city of

yonkers

department of parks, recreation & conservation

www.yonkersny.gov

Going Green!
Brochures will be available on-line only starting fall 2010

programs for youngsters, teens, & adults

spring/summer 2010

ON-LINE REGISTRATION BEGINS FIRST WEEK IN MAY

General Information

We're Going Green

Please note that brochures will be available on-line only starting fall 2010

The Yonkers Department of Parks, Recreation and Conservation is located at 285 Nepperhan Avenue in zip code 10701.

Registration

Registration is on a first-come first-served basis and will continue until programs fill. See page 1 for details.

Program Absence

We do not make up classes for personal absence. Classes lost to holidays or inclement weather will be rescheduled.

Refund Policy

All programs must meet a certain minimum enrollment in order to be conducted. Programs may be combined to reach that minimum. You will receive a full refund if a program is cancelled due to insufficient registration. No refunds will be issued after classes begin, except for medical reasons. These requests must be accompanied by a letter from a physician. In such cases, students will be responsible for the classes they attended and a processing fee of $25.

Problem Payments

Bounced checks and credit card charge cancellations will carry a $25 processing fee.

Inclement Weather

The best way to receive quick and accurate information about cancellations is to call our "Hotline" on 377-6454. Please be patient if lines are busy. You can also listen for cancellation announcements on radio WFAS 1230 AM and 103.9 FM.

Adult Program Site Locations

Roosevelt H.S .....631 Tuckahoe Road
Mark Twain M.S. ..... Opposite 119 Woodlawn Avenue
Coyne Park C.C. .....777 McLean Avenue
Cola C.C. ..... 945 North Broadway
Nodine Hill C.C. ..... 140 Fillmore Street
Bronx River Road C.C. ..... 680 Bronx River Road

Pathways to Success

Yonkers Public Schools offers instructional programs for out-of-school youth and adults, 18 years of age and over:

- English as a Second Language
- Adult Basic Education
- External High School Diploma
- Employment Training
- High School Equivalency Preparation

Call 376-8600 for more information

Seasonal Events

Spring Track Races

Boys and Girls, Ages 4-14
Days: Saturdays and Sundays, starting in April.
Lincoln High School and War Memorial Field
Call 377-6441 for schedule

Cinco De Mayo Celebration

Date and time: Sunday, May 2, 1 p.m. - 4 p.m.
Untermyer Park, 945 North Broadway
Call 375-3435 and visit www.untermyer.com for information.

Yonkers Male Glee Club Concerts

Sunday, May 2 at 3:00 p.m., Saunders High School
Saturday, May 8 at 3:00 p.m. Will Library
Both Free Performances. Conductor: Robert Sonnenberg
May 2 concert features soprano Cristina Fontanelli.

Yonkers Philharmonic Orchestra Concert

Date: May 23 at 3:00 p.m. Free Performance.
Saunders High School, 183 Palmer Road
Featuring Concerto Competition Winners
Conductor: James Sadewhite

Yonkers Memorial Day Ceremony

Date and Time: Sunday, May 30 at 11:00 a.m.
War Memorial Monument
South Broadway, in front of City Hall.

Ukrainian Heritage Festival

Date: June 18, 19, 20.
Includes Free Performances.
St. Michael's Church, 510 North Broadway

Untermyer Performing Arts Summer Festival

Saturdays at 7:30 p.m. in July and August.
Untermyer Park, 945 North Broadway
Visit www.untermyer.com for a list of free events.

Yonkers Golf Classic

Registration begins August 16
Two round tournament: October 17 and 24
$5 registration fee. Weekend greens fees apply.
Call 377-6443 for an application and details.

Registration Information

Mail-In Registration is NO LONGER ACCEPTED.

- All mail received will be returned to senders.

In-Person Registration: If it is impossible for you to register On-line, In-Person registration will take place at the Department of Parks and Recreation, 285 Nepperhan Avenue. **See schedule at right.**
Some classes will be full prior to 9:00 am due to On-Line Registration which begins the night before. You can make payment by Visa, Mastercard, or Discover credit card, cash (exact amount), or check or money order, payable to City of Yonkers.

On-Line Registration: See schedule at right.
Registration is on a first-come, first-served basis. The best way to maximize your chance of securing a spot in any program is to register on-line as soon as registration begins. Make payment by Visa, Mastercard, or Discover credit card.

Registration Schedule

Pre-K Summer Camp, Pre-Ballet for Pre-K, Adult Programs on page 4, Sports Camps and Dance Camp, Boating, Obedience School for Dogs.
On-Line: Begins Monday, May 3 at 7:00 p.m.
In-Person: Tuesday, May 4, 9:00 a.m. - 4:00 p.m.

Camp Rays Day Camp
On-Line: Begins Wednesday, May 5 at 7:00 p.m.
In-Person: Begins Thursday, May 6, 9:00 a.m. to 4:00 p.m.
Continues weekdays until each site is full.

Aquatics Program
Sand Guppy & Land Sharks Mini-Camps
On-Line Spring: Begins Wednesday, May 26 at 7:00 p.m.
On-Line Summer: Begins Wednesday, June 30 at 7:00 p.m.

Registering On-Line • *It's Fast, Easy and Convenient!*

Our CommunityPass Registration Service enables you to securely register your entire family. You can register and pay your program fee 24 hours a day, seven days a week.

Requirements to use On-Line Registration: You **MUST**:

- Pay with a Visa, Mastercard, or Discover card
- Have a valid e-mail address
- Use a computer with internet access, including those at the Riverfront library (Mon, Weds, Thurs, until 7:45 p.m.), and Will Library (Mon, Tues, Weds, until 8:45 p.m.)

Start Today by Creating Your Account

If you do not have an account:
You MUST create an account with the Department of Parks and Recreation by using CommunityPass. The best time is today!

Step 1
Go to https://register.communitypass.net/yonkers

Step 2
* Click on "Create an Account for Your Family Now!
* Complete the family account form by providing your information.
* You can then add more family members to your account by clicking "Update Your Family Information". At the top of the next page, click either "Add Another Child" or "Add Another Adult".
* After you have added family members, click "Home" to return to the CommunityPass homepage.

Once your CommunityPass account is created you will receive an e-mail that contains your login information. Please be sure to KEEP this e-mail. You will need it when you register.

On Registration Day

Make sure you have already created your account. If you do not have an account, see steps 1 & 2 above.

Step 1
Go to https://register.communitypass.net/yonkers
Be sure to have with you your login information contained in the e-mail that you received from CommuntyPass.
Use your user name and password to log into your account.
From the drop down box located above "Register Now!", select the activity, then click "Register Now".

Step 2
On the next page, please update (if necessary) your "Primary Contact/Responsible Parent or Guardian" information and "Family Information", then click on "Continue"

Step 3
On the next page, select the "Group" at left. You can view full information about a program by clicking on the name of the program that appears above the "Register" button, or register immediately by clicking on the "Register" button.

Step 4
On the "Choose Participants" page, click on the box next to the individual that you are registering for the program selected and then click on "Continue". If the family member is not present in the list, click the "Add Child" or "Add Adult" button.

Step 5
On the "Registration Forms" page, enter the required information and then click on the "Continue" button.

Step 6
If finished, click on the "Continue to Checkout" button and follow the remaining instructions to complete and pay for your registration. If not finished, click on "Continue Registering."

Confirmation
CommunityPass service will send you an e-mail receipt.

Pre-K Summer Camp

Camp Information

P.S. # 15
175 Westchester Avenue
near Crestwood Library

P.S. # 30
30 Nevada Place,
near Cross County Shopping Center

Foxfire School
1061 North Broadway
near St. John's Riverside Hospital

Your children will be introduced to a variety of indoor and outdoor recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story telling.

Sessions
Session I: July 6-23
Session II: July 26- Aug 13

Days & Time
9 a.m.-12 noon
Monday through Friday

Fees: A Great Value!
$270 for one session
$485 for two sessions

No refunds given once the program begins. Prior to camp, all but $100 will be refunded.

Camp Requirements

Children must be 3-5 years of age by the camp start date and be toilet trained (no diapers). Parents should prepare youngsters by emphasizing that this camp will be a fun experience, with various indoor and outdoor activities, and the opportunity to make new friends. Parents must be prepared to provide a copy of child's birth certificate upon request.

Pre-K Summer Camp Registration Information

Registration is on a first-come, first-served basis. You can register on-line or in person for this very popular camp.
Mail-in registration is NOT accepted.

The best way to improve the chances of your child attending the location of your choice is to **register on-line** as soon as possible once registration begins. On-line registration begins on Monday, May 3 at 7:00 pm and will continue 24 hours a day, 7 days a week until each site fills.

See page 1 for complete registration information and step-by-step instructions.

Should you have any questions, contact Frank Cardone at 377-6440.

Please Note: The two programs below are not related to the Pre-K Summer Camp.

Pre-Ballet for Pre-K

PRE-BALLET *Silvana Larkin & Stefanie Boffoli*

3-5 year olds are introduced to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns, and express themselves through movement games. Dancewear/form-fitting clothes are required, along with ballet slippers (Girls – pink, Boys, black). Max. 10 students per class. Stephanie will teach both classes on Tuesday and both on Thursday. Silvana will teach both classes on Friday. Children must register for one class only. Please select the appropriate class according to age, then select one day.

6 week class begins on May 11, 20 and 21. Fee: $50.

Ages 3-4½	Mark Twain	4:45 p.m. - 5:30 p.m.
Ages 4½-5	Mark Twain	5:45 p.m. - 6:30 p.m.

Sports Squirts

Now in its sixth year, this one-week camp is presented by the U.S. Sports Institute and introduces 3-5 year old boys and girls to various sports in a safe, structured environment. Parents can choose one or both weeks and are welcome to stay and watch all the fun. See page 9 for additional information about this unique camp.

Complete registration information appears on page 1.

Camp Rays Day Camp

Locations

Lincoln High School
375 Kneeland Avenue
Max enrollment: 216

Gorton High School
100 Shonnard Place
Max enrollment: 120

Montessori School #27
132 Valentine Lane
Max enrollment: 72

Roosevelt High School
631 Tuckahoe Road
Max enrollment: 120

Camp Information

Each camper will enjoy: Instruction and participation in softball, soccer, wiffleball, kickball, and basketball, water activities, relay races and games, board games, arts and crafts, music and dance, special events, shows, carnivals, and two trips to a Westchester County park pool.

Age Requirements
For Children ages 5-14. Campers must be 6 years of age by December 31, 2010. Campers may NOT be 15 years of age before August 13, 2010

Camp Sessions
Session I - July 6-23
Session II - July 26- August 13

Days & Times
Monday through Friday 8 a.m.-3 p.m.
Extended hours (3:00 - 5:00 p.m.) available.

Registration Information

Limited space available on a first-come, first-served basis.
On-line registration begins on Wednesday, May 5 at 7:00 p.m. and will continue until each site fills.
Mail-in registration is NOT accepted.
See page 1 for complete registration information.

2010 Camp Rays Fees

LINCOLN, GORTON, AND ROOSEVELT FEES

1 SESSION (3 WEEKS) PER CAMPER		2 SESSIONS (6 WEEKS) PER CAMPER	
8 a.m. to 3 p.m.	8 a.m. to 5 p.m.	8 a.m. to 3 p.m.	8 a.m. to 5 p.m.
$325.00	**$400.00**	**$650.00**	**$800.00**

SCHOOL #27 FEES

1 SESSION (3 WEEKS) PER CAMPER		2 SESSIONS (6 WEEKS) PER CAMPER	
8 a.m. to 3 p.m.	8 a.m. to 5 p.m.	8 a.m. to 3 p.m.	8 a.m. to 5 p.m.
$275.00	**$350.00**	**$550.00**	**$700.00**

Make payments on-line with Visa, Mastercard, or Discover credit card. If you register in-person, make checks payable to "City of Yonkers".
ALL FEES ARE DUE IN FULL AT REGISTRATION, INCLUDING UNION, COUNTY, and ALL OTHER SUBSIDIZED METHODS OF PAYMENT

Refund Policy
If a child withdraws prior to the start of camp, you will be entitled to a refund, minus a $100 processing fee. Refunds will not be considered after a session begins.

For information regarding fees and to request a Camp Rays application, contact Dave Antonelli at 377-6443

Adult Programs

Six-Week Classes @ $50 each start the week of May 17

MORNING W.O.N.D.E.R *Diane Capurso*

Women of New Dance Energy & Rhythm wakes you up by bringing exercise into your morning through dance. A fun class with easy-to-follow steps and invigorating music. Bring volleyball-size ball and optional 1-5 lb weights.

Friday 9:00 - 10:00 a.m., Starts May 21 Cola C.C.

KRIPALU YOGA *Brigitte Bedell*

Learn yoga postures that will improve your flexibility, strength and self awareness. Classes also include short meditation, breathing exercises and warm-ups, and are designed to incorporate and work all levels of the body gently, yet deeply. Bring a mat or towel. Wear loose clothing. Starts May 25.

Tuesday 6:30 - 8:00 p.m. Advanced Cola C.C.
Tuesday 8:15 - 9:45 p.m. Beginner Cola C.C.

SLIMNASTICS WITH A TOUCH OF ZUMBA® *Lydia Otero*

Exercise every part of the body, including the problem spots, to keep in good condition. Slowly and gradually work up to your fullest potential. Bring a mat or towel and 2-5 lb weights. Rubber bands provided for weight resistance.

Monday 6:45 - 8:15 p.m., Starts May 17 Cola C.C.
Saturday 9:30 -10:30 a.m., Starts May 22 Cola C.C.

SLIMMERSIZE WITH A TOUCH OF ZUMBA® *Lydia Otero*

Slimnastics with a twist. MORE cardiovascular movement and all traditional exercises, squats, lunges, sit-ups, etc. Progressive class that gradually increases. Resistance bands will be provided. Bring a mat or towel and 2-5 lb weights. Starts May 20.

Thursday 6:30 - 7:30 p.m. Coyne Park C.C.

DANCE EXERCISE *Diane Capurso*

Dance and exercise at the same time! This class will have you movin' and groovin' to various styles of dance and even incorporates light body boxing and weight control using aerobic exercise and creative dance movements. Bring volleyball size ball, mat or towel and optional 1-5 lb. weights. We begin May 19.

Wednesday 5:30 - 6:45 p.m. Cola C.C.

40/40 DANCE COMBO NEW! *Diane Capurso*

Diane, with 20 years experience, makes sure that you enjoy your "work out". Move, groove, dance to the beat and feel the "heat"! Some lite kickboxing and weights will be used in the first 40 minutes. Zumba® GOLD follows with more movin' and groovin' but this time with Latin and international rhythms and dance steps (cha-cha, salsa, Merengue, mambo and more). This cardio-dance fusion will be easy-to-follow. Set your own pace! Zumba® GOLD is geared for the active older adult and those returning to exercise. Join the fun on May 19!

Wednesday 7:00 p.m. - 8:20 p.m. Cola C.C.

LINE DANCING *Lucy Moschetta*

Dances taught step by step. Learn the Dizzy, Jose Cuervo, Cypress Grove, Crazy Foot Mambo, and the classics. Wear comfortable clothes and sneakers or shoes with rubber soles. Beginner Plus class for students who have already taken the Beginner Class or have other line dancing experience.We start May 18.

Tuesday 7:00 p.m.-8:00 p.m. Beginner + Mark Twain M.S.
Tuesday 8:05 p.m.-9:05 p.m. Beginner Mark Twain M.S.

MORNING ZUMBA® *Adrienne Vettorino*

Enjoy an exhilarating hour of calorie-burning, core-strengthening movements set to Latin and international rhythms. Easy- to-follow steps to music that makes you smile. It's so much fun that you will forget you are working out. It's exercise in disguise! Wear workout clothes and sneakers. Bring water and a towel. We start May 20.

Thursday 10:15 - 11:15 a.m. Nodine Hill C.C.

ZUMBA® FITNESS *Angela Hultberg*

Join in the party-like atmosphere in a fusion of Latin and international music, with a combination of fast and slow dance rhythms, to tone and sculpt the body, strengthen the heart and burn fat. This class is Hot! Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support. Bring water and a towel, and Zumba® toning sticks if available. We start May 17. Schedule includes Wednesday, June 2.

Monday 7:00 - 8:00 p.m. Nodine Hill C.C.

ZUMBA® GOLD *Angela Hultberg*

Angela introduces ZUMBA® to the active older adult, the beginner participant, and other special populations that may need modifications to benefit from and enjoy ZUMBA®. A safe, paced, and effective workout for adults 55 and over. We start May 17. Schedule includes Wednesday, June 2.

Monday 6:00 p.m. - 6:45 p.m. Nodine Hill C.C.

PILATES *Ruby Jin*

Traditional Pilates techniques recreated in simple and fun ways. This workout helps to strengthen core muscles, sculpt the body, increase flexibility, reduce stress, and improve energy levels using controlled movements. Bring an exercise mat. We start May 19.

Wednesday 7:00 - 8:00 p.m. Nodine Hill C.C.

BELLY DANCE *Sadari Neville*

No dance form inspires more mystery and curiosity. It improves cardiovascular health, and strengthens and tones the body. Beginners need no previous experience. Focus on core movements, technique, and body alignment. Beginner Plus students also explore choreography and props (veil and zills), which should be purchased from instructor to ensure quality. Beginner class schedule includes Wednesday, June 2. We meet at Mark Twain M.S.

Beginner Monday, start May 17 7:00 p.m.-8:00 p.m.
Beginner + Weds., start May 19 7:00 p.m.-8:00 p.m.

BALLROOM & LATIN DANCE *Evangelina Rivera*

For beginners and returning students who wish to review the basics. Learn to "Dance like the Stars!" A fun, introductory course that teaches the basics of Waltz, Tango, Merengue, Cha-Cha, and Swing. No partner necessary. Wear comfortable clothing and shoes with smooth soles. Starts May 17. Schedule includes Wednesday, June 2.

Monday 8:30 -9:30 p.m. Roosevelt H.S.

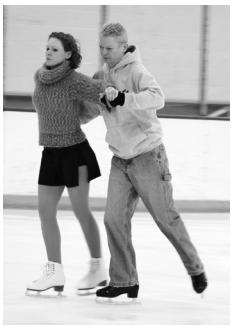
SALSA *Evangelina Rivera*

For beginners and returning students wishing to review the basics of Salsa "on 2" New York style . Class focuses on timing, footwork, partnering, and learning those turns the "right" way, in a fun environment. No partner necessary. Wear comfortable clothing and dance sneakers or shoes with smooth soles. Starts May 17. Schedule includes Wednesday, June 2.

Monday 6:30 - 7:30 p.m. Intermediate Roosevelt H.S.
Monday 7:30 - 8:30 p.m. Beginner Roosevelt H.S.

See registration information on page 1

Edward J. Murray Skating Center



The Murray Skating Center is located at 348 Tuckahoe Road and has offered a full range of ice skating and roller skating activities and non-skating events since 1960. Our diverse programming offers something for everyone as we attempt to build "skating families". Call 377-6469 or visit our website www.Yonkersny.gov to obtain detailed information about summer and winter programs and events.

ICE SKATING
October through April. Ice Skating and Ice Hockey programs for all ages and skill levels. Registration begins in August. Call for a brochure. Next season begins October 1.

ANNUAL ICE SKATING SHOW
Free admission. Friday, April 23 and Saturday, April 24 at 7:00 p.m., Sunday, April 25 at 3:00 p.m.

"SUBURBIA FLAT TRACK ROLLER DERBY'
Three exciting bouts scheduled for Saturdays June 5, July 17, and August 7. Bouts begin at 7:00 p.m. Tickets available in advance and at the door. Go to www.suburbiarollerderby.com for additional information or to purchase advance tickets.

ROLLER SKATING OUTINGS
June through mid September - Arrange a roller skating outing for your group or organization. Birthday parties welcomed! Skate rentals available.

PUBLIC ROLLER SKATING
Fridays 7:30 - 10:00 p.m.. Adults $7.00, Children $6.00. Skate rental $3.50. Begins June 5. Birthday parties welcome.

FLOOR AND ROLLER HOCKEY
Full teams or individual players may join our adult Floor Hockey or Roller Hockey League. Call 914-377-6469 for further information. Ask for Bob Allo.

OUTDOOR FLEA MARKET
Every Sunday from 9:00 a.m. until 4:00 p.m. New and used items for sale. New Vendors welcome. Free Parking.

ROCK 'N RODS CAR SHOW
Begins Wednesday, May 5. Join us every Wednesday from 6:00 - 9:00 p.m. View the hottest vintage cars and street rods in Westchester. Free Admission. Free Parking.

Boating Course

AMERICA'S BOATING COURSE
Presented by the USCG Auxiliary, Flotilla 68. For adult and teenage operators of boats, jet skis, canoes/kayaks. Meets all NY, NJ, and CT requirements. Topics: operating your craft, navigating and rules of the waterways, emergencies, legal. Receive a certificate to meet the NY State requirement for PWC operators. Fee: $65

Four Thursdays, 7:00 - 9:00 p.m. We start May 13 at Cola C.C.

See registration information on page 1

Obedience School for Dogs

BEGINNING OBEDIENCE
Loren Manzell

Lessons will concentrate on "Basic on Leash Obedience," which covers commands such as: heel, let's go, sit, down, stay, come, dog's name, praise, and more! Please bring the following items to the first class: copies of up to date health records, plastic bags for clean up, leash, collar, doggy treats, and don't forget your dog! Owners are responsible for cleaning up after their dogs. Beginning Obedience is for dogs 4 months and older. Fee: $150

Six Tuesdays, starting May 18 6:45 p.m.-7:45 p.m.
Bronx River Road C.C. 680 Bronx River Road

ADVANCED OBEDIENCE
Loren Manzell

P.C.T. (Personal and Canine Training) Fitness Program

Does your dog get enough exercise? Do you?

This advanced program has it all! An exceptional continuing training program that also gives your dog a great physical work-out. Make it a family affair by including another family member (minimum 10 years of age and living in the same dwelling) with you and your dog(s). A great way to fine-tune your dog's obedience, iron-out problems, and get in shape together.

Program consists of one safety evaluation meeting (mandatory) followed by six intense obedience classes where you walk yourself to fitness. A ten minute break is provided for watering you and your dog. Prior obedience experience and copies of up-to-date health records are required for all dogs. Call 963-7190 to participate in the safety evaluation meeting on Tuesday, May 11 at 8:00 p.m.. No walk-ins. Bronx River Road C.C.

Six Tuesday classes follow, starting May 18 8:00 p.m. - 8:45 p.m.
Fee: $150 for 1 dog and 1 handler

Add $10 for each additional family member
Add $10 for each additional dog
For advanced obedience class only

Yonkers Animal Shelter

The Yonkers Animal Shelter is located at 120 Fullerton Avenue and is open seven days a week. It provides shelter for the stray and abandoned cats and dogs of Yonkers. Call 377-6730 for more information. The Building Hope Committee is raising funds to build a new shelter that will provide more comfortable, humane conditions and focus on adoption as a primary goal. Call 377-6450 for a copy of our brochure and to learn more about donation opportunities.

www.newyonkersanimalshelter.org

Sport Camps

Red Bulls Soccer Camp

Ages:
Week 1 8-13
Weeks 2-5 6-13

Times:
Week 1
9:00 a.m. - 3:30 p.m.
Week 2
9:00 a.m. - 2:00 p.m.
Weeks 3, 4, 5.
9:00 a.m. -1:00 p.m.

Site:
Tibbetts Brook Park
Midland Avenue Entrance
opposite Teresa Avenue

Campers must bring shin guards and water bottle.

This camp is designed for players who are new to the game or play within local recreation or competitive leagues. The curriculum focuses on teaching fundamental skills using methods that are fun and challenging. Players are grouped by age and ability to create the best environment for improvement. Campers receive an Adidas ball, Red Bulls T-shirt, and free companion ticket to a Red Bulls game at the new Red Bull Arena in Harrison, NJ.

Registration
The best way to secure a spot during the weeks of your choice is to register on-line at:

www.rbnytraining.com/register

Make payment by Visa, Mastercard, Amex, credit and debit cards. Questions about registration? Call Adrian Moses on (201) 583-7056

Camp Dates		Fees	
Week 1	June 30 - July 2	ANY 1 week	$150
Week 2	July 6-9	ANY 2 weeks	$240
Week 3	July 12-16	ANY 3 weeks	$330
Week 4	July 19-23	ANY 4 weeks	$420
Week 5	July 26-30	ALL 5 weeks	$510

Future Stars Basketball Camp

Boys and girls will learn and develop the fundamental skills of offensive and defensive play including dribbling, passing, shooting, and defensive strategies. Proper methods will be stressed and combined to improve their overall game. We emphasize teamwork and good sportsmanship. Sneakers and shorts are required. Bring water and a light snack. Coach John Volpe has directed this camp for nearly 15 years and has been the Varsity Girls basketball coach at Saunders High School for the past 18 years.

Ages: **8-15**
Days: Monday through Friday
Time: 9:00 a.m. - 12 noon
Site: Saunders H.S. gymnasium
Southern end of Jessamine Avenue

Camp Dates
Session I.....July 6 - 16
Session II....July 19 - 30
Session III....August 2 - 13

Fees
Any 1 session - $180
Any 2 session - $340
All 3 sessions - $480

See page 1 for registration information.

NEW! Terrace City Basketball Skills Camp

This camp provides boys and girls with the opportunity to increase their knowledge of the game and develop their skills. Campers will receive group and individual instruction. Bring a labeled sports bag, extra t-shirt, and water bottle. Campers can also bring a bagged lunch and snack.

Coach Anthony Nicidemo has completed his first season as Varsity Boys coach at Saunders H.S. He has also coached at Plymouth State University and Dover H.S. Coach Rob Rizzo has completed two years as Varsity boys coach at Gorton H.S. He was previously an assistant coach at nationally-ranked St. Anthony High School in Jersey City and helped their team win the 2008 consensus High School National Championship

Ages: **8-15**
Days & Times:

Session 1:	June 30 to July 2	9:00 a.m. to 3:00 p.m
Session 2:	August 16 to 20	9:00 a.m. to 3:00 p.m

Sites:

Session 1:	Yonkers M/HS	150 Rockland Ave.
Session 2:	Yonkers M/HS	150 Rockland Ave.

Fees
Session 1 only - $90
Session 2 only - $130

See page 1 for registration information.

Sport Camps

Flag Football Camp

i9 Sports provides a non-contact football camp with fun, football-related activities. Campers are grouped by age and ability and will learn fundamental football skills as they develop and improve their passing, catching, and flag-pulling (defensive) abilities. Football games like punt & kick contests are included. Everyone receives a gift at the end of the session. Campers should wear shorts or sweatpants and cleats or sneakers (sneakers required if gym is used due to rain).

Ages: **6-12**
Boys and Girls 9:00 a.m. - 1:00 p.m.

Camp Dates: Fees:
June 30 - July 1, 2 (Weds., Thurs., Fri.) $125

Registration: Visit www.i9sports.com
Make payment by Visa, Mastercard, Amex and Discover cards. Questions about registration: Call 997-7529

Sites: Lincoln High School Athletic Field and Gymnasium, Kneeland Avenue at Borcher Avenue

Frozen Ropes Baseball/Softball

This Frozen Ropes camp features full-time professional instructors teaching the games of baseball and softball in a highly-rated learning environment. Campers will participate in nationally recognized hitting/fielding/and throwing drills and techniques, along with controlled scrimmages to improve game skills. Campers bring their own glove and cap. If they like they can also bring their favorite bat. Frozen Ropes provides bats and all other equipment. Wear comfortable clothing, and bring cleats or sneakers. (Sneakers required if gym is used due to rain).

Ages: **5-12**
Boys and Girls (Softball)

Camp Dates:
Session I: June 30 - July 2 (3 days) 9:00 a.m. - 2:00 p.m.
Session II: July 6 - July 9 (4 days) 9:00 a.m. - 1:00 p.m.

Fees:
Each session is $115 for "Rookies" (ages 5 - 7)
Each session is $125 for Campers (ages 8 - 12)

Site: Saunders High School, Southern end of Jessamine Ave. Gymnasium will be used as rain site for Session I only

Registration: Visit www.frozenropes.com/westchester
Make payment by Visa, Mastercard, Amex, and Discover cards. Questions about registration: Call 345-3370

NEW! Bottom 9 Baseball

This camp is designed to hone skills and develop players ages 9-18 for their current level and beyond. Campers engage in drills designed to enhance their fielding, hitting, and pitching. Our camp directors are varsity high school coaches and played college baseball. Campers receive a T-shirt at camp and then a DVD by mail that tracks their development. Bring a glove, bat, cleats AND sneakers and be ready to learn baseball skills.

Ages: **9-18** Boys and Girls
(Baseball Only) 9:00 a.m. - 1:00 p.m.

Camp Dates:
Session I - July 13-16 Session II - July 20-23

Fees:
$160 for either session
$320 for two sessions

Site: Redmond Field, on Cook Avenue

Registration: Visit www.bottom9baseballcamp.com
Questions about registration: Call 262-1936

NEW! NorthEast Baseball/Softball

A systematic organization of practice drill sessions, scheduled lectures, individual professional instruction according to age and ability level, and game situations. Fun and learning are combined to help each player mature personally and athletically. Camp Director Drew Marino is a former coach for the N.Y. Mets.

Campers receive fundamental coaching and instruction in all areas of the game. Every aspect of the camp helps players improve their game and develop a love and enjoyment of baseball. Discipline is essential, so it is important that parents stress attention and hard work so their youngsters will gain valuable instruction. Each camper receives a T-shirt.

Ages: **8-14** Boys and Girls (Softball)
9:00 a.m. - 2:00 p.m.

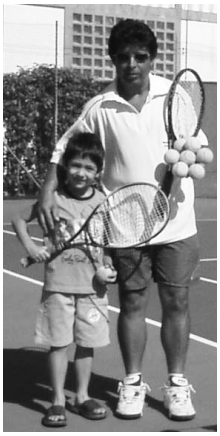
Camp Dates: Fees:
Aug. 2 - Aug. 5 with Aug. 6 for rain date $160

Sites: Welty Field
Barton Road, near Mile Square Road

Registration: Visit www.nebaseball.com
Questions about registration: Call 299-0346

Sport Camps

Tennis Camp



Our camp helps youngsters ages 6-13 develop the fundamental skills needed to play tennis. They will learn forehand, backhand, serve techniques, etiquette, and scoring. There will be a chance to develop skills through competition in both singles and doubles play. Tennis racquet is required.

Camp Dates:
Session I....July 6 - 16
Session II...July19 - 30
Session III....August 2 - 13

Fees:

Any 1 Session	$180
Any 2 Session	$340
All 3 Sessions	$480

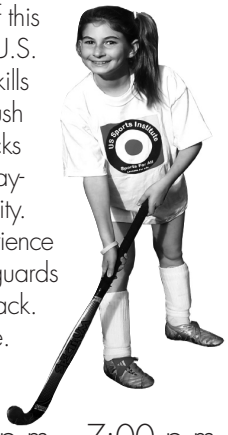
Ages: 6-13

Monday through Friday
9:00 a.m. - 12 noon

Site: Kinsley Park on Park Avenue, near Roberts Avenue
Rain Site: Gorton High School gymnasium
Used only when it is raining.

See page 1 for registration information.

Field Hockey Camp



Campers will be taken through all phases of this increasingly popular game, courtesy of the U.S. Sports Institute, in a fun, innovative way. Skills covered include ball control, dribbling, push passes and drives, shooting, stick skills, flicks and lifts, dodging, and rules of the game. Players will be grouped by age and playing ability. All equipment is provided. No previous experience is necessary. Campers should wear shin guards and loose clothing, and bring water and snack. Everyone will receive a T-shirt and certificate.

Ages: 6-14
Boys and Girls

5:00 p.m. - 7:00 p.m.

Camp Dates: July 19 - 23
Fee: $99

Registration: Visit www.USSportsinstitute.com
Make payment by Visa, Mastercard, Amex and Discover cards. Questions about registration: Call (732) 563-2520

Site: Lincoln High School
Athletic Field and Gymnasium
Kneeland Avenue at Borcher Avenue

Lacrosse Camp

Beginners will have great fun learning this exhilarating game. This U.S. Sports Institute program introduces new players to stick handling, passing, scooping, dodging, and shooting, plus other fundamental techniques. Players will be grouped by age and ability. All equipment is provided. Campers should bring water and a snack. Everyone receives a T-shirt and certificate.

Ages: 6-14
Day: Monday through Friday
Time: 5:00 p.m. - 7:00 p.m.
Site: Lincoln High School
Athletic Field & Gymnasium
Kneeland Avenue at Borcher Avenue

Camp Dates: August 9 - 13
Fee: $99

Registration: Visit www.USSportsinstitute.com
Make payment by Visa, Mastercard, Amex and Discover cards. Questions about registration: Call (732) 563-2520

Multi-Sport Camp

Campers 6-14 years of age will experience more than 15 different sports from around the world: baseball, badminton, bocce, cricket, flag football, handball, lacrosse, netball, rugby, soccer, select track and field events, volleyball, and more. Activities take place in an atmosphere that promotes good sportsmanship, character, teamwork, and most of all, fun. This U.S. Sports Institute camp takes place in an atmosphere where campers are placed into groups according to age and ability. They receive technical instruction in each sport, then experience realistic game situations. Everyone receives a T-shirt and certificate.

Ages: 6-14

Monday through Friday
9:00 a.m .- 3:00 p.m.

Fee: $149

Registration: Visit www.USSportsinstitute.com
Make payment by Visa, Mastercard, Amex and Discover cards. Questions about registration: Call (732) 563-2520

Camp Dates: August 16 - 20

Site/Rain Site: Lincoln High School
Athletic Field & Gymnasium
Kneeland Avenue at Borcher Avenue

Other: Bring lunch and beverages.

Sport & Dance Camps

NEW! USA Soccer Squirts

Often imitated, never duplicated, this camp offers a fun-filled environment for boys and girls ages 3 - 5. The United Soccer Academy, in cooperation with the U.S. Sports Institute, provides a great way to introduce young children to soccer in a short-camp format of enjoyable games and activities which develop motor skills, encourage group interaction, and provide an excellent form of exercise. Schedule includes a range of soccer themes and a break for snacks. The emphasis is on fun and more fun. Each camper receives a soccer ball and a T-shirt.

Ages: **3-5**, Boys and Girls

Fee: $98

Registration: Visit www.USSportsinstitute.com
Make payment by Visa, Mastercard, Amex and Discover cards. Questions about registration: Call (732) 563-2520

Camp Dates: August 2 - 6 4:30 p.m. - 6:00 p.m.

Site/Rain Site: Lincoln High School
Athletic Field & Gymnasium
Kneeland Avenue at Borcher Avenue

Golf Camp

Using a revolutionary new system, this U.S. Sports Institute camp is the ideal way to introduce golf to boys and girls ages 5-11. Campers use oversized clubs made of a lightweight material. This allows them to strike the ball more easily, thus increasing their confidence and enjoyment. They will learn basic techniques such as the swing, grip, and ball striking using fun training methods. Campers should bring water and a snack. Everyone receives a T-shirt and certificate.

Ages: **5-11**

Fee: $100

Registration: Visit www.USSportsinstitute.com
Make payment by Visa, Mastercard, Amex and Discover cards. Questions about registration: Call (732) 563-2520

Camp Dates: August 2 - 5 (August 6 for rain date)
Ages 5-7, 9:00 a.m.- 11:00 a.m.
Ages 8-11, 11:00 a.m.- 1:00 p.m.

Site: Lincoln High School
Kneeland Avenue at Borcher Avenue

Sports Squirts

This U.S. Sports Institute camp is a great way to introduce children ages 3 to 5 to sports such as soccer, T-ball, basketball, lacrosse, and floor hockey, all taking place in a safe, structured environment. Activities are designed to evoke a child's imagination by using games that include cartoon characters. All activities promote learning, hand-eye coordination, movement, and most of all, fun. Parents are more than welcome to stay and watch. Be sure to bring water and a snack. Children receive a T-shirt and certificate.

Ages: **3-5**

Fee: Either Session $88
Both Sessions $176

Registration: Visit www.USSportsinstitute.com
Make payment by Visa, Mastercard, Amex and Discover cards. Questions about registration: Call (732) 563-2520

Camp Dates:
Session I - June 28 - July 2
Session II - August 16 - 20
4:00 p.m. - 5:30 p.m.

Site/Rain Site: Lincoln High School
Athletic Field & Gymnasium
Kneeland Avenue at Borcher Avenue

Dance Mini-Camp

Dance, Dance, Dance! For beginning students as well as those who have already been in a dance program. Campers 6-8 will learn ballet, modern, and basic jazz techniques through games, activities, and choreography. Campers 9-12 will learn jazz, hip hop, and modern. They will learn choreography and have an opportunity to create their own. Everyone should wear loose clothing and bring water and a quick snack. Footwear: Sneakers, ballet slippers or jazz shoes.
Each class is limited to 10 students.

Ages: **6-12**, Boys and Girls

Fee: $90 for two weeks

Camp Dates: August 2 - 6
and August 9 - 13

Times: Ages 6 - 8, 9:00 a.m.- 10:30 a.m.
Ages 9 - 12, 10:45 a.m.- 12:15 p.m.

Site: Montessori P.S. #11 Gymnasium
Wakefield Ave. next to tennis court

See page 1 for registration information.

Spring & Summer Aquatics Program

Spring *session begins on June 1 and runs for 4 weeks.* ***Summer*** *session begins on July 6 and runs for 4 weeks.*

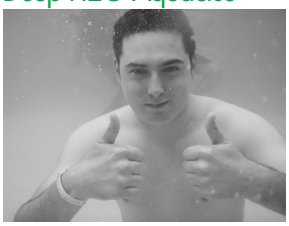
Adult Learn to Swim — Mark Twain Pool

Adult beginners will learn basic swimming skills & water safety. Intermediate swimmers expand their techniques.

Fee: $95

Tuesday & Thursday (Beginner) 8:00 p.m. - 8:45 p.m.
Mon. & Wed. Inter/Adv (Deep H20) 8:00 p.m. - 8:45 p.m.

Deep H2O Aquacise — Mark Twain Pool



Adults enjoy exercise in deep water with emphasis on lower body. Aqua belt provided or bring your own. You must be comfortable treading in water over your head.

Fee: $95
Tuesday & Thursday
8:00 p.m. - 8:45 p.m.

Parent & Tot

Ages 6 mo.- 4½ years accompanied by an adult; water adjustment and basic skills. (Fee covers both parents & child)

Fee: $45

Friday 6 mo. - 3 yrs. 6:15 p.m. - 6:45 p.m.
Friday 3 yrs - 4½ yrs. 6:45 p.m. - 7:15 p.m.

Lap Swim — Mark Twain Pool

Leisure swim at your own pace. Must circle swim.

Monday-Thursday 8:45 p.m. - 9:45 p.m.
Friday 7:30 p.m. - 9:30 p.m.

Fee: $81 (6 weeks: July 6 - August 6)

Aquacise — Mark Twain Pool

An energizing exercise program designed for body toning and cardio-vascular fitness. Fee: $95

Monday & Wednesday 8:00 p.m.- 8:45 p.m.

Yonkers Masters Swimming — Mark Twain Pool

Adults age 19-99! Enjoy friendship & camaraderie as you improve your stroke, technique and conditioning through organized workouts. Geared for the fitness swimmer to the serious competitor. $45 monthly fee.

Tuesday & Thursday 8:00 p.m. - 9:30 p.m.
Saturday (spring only) 10:00 a.m. - 12:00 p.m.

Family Swim — Mark Twain Pool

Open recreation swim for the entire family. All parents must accompany children in water. Fee $45 per adult, $30 per child

July 9 - August 6
Friday 7:30 p.m. - 9:30 p.m.

Competitive Swim Clinic

Mark Twain Pool

Emphasis on basic building blocks needed for competitive swimming.

Fee: $95
Tuesdays & Thursday
7:00 p.m. - 7:45 p.m.

Youth Level Swim Classes

All level classes are held at Mark Twain Pool

Children 5-12 years of age must be tested & placed in the appropriate classes. A certification card will be received after the successful completion of each level. Fee: $95

For further information call Andrea Velazquez at 377-6439.

Level 1 **STARFISH** Monday & Wednesday
5:30 p.m. - 6:15 p.m. or 6:15 p.m. - 7:00 p.m.

Level 1 **STARFISH** Tuesday & Thursday
6:15 p.m. - 7:00 p.m.

Level 2 **SUNFISH** Monday & Wednesday
5:30 p.m. - 6:15 p.m. or 6:15 p.m. - 7:00 p.m.

Level 2 **SUNFISH** Tuesday & Thursday
6:15 p.m. - 7:00 p.m.

Level 3A or 3B **STINGRAY** Monday & Wednesday
7:00 p.m. - 7:45 p.m.

Level 3A or 3B **STINGRAY** Tuesday & Thursday
7:00 p.m. - 7:45 p.m.

Level 4A & 4B **DOLPHIN** Monday & Wednesday
6:15 p.m. - 7:00 p.m.

Level 4A & 4B **DOLPHIN** Tuesday & Thursday
6:15 p.m. - 7:00 p.m.

Level 5A & 5B **SHARK** Monday & Wednesday
7:00 p.m. - 7:45 p.m.

Level 5A & 5B **SHARK** Tuesday & Thursday
7:00 p.m. - 7:45 p.m.

Teen Learn To Swim Monday & Wednesday
Young adults ages 13-16 learn how to swim or improve techniques.
7:00 p.m. - 7:45 p.m.

Spring & Summer Aquatics Registration

Water testing is for youth level classes. **Water testing does not guarantee placement in classes at registration.**

Spring Water Testing
Tuesday, May 25
6:00 p.m.-8:00 p.m.
Mark Twain Pool
160 Woodlawn Avenue

Summer Water Testing
Tuesday, June 29
6:00 p.m.-8:00 p.m.
Mark Twain Pool
160 Woodlawn Avenue

If your child is a beginner, he/she does not need to be water tested. Your child must register for Level 1. If your child has basic water skills, he/she must be water tested at the Mark Twain Pool for appropriate placement in any of our classes.

Aquatics Registration Information

The spring session runs for 4 weeks. The summer session runs for 4 weeks. Adult and Children's swim programs meet **twice a week** in the spring and summer: Spring (June 1 - June 28) and Summer (July 6 - August 6). Spaces are limited in all of our swim classes. We do not allow any person for any reason to register before the registration time. We cannot accept any mail-in registration for Youth Level swim classes. Fees: All classes must be paid in full at registration.

Remember:
On-line registration for SPRING swimming programs begins on Wednesday, May 26 at 7:00 p.m.
On-line registration for SUMMER swimming programs begins on Wednesday, June 30 at 7:00 p.m.

See page 1 for complete registration information.

NEW!
Sand Guppy Mini-Camp
Children ages 6 - 9 enjoy SWIM at the Mark Twain Pool and GYM at Montessori 11

Session I - July 6 - July 16	8:30 a.m. - 11:30 a.m.	$180
Session II - July 19 - July 30	12:30 p.m. - 3:30 p.m.	$200

NEW!
Land Shark Mini-Camp
Children and teens ages 10 - 15 enjoy SWIM at the Mark Twain Pool and GYM at Montessori 11

Session I - July 6 - July 16	8:30 a.m. - 11:30 a.m.	$180
Session II - July 19 - July 30	12:30 p.m. - 3:30 p.m.	$200

On-Line Registration for these 2 new camps begins May 26 at 7:00 p.m.
See page 1 for complete registration information.

Senior Swim at Yonkers Avenue Pool

48 Yonkers Avenue at Oak Street

Tuesdays, Wednesdays, and Fridays

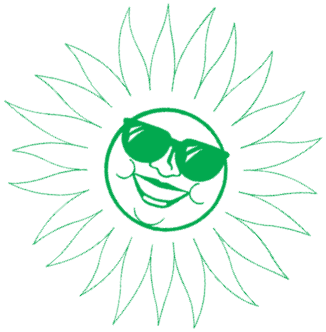
9:30 a.m. - 10:15 a.m.	Lap Swim Only
10:30 a.m. - 11:30 a.m.	Aquacise
11:30 a.m. - 12 noon	Open Swim

Free to Yonkers Residents 60 years of age and older
Pre-Registration is required.
Please call Andrea Velazquez at 377-6439 to register.

Camp Pride for the Developmentally Disabled

A group-oriented recreation day camp for developmentally disabled children and adults. This camp offers art, sports, tennis, and trips. Breakfast, and lunches are included. **New applicants must be interviewed by Tara Conte-Giglio at the Yonkers Parks Department offices, 285 Nepperhan Avenue.**

Dates: Session I - July 6 - July 23
Session II - July 26 - August 13
Time: 9 a.m. - 3 p.m., Monday through Friday
Site: P.S.# 28, 18 Rosedale Avenue
Fees: Yonkers Residents - $100 per three week session.
Note: Call 377-6438 to learn if transportation is available.



Requirements:
Immunization records and an updated physical examination are required. Campers must also be toilet trained.
Contact Tara Conte-Giglio on 377-6438 for additional information about Camp Pride.
Project Friendship: We also offer a multitude of programs throughout the year.
Call 377-6438 for a listing of our spectacular program.

Children's Summer Recreation Programs
THE BIG SUMMER CHILL 2010

Your child, age 7-14, can enjoy our adult-supervised Big Summer Chill events.
Use a "Chill-Out" pass for free admission. Yonkers residents only. Call 377-6450 to request a pass.

Summer Movie
July 14 and 28 at 10:00 a.m.
Cedar Place School
20 Cedar Place

Roller Skating Party
Thursday, July 22 at 11:00 a.m.
Murray Skating Center
348 Tuckahoe Road

Roller Disco Barbeque
August 5 and 6 at 10:00 a.m.
Murray Skating Center
348 Tuckahoe Road

ROVING "PLAY & SWIM"

Sports and crafts specialists will plan and organize recreation activities for school-age children to "Play" while the "Swim" mobile is stationed at your local park. If you can't go to the pool this summer, come to one of our Play & Swim sites. We bring the pool to you. Call 377-6450 to learn when we will be visiting your neighborhood.
Dates: July 6 - August 13 **Time:** 9 a.m. - 2 p.m.

SUMMER BASKETBALL LEAGUE

For youth ages 7 - 18. Games played at various outdoor sites throughout Yonkers. More information will be available on June 1.

Rosters due: June 30
Games Played:
July 12 - August 6

Registration fee:
$50 per team.
(refundable if no forfeits)

Senior Citizen Programs

Senior Centers, annual events, and recreation classes are available to Yonkers residents 60 years of age and older. Registration for classes is on a walk-in basis. Simply arrive and sign-in. Senior Centers are available on various days for recreation and offer fun-filled afternoons with great ways to make new friends. Call Sandy at 377-6444 for more information.

Senior Centers

There are fifteen Senior Centers throughout the City of Yonkers. They provide recreational activities to their members on a year-around basis. Hours and activities vary from Center to Center. Activities include card playing, bingo, indoor and outdoor shuffleboard, bocce, billiards, dominos, ping pong, computer courses, parties, luncheons, day and overnight trips.

Senior Center membership is available to Yonkers residents 60 and over, free of charge.

Silver Stars Walking

Starts: March 29, 2010
Mondays at 11:00 a.m.
Tibbetts Brook Park
Use Midland Avenue Entrance
Meet in side Gazebo in front of
deep end of the Tibbetts pool.

Meet with us to exercise and walk together at your own pace. Learn some simple stretches and explore the beauty of walking the outdoors. Don't miss the fun - Join Today! A free program for Yonkers residents 55 and older. Must call the Parks Department "Hotline" on 377-6454 an hour prior to walking to check if rain will cancel the walk.

Recreation Classes

Monday

Pilates	10:30 a.m.	289 Nepperhan Ave.
Chair Yoga	10:30 a.m.	20 Buckingham Rd.

Tuesday

Mat Yoga	12:00 p.m.	140 Fillmore St.
Wood Carving	11:30 a.m.	945 No Broadway
Arthritis Excercise	1:00 p.m.	342 Warburton Ave.
Line Dance (Beginner)	2:00 p.m.	680 Bronx River Rd.

Wednesday

Water Color	10:30 a.m.	140 Fillmore St.
Line Dance	10:30 a.m.	945 No Broadway
Pilates		11:00 a.m. 178 Waverly St.
Yoga (bi-weekly)	11:30 a.m.	21 Runyon Ave.
Chair Exercise	12:30 p.m.	777 McClean Ave.

Thursday

Arthritis Excercise	10:30 a.m.	680 Bronx River Rd.
Chair Yoga	10:30 a.m.	777 McLean Ave.
Zumba Gold	11:30 a.m.	140 Fillmore St.
Tai Chi	2:00 p.m.	945 No Broadway

Friday

Line Dance	10:45 a.m.	777 McLean Ave.
Water Color	12:00 p.m.	1373 Nepperhan Ave.
Chair Exercise	12:30 p.m.	777 McLean Ave.
Line Dance	12:30 p.m.	140 Fillmore St.

Senior Spring Dance

"Wild West Country Dance" April 15th
Free Admission at Polish Center 12:00 p.m.

Big Band Era Dinner Dance

Thursday, May 27th $29 per person

Shuffleboard Club

Tuesdays at 12:00 p.m. 777 McLean Avenue

Sing-Along Club

Tuesdays at 1:30 p.m. 777 McLean Avenue

Wii Sports Program

Thursdays at 12:00 p.m. 777 McLean Avenue

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City of Yonkers Department of Parks, Recreation and Conservation
285 Nepperhan Avenue, Yonkers, NY 10701

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Yonkers Department of Parks, Recreation and Conservation

285 Nepperhan Avenue, Yonkers, NY 10701

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