

# YOUTH AND TEEN PROGRAMS

## AFTER SCHOOL DROP-OFF PROGRAM (Grades 1 - 8)

Solaris Sport Club Personnel

Program No: **323501-A (Session 1)**  
**323502-A (Session 2)**  
**123501-A (Session 3)**

Day & Time: Monday thru Friday – 3:00 to 6:00pm

Dates: **Session 1:** September 6 – December 12 (13 weeks)  
**Session 2:** December 5 – March 2 (13 weeks)  
**Session 3:** March 5 – June 22 (16 weeks – additional fee of \$115.00)

Site: Solaris Sports Club

Fee: \$500.00 per program number

About the program: Forget the after-school activities and come to Solaris Sports Club. Our gym is a fun and exciting place to go for kids, offering supervised activities such as basketball, soccer, dodgeball, fitness activities and team games. This program will meet 5 days a week – 3 hours a day and will cost under \$8.00 a day. Why not try it out. Your child will have a great time and can learn at the same time. No make-ups will be available. A minimum of 12 participants is needed. Call Solaris at 962-4094 for more information regarding transportation if needed.

## INTRODUCTION TO ROBOTICS

CompuChild Technology, Instructor

Program No: **324301-A, B (Session 1 & 2)**  
**124301-A, B (Session 3 & 4)**

Day & Time: **A:** Mondays - 4:00 to 5:00pm (7 to 11 year olds)  
**B:** Mondays – 5:00 to 6:00pm (7 to 11 year olds)

Dates: **Session 1:** September 19 – October 31 (6 classes) (no class October 10)  
**Session 2:** November 7 – December 12 (6 classes)  
**Session 3:** January 9 to February 27 (6 classes) (no class January 16 & February 20)  
**Session 4:** March 5 to April 16 (6 classes) (no class on April 2)

Site: Yorktown Community & Cultural Center, Room 104

Fee: \$130.00 per program number

About the program:

**For Session 1 & 3:** Educate 7 to 11 year olds in a weekly class of no more than 10 children per class for approximately an hour. The LEGO Robotics Construction Set will introduce young students to the exciting world of robotics and computers. The students will build LEGO models featuring working motors and then program their models using our computer. Class A – Dancing Birds, Alligator, Drumming Monkey and more.

**For Session 2 & 4:** The program for this class is the same as Sessions 1 & 3, but the Class B models include Soccer Players, a Giant, Airplane and more.



## JUNIOR SPIN

Club Fit Instructor

Program No: **325303-A (Session 1)**  
**125303-A (Session 2)**

Day & Time: Mondays - 5:00 to 5:45pm (8 classes)

Dates: **Session 1:** September 19 – November 14 (no class October 10)  
**Session 2:** January 9 – March 12 (no class January 16 and February 20)

Site: Club Fit at Jefferson Valley

Fee: \$110.00 per program number

About the program: For **ages 9 to 12**. This spinning class is geared for young adults filled with great music, motivation and lots of sweat!

## ZUMBATOMIC **\*\*NEW\*\***

Club Fit Instructor

Program No: **322203-A, B (Session 1)**  
**122203-A, B (Session 2)**

Day & Time: **A:** Tuesdays - 4:30 to 5:30pm (**ages 8 to 12**)  
**B:** Thursdays – 4:00 to 4:45pm (**ages 4 to 7**)

Dates: **Session 1:** September 20 – November 17 (8 classes) (no class September 29, November 8)  
**Session 2:** January 10 – March 8 (8 classes) (no class February 21, 23)

Site: Club Fit at Jefferson Valley

Fee: \$110.00 per program number

About the program: A fast-forward fusion of the Zumba program moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids max out on fun and fitness at the same time.



## AMERICAN RED CROSS BABYSITTING

Joseph Pepe, Instructor

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

Day & Time: Tuesdays – 5:30 to 8:30pm

Dates: **Session 1:** October 4, 11, 18  
**Session 2:** February 28, March 6, 13

Site: Sparkle Lake Service Building

Fee: \$105.00 per program number

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



# YOUTH AND TEEN PROGRAMS (Continued)

## ARCHITECTURAL WORKSHOP **\*\*NEW\*\***

Ginny Oppedisano, Instructor

Program No: **323302-A (Session 1)**  
**123302-A (Session 2)**  
 Day & Time: Tuesdays - 6:30 to 8:00pm  
 Dates: **Session 1:** September 20 – November 15  
 (8 classes) (no class November 8)  
**Session 2:** January 10 – March 6 (8 classes)  
 (no class February 21)  
 Site: Yorktown Community & Cultural Center,  
 Room 104  
 Fee: \$95.00 per program number

About the program: **For children 10 to 14 years of age.** Children will have fun learning the basics of architectural drawings and constructions. They will design their own 3-dimensional structures and explore the fascinating world of architectural design.

## SCRAPBOOK CLASS FOR KIDS Lori Scanlan, Instructor

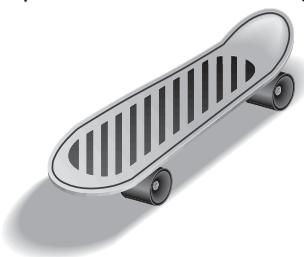
Program No: **223601-A, B**  
 Day & Time: **A:** Wednesday & Thursday – 9:30am to 12:30pm  
**B:** Thursday & Friday – 9:30am to 12:30pm  
 Dates: **A:** December 28 & 29  
**B:** February 23 & 24  
 Site: Sparkle Lake Service Building  
 Fee: \$85.00 per program number

About the program: **For ages 6 and up.** Participants should bring 30 pictures (4" x 6" size). They will complete an 8 x 8 School Days album, with paper, stickers and more. All supplies included.

## CREATE A SKATEBOARD Solaris Sports Club

Program No: **325911-A**  
 Day & Time: Wednesdays - 4:30 to 5:30pm **(8 to 16 years)**  
 Dates: October 12 – November 16 (6 classes)  
 Site: Solaris Sports Club  
 Fee: \$70.00 (**Material fee** of \$20.00 for Board only and \$50.00 for Board, Grip Tape, Trucks, Wheels and Bearings to be paid directly to instructor on the first day of class)

About the program: The Build a Board Art Program is designed to make the learning experience as entertaining as the skateboard is to ride. Kids will learn the science of how a skateboard is made and what it takes to make a Shape, and illustrate their deck with their own creative viewpoint through creative techniques. They will add their own personal touch to their very own custom professional skateboard deck which can be used and enjoyed outside the program. This program includes: a certified Skateboarding instructor; one professional quality skateboard per participant; all materials needed to sand, paint and decorate a skateboard; work sheets to help design a skateboard and the grip tape, trucks, wheels and bearings to complete the skateboard.



## ITALIAN LANGUAGE CLASSES FOR CHILDREN

Carolina DiDomenico, Instructor

Program No: **321205-A (Session 1)**  
**121205-A (Session 2)**  
 Day & Time: Fridays – 3:30 to 4:30pm **(6 to 11 years)**  
 Dates: **Session 1:** September 16 - November 18  
 (8 classes)  
 (no class September 30 and November 11)  
**Session 2:** January 13 – March 9 (8 classes)  
 (no class February 24)  
 Site: Yorktown Community & Cultural Center,  
 Room 104  
 Fee: \$170.00 per program number

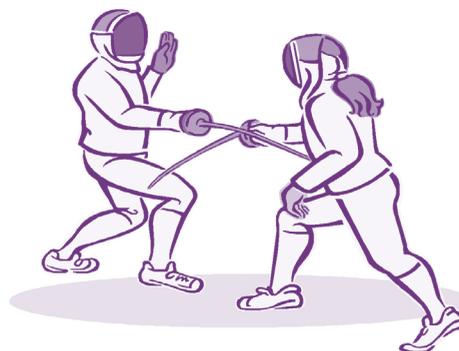
About the program: **For 6 to 11 years – “scuola elementare.”** Children learn the Italian language through a series of thematic units. The instructor uses attractive materials to engage student participation and creates a fun learning environment by playing games, singing, dancing and through the arts. Connections are also made for school subjects such as science, social studies, math and language arts. All lessons are progressive and support the principles of language acquisition. Homework may be assigned.

## INTRODUCTION TO FENCING (AGES 8 & OVER)

Jim Bernitt, Westchester Fencers Club

Program No: **325502-A (Session 1)**  
**125502-A (Session 2)**  
 Day & Time: Thursday – 6:00 to 7:00pm  
 Dates: **Session 1:** September 22 – November 3  
 (6 classes) (no class September 29)  
**Session 2:** January 19 – March 1 (6 classes)  
 (no class February 23)  
 Site: **Session 1:** United Methodist Church in Shrub  
 Oak (opposite Hart Library)  
**Session 2:** Yorktown Jewish Center (Rt. 202,  
 across FDR Park entrance)  
 Fee: \$110.00 per program number

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



# YOUTH AND TEEN PROGRAMS (Continued)

## PIZZA/BINGO

Recreation Staff

Program No: **327101-A, B, C, D (Session 1)**  
**127101-A, B, C, D (Session 2)**  
 Day & Time: Fridays - 6:30 to 8:00pm  
**Session 1:**  
 Dates: **A:** October 21 (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> graders)  
**B:** November 4 (4<sup>th</sup> and 5<sup>th</sup> graders)  
**C:** November 18 (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> graders)  
**D:** December 9 (4<sup>th</sup> and 5<sup>th</sup> graders)  
**Session 2:**  
**A:** January 20 (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> graders)  
**B:** February 3 (4<sup>th</sup> and 5<sup>th</sup> graders)  
**C:** March 2 (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> graders)  
**D:** March 16 (4<sup>th</sup> and 5<sup>th</sup> graders)  
 Site: Sparkle Lake Service Building  
 Fee: \$15.00 per program number  
 About the program: Meet with your friends and enjoy a slice of pizza and a night of Bingo with some terrific prizes. Space is limited so register early.

## CHESS FOR BEGINNERS

Sal Catalfamo, Instructor

Program No: **324101-A (Session 1)**  
**124101-A (Session 2)**  
 Day & Time: Saturdays – 9:00 to 10:30am  
 Dates: **Session 1:** September 17 – December 3 (8 classes)  
 (no class October 8, 29, November 12, 26)  
**Session 2:** January 14 – March 10 (8 classes)  
 (no class February 25)  
 Site: Yorktown Community & Cultural Center, Senior Room  
 Fee: \$85.00  
 About the program: For ages **5 and over**. Learn how to play the game of Chess, how the pieces move, how they attack and capture each other and how to capture your opponent's king and win the game.

## INTERMEDIATE CHESS

Sal Catalfamo, Instructor

Program No: **324102-A (Session 1)**  
**124102-A (Session 2)**  
 Day & Time: Saturdays – 10:30am to 12noon  
 Dates: **Session 1:** September 17 – December 3 (8 classes)  
 (no class October 8, 29, November 12, 26)  
**Session 2:** January 14 – March 10 (8 classes)  
 (no class February 25)  
 Site: Yorktown Community & Cultural Center, Senior Room  
 Fee: \$85.00  
 About the program: Now that you know how the pieces move, learn how to write down your moves and improve your game. Learn how to understand why your opponent made his/her last move, so you can prevent your opponent from capturing your king and then how you can capture your opponent's.



## KUNG FU/KARATE FOR KIDS

Sifu Nat Costanzo, Instructor

Program No: **325801-A (Session 1)**  
**125801-A (Session 2)**  
 Day & Time: Saturdays - 10:00 to 11:00am  
 Dates: **Session 1:** September 17 - December 10 (10 classes) (no program October 8, November 12 & November 26 )  
**Session 2:** January 14 – March 24 (10 classes) (no class February 25)  
 Site: Yorktown Community & Cultural Center, Room 104  
 Fee: \$85.00 (includes T-Shirt)  
 About the program: For children ages **5 to 10** years old. This class will provide youngsters the opportunity to understand that exercise through Martial Arts training can be both a physical and mental learning experience. They will learn Discipline, build Self-Confidence, will build Awareness, be taught fundamentals of Self-Defense, as well as develop Endurance and Strength. Students will also learn the proper way to stretch, be introduced to Martial Arts basics, and will be given demonstrations in hand and sword Katas (forms).  
**Note: this class has no sparring or contact.**

## FUN WITH CARTOONS

Ginny Oppedisano, Instructor

Program No: **323301-A (Session 1)**  
**123301-A (Session 2)**  
 Day & Time: Saturdays - 9:00 to 10:30am  
 Dates: **Session 1:** September 17 – November 19 (8 classes)  
 (no class October 8, November 12)  
**Session 2:** January 14 - March 10 (8 classes)  
 (no class February 25)  
 Site: Yorktown Community & Cultural Center, Community Room 1  
 Fee: \$95.00 per program number  
 About the program: Children **8 to 12 years old** will learn to draw their favorite cartoon characters from TV and the movies. They will learn to create their own cast of Superheroes and other types of whimsical animal and people cartoons. All is needed is a sketchpad, pencil and markers and they are on their way to becoming a cartoonist!

## ACRYLIC PAINTING FOR YOUNG ARTISTS

Ginny Oppedisano, Instructor

Program No: **323401-A**  
 Day & Time: Saturdays - 10:30am to 12noon  
 Dates: September 17 – November 19 (8 classes)  
 (no class October 8, November 12)  
 Site: Yorktown Community & Cultural Center, Community Room 1  
 Fee: \$95.00  
 About the program: Children **8 to 12 years old** will learn to make paintings of real scenes they choose themselves from photos, pictures they find and from still life and original drawings. The paintings will surprise the artist who may want to hang them or give them away as gifts. But, most of all, they will have fun creating them. **Please Note: Bring canvas panels and paints and photos that interest you.**

# YOUTH AND TEEN PROGRAMS (Continued)

## SCULPTORS' CLAY WORKSHOP

Ginny Oppedisano, Instructor

Program No: **123701-A**  
 Day & Time: Saturdays – 10:30am to 12noon  
 Dates: January 14 – March 10 (8 classes)  
 (no class February 25)  
 Site: Yorktown Community & Cultural Center,  
 Community Room 1  
 Fee: \$95.00

About the program: For students **ages 8 to 12**. Enjoy the fun of making things out of clay. From useful objects to creative sculptures, you will make items to be treasured for many years to come. In the past, we have made picture frames, wall hangings, candy dishes, heart boxes, cartoon characters, animals, pop art and candle holders. Create you're your own sculptures as well. **Please Note: Students must supply their own clay – details on supply list available at Recreation Office.**



## SCHOOL'S OUT CAMP (Ages 5 to 12)

Club Fit Staff

Program No: **325101-A, B (Session 1)**  
**125101-A, B (Session 2)**  
**Session 1:**  
**A:** One Day from dates in Session 1 listed below (please specify date on registration form)  
**B:** Week of December 26, 27, 28, 29, 30  
**Session 2:**  
**A:** One Day from dates in Session 2 listed below (please specify date on registration form)  
**B:** Week of February 20, 21, 22, 23, 24  
 Day & Time: Monday – Friday – 9:00am to 3:00pm  
 Dates: **Session 1:** September 29, 30 October 10, November 11, 23, 25  
 December 26, 27, 28, 29, 30  
**Session 2:** January 2, 16, February 20, 21, 22, 23, 24  
 Site: Club Fit at Jefferson Valley  
 Fee: \$62.00 (per day) or \$290.00 (week of December 26 or February 20)

About the program: **For ages 5 to 12**. While "School's Out" spend the day playing basketball, whiffle ball, kickball, soccer, and swimming. Children can bring a packed lunch or purchase something from our café. Each child will need a bathing suit and sneakers. Towels are provided. Participants must pre-register. Early drop-off (8:00am) and late pick-up (6:00pm) is available for an **ADDITIONAL CHARGE**. **Contact Club Fit directly for details about early drop-off and pick-up at 245-4040.**



## HORSEBACK RIDING I AND II

Zephyr Farm, Instructor

Program No: **325201-A, B, C, D**  
 Day & Time: **A:** Sundays - 11:00am to 12noon  
**(Horseback Riding I)**  
**B:** Sundays – 12noon to 1:00pm  
**(Horseback Riding I)**  
**C:** Sundays – 1:00 to 2:00pm  
**(Horseback Riding II)**  
**D:** Sundays – 2:00 to 3:00pm  
**(Horseback Riding II)**

Dates: September 18 – November 6 (8 classes)  
 Site: Zephyr Farm (located at 219 Watermelon Hill Road in Mahopac, NY)

Fee: \$320.00 per program number

About the program:

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



## MOUNTAIN BIKING 101

Tom Oakes – Trail Masters Touring Inc.

Program No: **325301 - A, B, C**  
 Day & Time: Saturday or Sunday – 10:00am to 12noon  
 Dates: **A:** September 24<sup>th</sup> (Saturday)  
**B:** October 9<sup>th</sup> (Sunday)  
**C:** November 6<sup>th</sup> (Sunday)

Location: Woodlands Legacy Field  
 Fee: \$35.00 per program number

About the program: This one day session will teach participants ages 12 to 15 specific techniques to help new riders interested in getting started in mountain biking. After we do a bike safety check and bike fitting, the training session will consist of drills that will cover shifting, braking, turning, climbing and descending. Following a short break we will take a trail ride to practice the new skills. If you are interested in this fast growing sport but have question, a free information session will be held at the Downing Park Gazebo on Saturday, September 17<sup>th</sup> at 10:00am (no registration necessary). Rental bikes are available through Trail Masters Touring - Max: 10 People



# YOUTH AND TEEN PROGRAMS (Continued)

## SKI or SNOWBOARD LESSONS **\*\*NEW\*\***

Thunder Ridge Ski Area located in Patterson, NY will be offering our residents a value pack of ski or snowboard lessons. The program consists of six (6) 1 ½ hour group lessons. Participants can choose from the following days and times: Monday, Wednesday or Thursday from 5:00pm or 6:30pm, Tuesday 6:30pm, Saturday 3:30pm or 5:30pm, or Sunday 3:30pm. Lessons are for skiers, first grade and up and snowboarders, third grade and up (including adults!). A separate registration form is needed to enroll in the program which can be obtained by calling or visiting the Yorktown Recreation Department – 245-4650.

**Fees:** Lessons Only: \$115  
(Must have Thunder Ridge Season Pass)  
Lift & Lesson: \$205 (includes lift ticket during lesson and remainder of evening)  
Lift, Lesson, Rental: \$355 (includes lift ticket & equipment during lesson & remainder of evening).

**NOTE: Registration MUST be made prior to December 15<sup>th</sup>!! Checks must be made payable directly to "Thunder Ridge Ski Area" but submitted to the Recreation Department.**

## FLEXIBILITY AND STRENGTH TRAINING **\*\*NEW\*\***

Program No: **325602 - A, B**  
Day & Time: **A:** Friday's – 6:30-8:00pm - "Flexibility and Strength Training for the Young Athlete,"  
Get a real workout for free at the Yorktown Teen Center.

**B:** Saturday's – 2:00-3:30pm - "Flexibility and Strength Training for the Less Athletic,"  
At no cost, for teens and their parents to experience a more gentle workout.

Location: Yorktown Community & Cultural Center - Room 104

Fee: Free - but must register with the Recreation Department prior to participation

About the program: The Flexibility and Strength Training program is taught by Life Coach and Yoga instructor Roxanne Gamory, also known as Ms. G. Through her experience of health and fitness she has a growing concern about the health of our next generation and believes we get to teach our children when they are just that, children. Calabash Yoga is her new studio opening in the fall in Cortlandt Manor. She works with teens in a structured format, creating mind/body connection.

# ADULT PROGRAMS

## NEW YORK CITY BALLET WORKOUT Club Fit Instructor

Program No: **331501-A, B (Session 1)**  
**131501-A, B (Session 2)**  
Day & Time: **A:** Mondays – 10:30 to 11:30am  
**B:** Wednesdays – 10:30 to 11:30am  
Dates: **Session 1:** September 12 – November 7  
(8 classes) (no class October 10)  
**Session 2:** January 9 – March 12 (8 classes)  
(no class January 16, February 20, 22)  
Site: Club Fit at Jefferson Valley  
Fee: \$150.00 per program number

About the program: The New York City Ballet Workout is an exercise program that combines elements of ballet training and athletic conditioning in which the music, exercises and movement reflect the unique style and spirit of New York City Ballet. The program emphasizes muscle conditioning and definition, flexibility, movement and balance. The workout is designed to accommodate all fitness levels and encourage those with little or no dance experience to discover the benefits of ballet-based regimen. Basic ballet technique is used to develop body strength and awareness, graceful carriage and proper posture. Taught by Christine Smyth, certified AFAA Group Instructor and certified in the New York City Ballet workout.



## AFTER WORK WORK-OUT

Lori Barr, Instructor

Program No: **331201-A, B, C (Session 1)**  
**131201-A, B, C (Session 2)**  
Day & Time: **A:** Mondays & Wednesdays - 6:30 to 7:30pm  
**B:** Wednesdays – 6:30 to 7:30pm  
**C:** Mondays – 6:30 – 7:30pm  
Dates: **Session 1:** September 19 – November 16  
(8/16 classes)  
(no class September 28, October 10)  
**Session 2:** January 9 – March 12  
(8/16 classes)  
(no class January 16, February 20, 22)  
Site: Sparkle Lake Service Building  
Fee: \$192.00 (two days) \$96.00 (one day)

About the program: Come early...exercise...and still have an evening to enjoy! This workout is a no-nonsense hour of low impact aerobics to burn fat with intervals of concentrated calisthenics that tone and firm. De-stress from your workday with upbeat music and prevent the spread. **Please note:** Bring water, weights and a mat to each class.

## HUSTLE LESSONS **\*\*NEW\*\*** Solaris Sports Club Personnel

Program No: **332101-A**  
Day & Time: Mondays - 7:00 to 8:00pm  
Dates: October 17 – December 19(10 weeks)  
Site: Solaris Sports Club  
Fee: \$90.00

About the program: Not just for Disco dancers anymore, the Hustle is making a huge comeback. Come find out what all the hype is all about during this 10 week Hustle class. This energetic yet elegant dance style is perfect to learn for weddings and parties and for those Disco Nights! No partner is necessary.