 7:30 pm
9/16 to 11/18 (No Class 11/4, 11/11)

604-C DATES: Thursday, 6:30 – 7:30 pm
9/18 to 11/6

EVENING ADULT BEG/INT 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: Luis M. Jimenez, Shrub Oak Tennis Inc.

FEES: Resident: \$260, Nonresident: \$312

LOCATION: Shrub Oak Park Courts

605-A DATES: Monday, 7:30 – 8:30 pm
9/15 to 11/10 (No Class 10/13)

605-B DATES: Tuesday, 7:30 – 8:30 pm
9/16 to 11/18 (No Class 11/4, 11/11)

605-C DATES: Thursday, 7:30 – 8:30 pm
9/18 to 11/6

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: Luis M. Jimenez, Shrub Oak Tennis Inc.

FEES: Resident: \$210, Nonresident: \$252

LOCATION: Shrub Oak Park Courts

Beginners:

606-A DATES: Tuesday, 9:00 – 10:00 am
9/16 to 10/21

606-B DATES: Thursday, 9:00 – 10:00 am
9/18 to 10/23

Intermediate:

607-A DATES: Tuesday, 10:00 – 11:00 am
9/16 to 10/21

607-B DATES: Thursday, 10:00 – 11:00 am
9/18 to 10/23

Advanced:

608-A DATES: Tuesday, 11:00 am – 12:00 pm
9/16 to 10/21

608-B DATES: Thursday, 11:00 am – 12:00 pm
9/18 to 10/23

PICKLEBALL – BEGINNER CLINIC - MONDAYS

Ages 18+ | Levels 1.0-2.0

Pickleball instructional classes for beginners rated levels 1.0-2.0 and those new to pickleball. Students will learn: down the line dinks – forehand & backhand, cross court dinks – forehand & backhand, how to volley, forehand & backhand ground stroke, & two types of serving. *Know the basic rules including two bounce rule & scoring. **Instructor:** Dennis Demosthene, Certified Pickleball Instructor, IPTPA

LOCATION: Granite Knolls Courts 4, 5 & 6

FEES: Resident: \$270, Nonresident: \$324

609-A DATES: Mondays, 1:00-2:00pm
(6 classes) 9/8 to 10/20 (No Class 10/13)

PICKLEBALL – ADVANCED BEGINNER CLINIC -MONDAYS

Ages 18+ | Levels 2.0-3.0

Pickleball instructional classes for advanced beginners rated levels 2.0-3.0. Focus on developing basic pickleball shots. Students will learn: basic pendulum swing on the forehand & backhand; proper step movement at the No Volley Zone; how to punch volley; overhead shots; 3rd shot drop shot.

Instructor: Dennis Demosthene, Certified Pickleball Instructor, IPTPA

LOCATION: Granite Knolls Courts 4, 5, & 6

FEES: Resident: \$390, Nonresident: \$468

610-A DATES: Mondays, 2:00-3:30pm
(6 classes) 9/8 to 10/20 (No Class 10/13)

GK DINKETTES – WOMEN'S PICKLEBALL LEAGUE

Ages 18+

The GK Dinkettes is a 4-week women's pickleball league held on Monday afternoons from 3:30-5:30pm at the Granite Knolls courts. This league is not for beginners – intermediate/advanced women players only. **Instructor:** Elaine Stahl

LOCATION: Granite Knolls Courts

FEES: Resident: \$65, Nonresident: \$78

611-A DATES: Mondays, 3:30-5:30pm
(4 classes) 9/8 to 9/29

GK DINKETTES – WOMEN'S PICKLEBALL LEAGUE

(Levels 2.5-3.0) | Ages 18+

This is the GK Dinkettes low-intermediate league. It is a 4-week women's pickleball league held on Monday evenings from 5:30-7:30pm at the Granite Knolls courts. **Instructor:** Elaine Stahl

LOCATION: Granite Knolls Courts

FEES: Resident: \$65, Nonresident: \$78

621-A DATES: Mondays, 5:30-7:30pm
(4 classes) 9/8 to 9/29

THE PUT IT AWAY LEAGUE

Ages 18+

The Put it Away League is a 6-week pickleball league held on Tuesday nights from 7:00pm-9:00pm at the Granite Knolls courts. This league is not for beginners –advanced players only. Must be 3.8 or above. **Instructor: Spiro Korizis**

LOCATION: Granite Knolls Courts
FEES: Resident: \$65, Nonresident: \$78
612-A DATES: **Tuesdays, 7:00pm-9:00pm**
(6 classes) 10/7 to 11/11

PICKLEBALL – ADVANCED BEGINNER CLINIC - TUESDAYS

Ages 18+ | Levels 2.5-3.0

This program will focus on developing basic pickleball shots, including serves, forehand and backhand drives, proper movement along the Non Volley Zone line, executing punch volleys and overhead smashes, and usage of dink shots including 3rd shot drop (long dink). **Instructor: Rajesh (Raj) Mirchandani, Certified Pickleball Instructor, IPTPA**

LOCATION: Granite Knolls Courts 4, 5, & 6
FEES: Resident: \$270, Nonresident: \$324
613-A DATES: **Tuesdays, 1:30-2:30pm**
(6 classes) 9/2 to 10/7

PICKLEBALL – INTERMEDIATE CLINIC - TUESDAYS

Ages 18+ | Levels 3.0-4.0

This program will focus on skills to take the Advanced Beginner to the next level. This includes learning to hit serves, returns, and volleys with depth, hitting 3rd shot drops from the baseline and transition zone, and dinking with purpose. Participants will learn to play high percentage and strategic pickleball and increase their chances of winning more often! **Instructor: Rajesh (Raj) Mirchandani, Certified Pickleball Instructor, IPTPA**

LOCATION: Granite Knolls Courts 4, 5, & 6
FEES: Resident: \$270, Nonresident: \$324
614-A DATES: **Tuesdays, 2:45-3:45pm**
(6 classes) 9/2 to 10/7

PICKLEBALL – PLAYING WITH SPIN - TUESDAYS

Ages 18+ | Levels 3.5+

As an intermediate player (rated 3.5+), learn the fundamentals of topspin, slice, and sidespin. This class will cover how to hit these spins on serves, returns (drives), and drops in the Non Volley Zone. Incorporating these spins into your game will take your skills to the next level! **Instructor: Rajesh (Raj) Mirchandani, Certified Pickleball Instructor, IPTPA**

LOCATION: Granite Knolls Courts 4, 5, & 6
FEES: Resident: \$225 Nonresident: \$270
615-A DATES: **Tuesdays, 4:00-5:00pm**
(6 classes) 9/2 to 9/30

PICKLEBALL - BEGINNER CLINIC - WEDNESDAYS

Ages 18+ | Levels 1.0-2.0

Pickleball instructional classes for beginners rated levels 1.0-2.0 and those new to pickleball. Students will learn: how to dink down the line both forehand & backhand; how to dink cross court both forehand & backhand; how to perform forehand & backhand ground strokes; how to volley; and how to serve. *Know the basic rules including two bounce rule & scoring.

Instructor: Jerome Cabuhat, Head Pickleball Pro, Certified Pickleball Instructor, IPTPA

LOCATION: Granite Knolls Courts 4, 5, & 6
FEES: Resident: \$270, Nonresident: \$324
616-A DATES: **Wednesdays, 1:00-2:00pm**
(6 classes) 9/3 to 10/8

PICKLEBALL - ADVANCED BEGINNER CLINIC - WEDNESDAYS

Ages 18+ | Levels 2.5-3.0

Pickleball instruction for advanced beginners around the 2.5-3.0 level. Students will learn: basic pendulum swing on the forehand & 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 & backhand ground strokes; and how to perform 3rd shot drop by long dinking. **Instructor: Jerome Cabuhat, Head Pickleball Pro, Certified Pickleball Instructor, IPTPA**

LOCATION: Granite Knolls Courts 4, 5, & 6
FEES: Resident: \$390, Nonresident: \$468
617-A DATES: **Wednesdays, 2:00-3:30pm**
(6 classes) 9/3 to 10/8

PICKLEBALL – BEGINNER CLINIC -THURSDAYS

Ages 18+ | Levels 1.0-2.0

Pickleball instructional classes for beginners rated levels 1.0-2.0 and those new to pickleball. Students will learn: down the line dinks forehand & backhand; cross court dinks forehand & backhand; how to volley and serve; basic rules including 2 bounce rule and scoring. **Instructor: Nancy Del Monte, Certified Pickleball Instructor IPTPA**

LOCATION: Granite Knolls Courts 4, 5, & 6
FEES: Resident: \$270, Nonresident: \$324
618-A DATES: **Thursdays, 1:30-2:30pm**
(6 classes) 9/18 to 10/23

PICKLEBALL – ADVANCED BEGINNER CLINIC -THURSDAYS

Ages 18+ | Levels 2.0-3.0

Pickleball instructional classes for advanced beginners rated levels 2.0-3.0. Students will learn: basic pendulum swing forehand & backhand; proper side step movement at NVZ (non-volley zone); how to punch volley; overhead shot; control on ground strokes forehand & backhand; and 3rd shot drop. **Instructor: Nancy Del Monte, Certified Pickleball Instructor, IPTPA**

LOCATION: Granite Knolls Courts 4, 5, & 6
FEES: Resident: \$390, Nonresident: \$468
619-A DATES: **Thursdays, 2:30-4:00pm**
(6 classes) 9/18 to 10/23

PICKLEBALL – ADVANCED BEGINNER - INTERMEDIATE CLINIC -THURSDAYS

Ages 18+ | Levels 3.0-3.5

Pickleball instructional classes for advanced beginners -intermediate players rated levels 3.0-3.5. Students will learn: serves and return of serves; 3rd shot drops by long dinking; controlled ground strokes; punch volley, over heads, and lobs; and proper court positioning and strategies. **Instructor: Nancy Del Monte, Certified Pickleball Instructor, IPTPA**

LOCATION: Granite Knolls Courts 4, 5, & 6
FEES: Resident: \$390, Nonresident: \$468
620-A DATES: **Thursdays, 4:00-5:30pm**
(6 classes) 9/18 to 10/23

AQUATIC PROGRAMS

COMPETITIVE SWIM CLINIC

Ages 8-17

Eligibility: Ages 8-17 (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: CBMS Pool

Fall:

701-A DATES: Saturdays, 8:00-9:30am
9/20 to 11/15 (No class 10/11)

Winter:

702-A DATES: Saturdays, 8:00-9:30am
1/3 to 2/28 (No Class 2/21)

Spring:

703-A DATES: Saturdays, 8:00-9:30am
3/14 to 5/9 (No class 4/4)

BEGINNER SWIM FOR TEENS

Ages 13-17

Want to learn to swim? Join us with other teens and learn the strokes that allow you to be swimming before you know it.

FEES: Resident: \$115, Nonresident: \$138

LOCATION: CBMS Pool

Fall:

704-A DATES: Saturdays, 10:50am-11:20am
9/20 to 11/15 (No class 10/11)

Winter:

705-A DATES: Saturdays, 10:50am-11:20am
1/3 to 2/28 (No Class 2/21)

Spring:

706-A DATES: Saturdays, 10:50am-11:20am
3/14 to 5/9 (No class 4/4)

PRIVATE SWIM LESSONS

Any Ages

Do you or your child need that little extra help? Could you benefit from one on one training? This is where you can learn to swim, understand safety skills, work on strokes and spend more time enjoying the water.

Registration for Private Swim Lessons opens 8/26.

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

LOCATION: CBMS Pool

DATES:

Saturdays, 30 min sessions

A- 9:30am-10:00am

B- 10:00am-10:30am

C- 10:30am-11:00am

D- 11:00am-11:30am

E- 11:30am-12:00pm

F- 12:00pm-12:30pm

G- 12:30pm-1:00pm

H- 1:00pm-1:30pm

I- 1:30pm-2:00pm

725- Fall: 9/20 to 11/15 (No class 10/11)

726- Winter: 1/3 to 2/28 (No class 2/21)

727- Spring: 3/14 to 5/9 (No class 4/4)

TINY TOT SWIM PROGRAM

Parental participation required

FEES: Resident: \$115, Nonresident: \$138

LOCATION: CBMS Pool

Infant/Toddler- 6 months-36 months

Fall:

707-A DATES: Saturdays, 11:30am-12:00pm
9/20 to 11/15 (No class 10/11)

Winter:

708-A DATES: Saturdays, 11:30am-12:00pm
1/3 to 2/28 (No Class 2/21)

Spring:

709-A DATES: Saturdays, 11:30am-12:00pm
3/14 to 5/9 (No class 4/4)

Preschool- Ages 3 yrs and older

Fall:

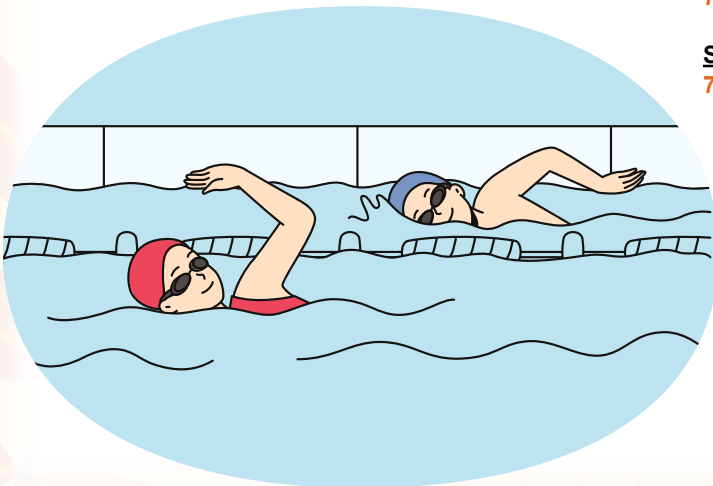
710-A DATES: Saturdays, 12:05pm-12:35pm
9/20 to 11/15 (No class 10/11)

Winter:

711-A DATES: Saturdays, 12:05pm-12:35pm
1/3 to 2/28 (No Class 2/21)

Spring:

712-A DATES: Saturdays, 12:05pm-12:35pm
3/14 to 5/9 (No class 4/4)



SWIM LESSONS

Ages 8-17

Level 1: Eligibility: For Beginners with little to no water experience. In a safe, supportive environment, swimmers learn foundational skills including water safety, floating, gliding, and basic arm and leg movements. Ideal for: Children typically aged 4-6 who are ready for independent instruction without a parent in the water.

Level 2: Eligibility: Swimmers who are comfortable in the water and ready to grow their confidence and independent. In this level, participants begin learning to float and glide without support, explore rhythmic breathing, and develop fundamental arm and leg actions. Ideal for: Children who have completed Level 1 or demonstrate equivalent skills.

Level II-III: Develop foundational aquatic skills. Freestyle, backstroke as well as basic safety skills. Must be able to swim independently. **Eligibility:** Ages 4-6yrs/Intermediate

Level IV-VI: Improve strokes already learned and improve other aquatics skills. Increase endurance and learn safety skills. **Eligibility:** Children must be able to swim 25yds prior to enrollment

Instructor: Beth Kear

FEES: Resident: \$115, Nonresident: \$138

LOCATION: CBMS Pool

Level 1:

DATES:

713-A

714-A

715-A

Level 2:

DATES:

716-A

717-A

718-A

Level II-III:

DATES:

719-A

720-A

721-A

Level IV-VI:

DATES:

722-A

723-A

724-A

Saturdays, 9:40am-10:10am

Fall: 9/20 to 11/15 (No class 10/11)

Winter: 1/3 to 2/28 (No class 2/21)

Spring: 3/14 to 5/9 (No class 4/4)

Saturdays, 10:15am-10:45am

Fall: 9/20 to 11/15 (No class 10/11)

Winter: 1/3 to 2/28 (No class 2/21)

Spring: 3/14 to 5/9 (No class 4/4)

Saturdays, 12:40pm-1:10pm

Fall: 9/20 to 11/15 (No class 10/11)

Winter: 1/3 to 2/28 (No class 2/21)

Spring: 3/14 to 5/9 (No class 4/4)

Saturdays, 1:10pm-1:45pm

Fall: 9/20 to 11/15 (No class 10/11)

Winter: 1/3 to 2/28 (No class 2/21)

Spring: 3/14 to 5/9 (No class 4/4)

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/yttcny.

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: Monday-Friday 9am-4pm

Contact: (914) 962-2970 or visit the website at www.yorktownny.gov/townclerk/museum

ALLIANCE FOR SAFE KIDS (ASK)

ASK is a non-profit organization that represents all sectors of our community working together to provide a safety net supports a healthy lifestyle for our youth and families. Our mission is to connect the community to important resources that promote Youth Mental Health; Substance Use Prevention, Treatment, and Recovery; and Opportunities for Thoughtful Service. As the fiscal sponsor for **Drug Crisis in Our Backyard**, ASK supports their mission and through this strengthened partnership, Drug Crisis in Our Backyard is able to continue to provide vital programming for individuals and their families who are struggling with the effects of substance use in a friend or loved one. For more information, please visit, 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.

TREE CONSERVATION ADVISORY COMMISSION

For the purposes of the management and conservation of the Town-wide forest in the Town, it is necessary to create a Tree Conservation Advisory Commission to advise the Town Board, Conservation Board and Planning Board in carrying out the goals of the Comprehensive Zoning Plan with respect to tree conservation and to function as the Town's community forest ombudsmen, including but not limited to providing education and outreach programs to the public. The Tree Conservation Advisory Commission shall report to the Town Board, the Conservation Board and the Planning Board on the status and health of the Yorktown forest on an annual basis. The Tree Conservation Advisory Commission shall be responsible for overseeing the establishment, regular updates and implementation of a Town-wide forest management plan, to be adopted by the Town Board. **Meets third Wednesday of the month at 5:00 pm in Room 104 at the Albert A. Capellini Community & Cultural Center.**

THE LINKS AT VALLEY FIELDS

A UNIQUE PAR 3 GOLF COURSE IN WESTCHESTER!

9 Hole Round

Yorktown Resident \$30.00

Non-Resident \$35.00

Senior (62) Veteran \$25.00

Golf: Sunrise to Sunset

Food: Sun-Mon 11am-9pm. Tue-Sat 11am-10pm

Bar: Mon-Sun: 10am-Until...

795 Rt. 6 Shrub Oak NY 10588

www.linksyorktown.com

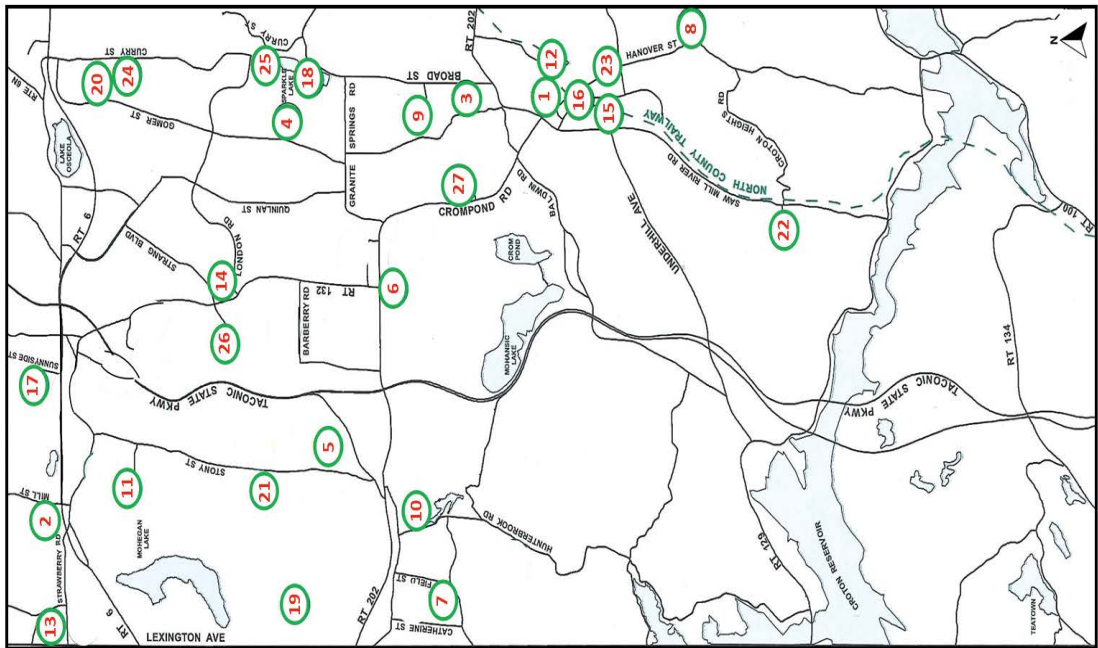
914-302-2851

Early Bird Special Mon-Thurs 7am-9am \$25

TOWN OF YORKTOWN

FACILITIES AT TOWN SITES

	Track Walk/Run	Tennis	Softball	Soccer/ Lacrosse	Skate Park	Roller Hockey	Public Restrooms	Pool / Lake Facility	Playground	Picnic Area	Pickleball	Pavilion/Gazebo	Nature Trails	Multipurpose Turf Fields	Fishing	Exercise Area	Dog Park	Community Garden	Bocci Courts	Day Camp Locations	Basketball	Baseball	
1 AACCC Building, 1974 Commerce Street																							
1A Recreation Office, 1974 Commerce St Rooms 122 & 123																							
1B Jack DeVito Gazebo, Veterans Road				X																			
1C Jack DeVito Veterans Memorial Field, Veterans Road									X														
2 Blackberry Woods, Cranberry Ln																							
3 Brookside Elementary School, 2285 Broad Street																				X			
4 Chelsea Park, Gomer Street																					X		
5 Deer Hollow Park, Deer St																							
6 Downing Park, Route 202 (2881 Crompond Rd)																				X			
7 Fox Den, Field St																					X		
8 Hanover East, Wellington St																							
9 Harrison Apar Field of Dreams, Benjamin Blvd																						X	
10 Hunterbrook Field, Hunterbrook Rd																							
11 Ivy Knolls Park, Ivy Road & Spring St																							
12 Junior Lake Park & Pool, 1939 Edgewater St																							
13 Kensington Woods, Emma Ln, Mohegan Lake																							
14 London Woods Field, London Rd																						X	
15 Patriot Skate Park, 363 Underhill Ave.																							
16 Railroad Station Park, Commerce St																					X		
17 Shrub Oak Park, Brian Slavin Aquatic Facility, 3800 Sunnyside St																					X		
18 Sparkle Lake Service Building, 176 Granite Springs																					X		
19 Sylvan Glen Park Preserve & Dog Park, Morris Ln & Grant Ave																							
20 Thomas Jefferson Elem. School, 3636 Gomer Street																							
21 Tom Diana Park @ Granite Knolls Rec & Sports Cmplx, Stoney St																					X		
22 Turkey Mountain Nature Area, Saw Mill River Rd																							
23 Veteran Memorials Circle, 363 Underhill Ave																							
24 Walden Woods Park, Curry St																							
25 Willow Park, Curry St & Tulip St																							
26 Woodlands Legacy Ballfields, Strang Blvd / Woodlands Dr																						X	
27 Yorkhill Park, Hawthorne Drive																							



Park Hours: Facilities, with the exception of the ones with lights, are open 1/2 hour before dawn until 1/2 hour after dusk.

YORKTOWN
PARKS & RECREATION DEPARTMENT
1974 Commerce St.
Yorktown Heights, NY 10598

Save the Dates

Yorktown Grange Fair - September 5th, 6th, 7th
Yorktown Lions Halloween Parade - October 18th
Holiday Electric Lights Parade - December 6th
Easter Egg Hunt - Saturday, March 21st



SCAN ME

What's Inside

Pre School Programs

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

Youth/Teen Programs

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

Adult Programs

Golf, Tennis, Sports
Leagues, Yoga, 20/20/20,
Zumba, Pilates,
Kung-Fu, Tai Chi, Fencing,
Painting, Pickleball...

...And 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