

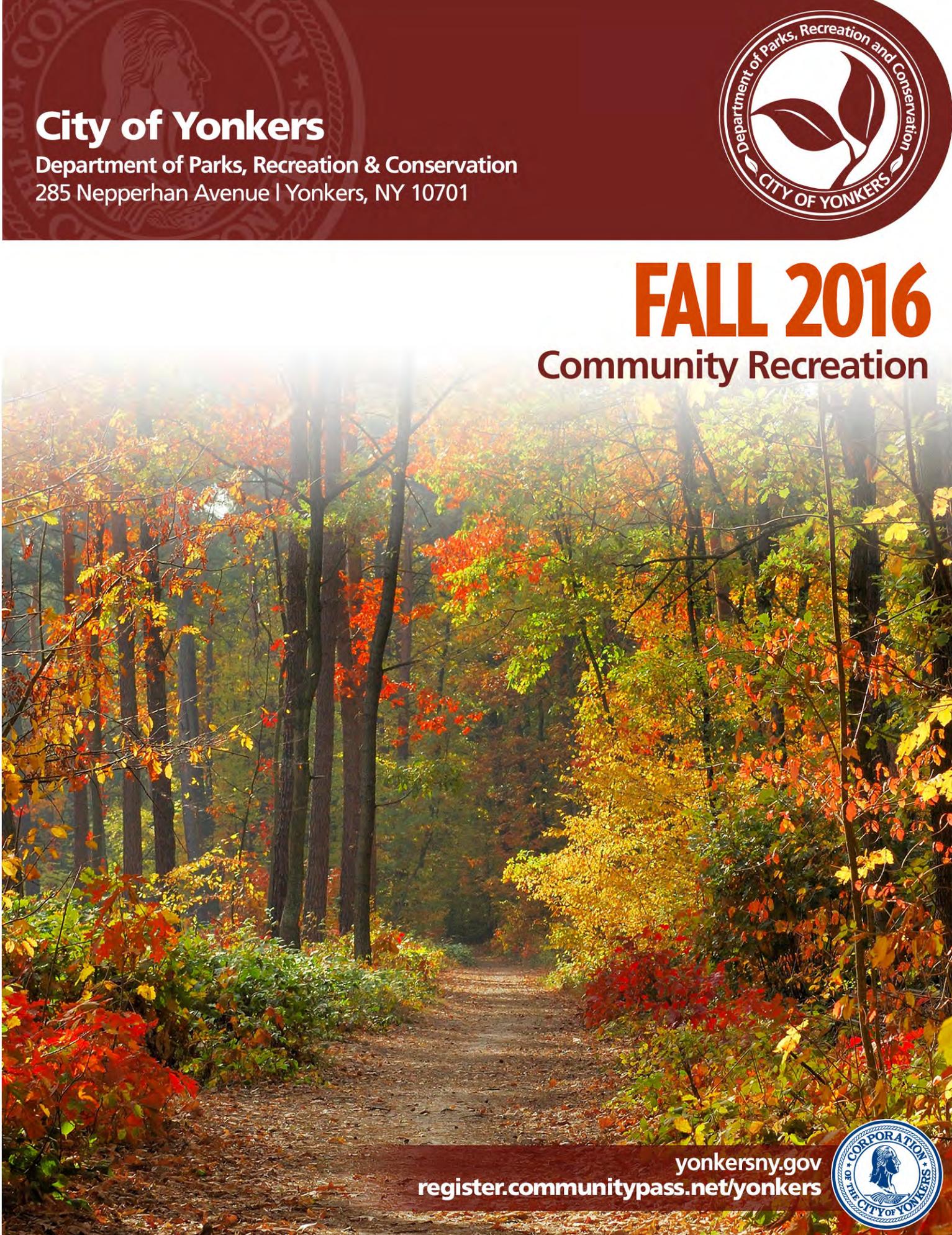
City of Yonkers

Department of Parks, Recreation & Conservation
285 Nepperhan Avenue | Yonkers, NY 10701



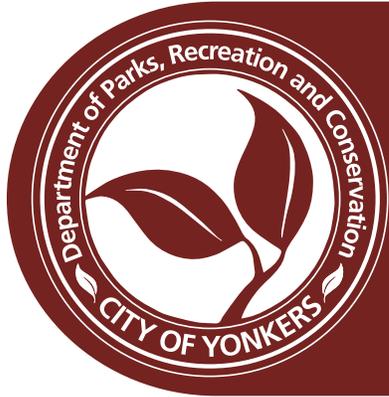
FALL 2016

Community Recreation



yonkersny.gov
register.communitypass.net/yonkers





MISSION STATEMENT

The Department of Parks, Recreation and Conservation operates and maintains, in partnership with the residents and visitors, a recreational system which enriches the quality of life for the present and future generations in a safe, enjoyable and affordable environment.

GUIDING PRINCIPLE

- Committed to serving and providing recreational opportunities to the best of our ability with respect and courtesy
- Encourages team work and mutual support with our employees and volunteers
- Provide stewardship of the City's Park Facilities



Mayor Mike Spano

CITY OF YONKERS

YonkersNY.gov

Dear Resident:

Fall is a wonderful time of year to explore all that Yonkers and our Parks Department has to offer. As summer begins to wind down, we turn our attention to the vibrant season ahead. There is truly no better place to take in the foliage and sights of autumn than Yonkers' Waterfront. Take a walk along the recently re-paved downtown esplanade or launch your kayak from JFK Marina to view the colorful leaves of the majestic Palisades up close.

The Yonkers Marathon is a fall tradition for athletes and spectators alike and this year the marathon turns 91. Yonkers is celebrating the rich history of the country's second oldest marathon by hosting the city's first-ever Yonkers Marathon Weekend. The weekend will kick off on Saturday, October 22 with all new races including a Family 2K Run, a Super Hero 5K and a Mud Run 5K at Trevor Park. The fun will continue on Sunday, October 23 with the 91st running of Yonkers Marathon along with a half marathon and 5K in the Downtown Waterfront District. After parties will culminate each day of events on the Yonkers waterfront. I encourage those of all fitness levels to join us in the festivities.

Whether you're having a picnic, attending a ball game, or stopping by for a quick visit with family and friends at one of our 76 City Parks and Playgrounds, remember that each one of us has a responsibility to keep our city clean. That's why we launched the "Leave No Trace" initiative encouraging residents to take out what you bring in, including garbage and recyclables. In partnership with the Yonkers City Council, we also launched our anti-littering campaign, Respect Yonkers. Visit www.respectyonkers.com to learn more about how you can keep Yonkers beautiful this season and every season.

If you ever have a question or concern, please don't hesitate to call my 24-hour helpline at 914-377-HELP (4357) or email me at mayor@yonkersny.gov. If you're on Twitter, Snapchat, Instagram or Facebook, join us in hashtagging all your fall photos with #FallinYonkers.

Sincerely,

MIKE SPANO
Mayor

- [cityofyonkers](#)
- [@cityofyonkers](#) [@mayormikespano](#)
- [mayormikespano](#)
- [mayormikespano](#)
- [cityofyonkers](#)
- [mayormikespano](#)

message from **MAYOR MIKE SPANO**

Be Part of **YONKERS** THIS FALL



FALL FOLIAGE

You don't have to travel far to watch the leaves turn. With 4.5 miles of Hudson River waterfront, Yonkers offers beautiful views of the Palisades.

YONKERS MARATHON WEEKEND

October 22-23

The weekend will include a Family 2K Run, a Super Hero 5K, a Mud Run 5K, a half marathon, a 5K and the 91ST Yonkers Marathon.



YONKERS UNITY FOUNTAIN

Be sure to visit the newly dedicated Yonkers Unity Fountain located at Washington Park at Yonkers City Hall. The fountain celebrates the rich diversity of our city.



CITY COUNCIL

Liam J. McLaughlin, President
Christopher Johnson, 1st District
Corazon Pineda-Isaac, 2nd District
Michael Sabatino, 3rd District
Dennis Shepherd, 4th District
Mike Breen, 5th District
John Larkin, 6th District

DEPARTMENT OF PARKS, RECREATION AND CONSERVATION

PARKS BOARD

James Letsen, Chairman
Geraldine Esposito, Vice Chair
Jason Wilson
Carmen Gomez-Goldberg
Donald Weigand
Bobbie Ann Flower-Cox

Acting Commissioner

Anthony M. Landi

Deputy Commissioner

Steve Sansone

Director of Maintenance

Gino Pugliese

Director of Recreation

Jennifer Villa Kearins

Recreation Supervisors

Lisa McKay Harris Tara Conte
Frank Cardone Andrea Velazquez
Marian Marji Jose I. Alvarado

E.J. MURRAY MEMORIAL SKATING CENTER

Denis McKiernan
Rink Manager
Patricia Urban
Assistant Rink Manager

YONKERS ANIMAL SHELTER

Almira Simpson
Animal Control Officer
Marcos Segarra
Deputy Animal Control Officer

COYNE PARK RIFLE RANGE

Christopher Rotolo
Range Officer

General Information

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

Monday - Friday 8:30 am to 4:30 pm, 914-377-6450

REGISTRATION: Registration is on a first-come, first-served basis until programs are full. **MAIL-IN REGISTRATION IS NOT ACCEPTED.**

PAYMENT OPTIONS: Effective May 1, 2016 Cashier's Checks, Money Orders, Visa, MasterCard, and Discover Cards will be the only forms of payment accepted. Cash will no longer be accepted.

ONLINE REGISTRATION: The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make a online payments using Visa, MasterCard or Discover Card.

WALK-IN REGISTRATION: Walk-in registration takes place the day after online registration and will take place at 285 Nepperhan Avenue, starting at 9:00 AM. Please note that some classes will be full prior to 9:00 AM. You can make payment using check, money order, MasterCard, Visa or Discover Card.

AGE REQUIREMENTS: Age is determined as of the date of the first class unless otherwise specified. An adult class is for ages 18 years and older.

ABSENCES: Classes are not made up due to a participant's personal absence. Classes cancelled to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

REFUND POLICY: Full refunds will be issued for any program canceled by the Department of Parks, Recreation and Conservation (Parks Department). Full refunds will be issued for a medical reason before a program begins when accompanied by a doctor's note. After a program begins, a pro-rated refund will be issued based on the number of sessions attended, when accompanied by a doctor's note. The Parks Department will grant a refund request if received at least ten (10) business days before the program's first session. Refunds for trips will not be granted unless the spot can be filled from the waiting list. Ten dollars (\$10) or ten percent (10%) of the fee, whichever is higher, will be charged for processing refunds that are approved. Please allow several weeks for processing refunds. Bounced checks and credit card charge cancellations will carry a \$35 processing fee.

INCLEMENT WEATHER: The best way to receive quick and accurate information about program cancellations is to call the Parks Department Hotline at 377-6454 or listen to WFAS.

SINCERE APPRECIATION: We would like to thank the Yonkers Public Schools for the use of their facilities and appreciate the efforts of their staff.

SPECIALISTS NEEDED: If you have a special skill and would like to teach a class for the Parks Department, please call 377-6436.

PROGRAM BEHAVIOR: Participants are expected to exhibit appropriate behavior at all times. The following rules make programs safe and enjoyable for everyone. Participants shall show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants and staff. Show respect for equipment, supplies and facilities. The City of Yonkers reserves the right to remove anyone from our programs.



PROGRAMS AT A GLANCE

Registration Details	7
Permit Division	8
Recreational Events	9
Community Events.....	10

PRE-K RECREATION

For information call 377-6440

Little Learners.....	11
Pre-Ballet For Pre-K.....	12
Crafty Kids	12
Time With Me.....	12
Total Sports Squirts.....	13
Soccer Squirts.....	13
T-Ball Squirts.....	13
Parent and Me Total Sports Squirts	14
Parent and Me Soccer Squirts	14

YOUTH/TEEN RECREATION

For information call 377-6440

Art 101	15
Chess	15
Crafty Kids	15
American Red Cross	
Baby-Sitting Training	15
Voice For Beginners.....	16
Voice For Intermediate Teens.....	16
Acoustic Guitar	16
Advanced Youth & Teen Guitar.....	16
Teen Acoustic Guitar	17
Theatre.....	17
Karate	17
Tennis.....	17
Ballet & Tap	18
Jazz/Lyrical.....	18
Tap & Jazz	18
Ballet, Level 1	18
Little Cooks	19
Baton & Cheerleading.....	19

TEEN/ADULT RECREATION

For information call 377-6440/6438

Teen Recreation Centers.....	20
Adult Open Gym Basketball.....	21
Adult Non-Competitive Basketball League..	21

ADULT RECREATION

For information call 377-6438

Zumba® Fitness.....	22
Slimmercise	

with a touch of Zumba® Fitness.....	22
Dance Exercise	
with a touch of Zumba® Fitness.....	22
S.O.A.P. Strategies for Overcoming	
Aquatic Phobias	22
Dance Exercise	
with a touch of Zumba® Toning.....	23
Circuit Bootcamp	23
Vinyasa Yoga Level 1/2.....	23
Morning W.O.N.D.E.R.	
with a touch of Zumba® Gold.....	23
Tennis.....	24
Acoustic Guitar	24

AQUATICS

For information call 377-6439

Starfish Swim School®.....	26
Starfish Stroke School	26
Starbabies™.....	28
Startots™.....	28
Starfish Swim School	
for Preschoolers.....	28
Starfish Swim/Stroke School®	
For Teens.....	28
Learn Starfish Stroke School®.....	29
Learn To Swim	
For the Developmentally Disabled.....	28
Starfish Stroke School®	29
Starfish Swim Clinic™.....	29
Recreation Open Swim	30
Evening Lap Swim.....	30
Aqua Zumba® and Cardio Aqua Fit	30
Low Deep H2O Aquacise.....	30
Senior Aquacise	30
Starfish Swim School® For Adults.....	31
Water Polo	31
Starfish Stroke School ® For Adults	31
Synchronized Swimming.....	31
Yonkers Master Swim Club.....	32
Aquastrength.....	32
STARGUARD™ Lifeguard Training	32
Yonkers Condors TsuamiSwim Team.....	33

E.J. MURRAY MEMORIAL SKATING CENTER

For information call 377-6469

Public Skating Admissions.....	33
Public Skating Sessions.....	33
Tot Trial Evaluation Class	33
Tot Class.....	33

Skate 1 and Skate 2 Class.....	33
Alpha, Beta, Gamma,	
and Delta Classes.....	34
Freestyle 1-9 Classes	34
General Youth Hockey Information.....	34
Hockey Clinic Ages 5-14	34
In house League Ages 9-14	34
Open Hockey	34

PROJECT FRIENDSHIP

For information call 377-6438

Creative Crafts	35
Bowling.....	35
Dance Therapy.....	35
Delightful Dining.....	35
Fun and Fitness	35
Hero Tennis	35
Music Therapy.....	35
Pet Therapy.....	35
Special Olympics	35
Storytelling.....	35
Teen Fun Club.....	35
Theatre Workshop	35
Yoga.....	35
Young Adults Club.....	35

SENIOR CITIZEN RECREATION

For information call 377-6443

Senior Groups	36
Center Locations	37
Silver Stars Walking and Exercise.....	38
Exercise	38
Yoga.....	38
Strength, Flexibility, & Tai Chi	38
Arts & Crafts	39
Watercolor Painting	39
Drawing and Sketching.....	39
Line Dancing	40
Annual Senior Halloween Hop.....	41
33rd Annual Senior Golf Tournament....	41

COYNE PARK RIFLE & PISTOL RANGE

For information call 377-6488

General information.....	42
--------------------------	----

ANIMAL SHELTER

For information call 377-6730

General information.....	43
--------------------------	----

The Parks Department is now offering a limited number of scholarships for our Camp, Skating, and Aquatics Programs. For more information, please visit www.yonkersny.gov/parks or call 377-6436.



REGISTER ONLINE • register.communitypass.net/yonkers

ONLINE REGISTRATION BEGINS

- Pre-K Recreation
- Youth Recreation
- Teen Recreation
- Adult Recreation

Thursday
September 8
at 8:00 pm

AQUATICS: Tuesday, September 13 at 7:00 pm

Swim Placement (Water Testing): Monday, September 12, 6:00 - 8:00 pm
Mark Twain Pool, 160 Woodlawn Avenue

- If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White / Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes
- Registration is open for all programs at E.J. Murray Memorial Skating Center
- Project Friendship: to register call 377-6438 for an appointment
- Registration is not required to attend the Teen and Adult Recreation Centers

Register Online at

<https://register.communitypass.net/yonkers>

Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

Requirements

You must pay with a Visa, MasterCard or a Discover Card, and need a valid e-mail address.

Setting Up An Account

Go to <https://register.communitypass.net/yonkers>
Click on: "Create an Account" at the bottom. Complete the account forms. Make note of your User Name and Password.

To Add More Family Members

Select "Update Account Information" from the "My Account" menu on top left. Click either the "Add Adult" or "Add Child" button in the "Individual Information" section. When finished, click "Home" at upper left to register for a program.

On Registration Day

- STEP 1.** Go to <https://register.communitypass.net/yonkers>. Log in with User Name and Password in the "Existing Users" section at right.
- STEP 2.** Click "Register Now". Select the "Season" of interest to you. Examples: "Community Recreation– Fall 2016", "Little Learners 2016-17," etc.
- STEP 3.** Verify your family information.
- STEP 4.** Select the desired "Group" at left. Select the desired programs. Click "Add to Cart."
- STEP 5.** On the "Select Participants" page, click the box next to the people you are registering, then click "Continue."
- STEP 6.** When the "Shopping Cart" page is complete, click "Continue to Checkout."
- STEP 7.** Make payment with Visa, Mastercard, Discover Credit/Debit Card CapturePoint/Community Pass will send you an e-mail receipt that will confirm your successful registration.

How to Avoid Cancellations

Please register in advance to avoid program cancellations. A certain number of participants is required in order for a program to move forward. Every effort will be made to avoid cancelling a program. However, if this does occur, an announcement will be made in advance of the first class date.



Permit Division

The Permit Division is responsible for issuing permits for a wide variety of recreational activities. All permits can be obtained by visiting www.yonkersny.gov/parks. Click on "Forms & Permits" on the left hand side of the screen.

INDOOR PERMITS are required for all Board of Education Facilities and our Community Centers. Board of Education and Indoor Permit applications are available August 1 and due September 30. For additional information please call 377-6444.

OUTDOOR PERMITS are required for activities or events held at all parks facilities. Permits are needed for all tournaments, the turf fields at Fleming and Pelton Fields and the picnic facilities at Redmond Park and the JFK Marina. Fall outdoor applications are available August 1 and due September 1. Spring and Summer outdoor field applications are available on March 1. Spring permit applications are due April 1. Summer permit applications are due on June 1. For additional information please call 377-6442.

MOBILE CONCESSIONS PERMITS are required and obtained through the Parks Department. For additional information on Mobile Concession Permits please call 377-6442.

LIBRARY SPECIAL EVENT APPLICATIONS are available year-round. For additional information please call 375-7947.

SPECIAL EVENTS PERMIT APPLICATIONS are required for events held within the City of Yonkers. This includes any event that will preempt normal use of city space by the general public. For additional information please call 377-6427.

WEDDING CEREMONY/PHOTOS: A permit is required to take photographs and videos inside beautiful and historic Untermyer Park, located at 945 North Broadway (see photo, top right). Applications are available March to October. For additional information please call 377-6427.

JFK MARINA BOAT LAUNCH PERMITS are required for all canoe, kayak, jet ski and motorized boat launching and are available from dawn to dusk, seven days per week at JFK Marina in Yonkers. Permits are only available from May to October. For additional information on Special Event, Wedding Photo, and Launch Permits please call 377-6427.

COMMERCIAL VIDEO & PHOTO PERMITS are required for any filming in Yonkers. For additional information please call 377-6059.

JFK MARINA - ANNUAL AND DAILY PERMITS

Now available online

<https://register.communitypass.net/yonkers>

Season begins March 2016 till October 2016

The JFK Marina is located off Warburton Avenue at John F. Kennedy Memorial Drive. Boat launching is available from dawn to dusk, seven days a week for an Annual Fee of \$50 for Canoe/Kayak, \$150 for Jet Ski and \$200 for Motorized Boat. You can obtain an annual permit. Day passes are also available as follows: \$10 for Canoe/Kayak, \$20 for Jet Ski, and \$30 for Motorized Boats or Watercrafts. For additional information call 377-6427.



Special Recreation Events

2016 “Yonkers Classic” Two Round Golf Tournament

October 16 and 23, 2016

\$7 registration fee. Weekend greens fees apply.

Call 377-6443 for an application and details

October 16 - Dunwoodie Golf Course • 1 Wasylenko Lane

October 23 - Sprain Lake Golf Course • 290 East Grassy Sprain Road

Fall Track

Fall track is a cross country style of running

Runners (ages 4-14) compete to complete a course over open terrain.

Saturdays and Sundays at 8:30 am in October

Site: Tibbetts Brook Park, 355 Midland Avenue

Foul Shooting Contest

Boys and Girls – Ages 8 - 13

Monday, November 21, 2016 • Yonkers Middle/High School

Pre-Registration required • Applications available October 3 • Entry Deadline November 7



Mayor's Basketball Tournament

Application available: December 1, 2016

Deadline for rosters: January 23, 2017

Tournament: February 21-24, 2017

Police Athletic League (P.A.L.)

127 North Broadway

Open to Boys & Girls teams grades 5-10

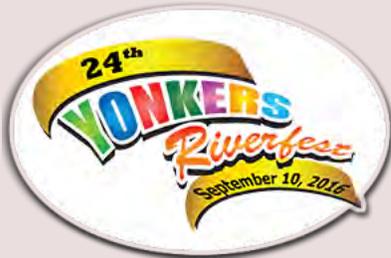
Pre-Registration Required

Free Admission

For more information on any of the above events, please call 377-6450.



FALL COMMUNITY EVENTS



Yonkers Downtown BID Riverfest

Saturday, September 10, 2016
12:00 - 6:00 pm
Downtown Yonkers



McLean Merchants Fall Festival

Saturday, September 17, 2016
11:00 am - 6:00 pm
McLean Avenue (from Woodlawn Ave. to McCollum Place)



Columbus Day Parade

Sunday, October 2, 2016 • Starting at 2:00 pm
Seminary Avenue (from Yonkers Avenue to Midland Avenue)



Saturday, October 22, 2016 at 9:00 am, 10:00 am & 12:00 pm

Super Hero Family Run and Mud Run Obstacle Course Race

Sunday, October 23, 2016 at 8:00 am

Yonkers Marathon, 1/2 Marathon, 5K

For more information and to register please visit: theyonkersmarathon.com

For more information on any of the above events, please call 377-6450.



PRE-K RECREATION

Little Learners 2016-2017

Youngsters 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, social interaction, and cooperation with peers and adult staff. Children learn about shapes, colors, numbers, letters, good manners, days of the week, seasons of the year, our weather, etc.

Requirements: Children must be toilet trained (no diapers or pull-ups) and be three years old by December 31, 2016.

Parents will be required to present a birth certificate and an immunization form.

MORNING PROGRAMS

Ages: 3 - 4 years

Dates: Week of September 19 through early June

Time: 9:00 - 11:30 am

Fee: 5 MORNINGS: \$1950, Non-residents \$2210

3 MORNINGS: \$1175, Non-residents \$1335

2 MORNINGS: \$785, Non-residents \$895

4 CONVENIENT SITES

Bronx River Road Center

680 Bronx River Road | **Teacher: Vickie Spinella**

Monday – Friday - starting September 19

Monday, Tuesday, Wednesday - starting September 19

Thursday & Friday - starting September 22

Cola Center

945 North Broadway | **Teacher: Caryn Dronzek**

Monday, Tuesday, Wednesday - starting September 19

Coyne Park

777 McLean Avenue | **Teacher: Maureen Mastrocola**

Monday – Friday - starting September 19

Monday, Tuesday, Wednesday - starting September 19

Thursday & Friday - starting September 22

Will Library

1500 Central Park Avenue | **Teacher: Lucy Celaj**

Monday – Friday - starting September 19

Monday, Tuesday, Wednesday - starting September 19

Thursday & Friday - starting September 22

Registration

Registration is now currently underway for this popular program.

Create a family account and register 24 hours a day at register.communitypass.net/yonkers.

You can also register in person at the Parks Department Building located at 285 Nepperhan Avenue.

For more information, please call 377-6440.



PRE-K RECREATION

NEW Crafty Kids

NEW Instructor: Annarose Armstrong

Come join the Crafty Kids for a fun and simple weekly craft activity. All children must be accompanied by an adult. Weekly themed craft projects range from seasons, nature, book themes, animals, musical instruments and make long lasting memories of your time together.

Supply fee: \$10 class is due at first class for all students.

Age: 3 – 4 years

Dates: Saturdays, starting on September 24th

Time: 12:15 - 1:15 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Time with Me

Instructor: Tabitha Alston

Early childhood educators believe children learn while they play. In this popular class, children ages 12-36 months will enjoy creative play, crafts, singing songs, painting, and dancing. Each child registered must have an adult present; non-registered children are not permitted in the class.

Ages: 18 - 24 months

Dates: 5 Saturdays, starting October 1

24 - 30 months | 10:00 - 10:50 am

30 - 36 months | 11:00 - 11:50 am

12 - 18 months | 12:00 - 12:50 pm

Times: 9:00 - 9:50 am

Fee: \$50, Non-residents: \$75

Location: Cola Community Center
945 North Broadway

Pre-Ballet for Pre-K

Instructor: Elisa Bonneau & Donna Moynihan

An introduction 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.

Maximum 10 students per class. **Requirements:**

Footwear: Ballet shoes with either leather soles or soles with a leather strip/patch. Attire: Dancewear/form-fitting clothes. Wear leotards and tights only.

No ballet skirts or costumes. Children should not wear rings, bracelets or necklaces.

Dates: Monday classes start on September 26 and include 2 Wed. (Oct. 5 & Nov. 2)
Wednesday classes starts on September 21
Friday classes start on September 23

Fee: \$85 for 10 classes, Non-residents: \$110

MONDAYS (with Donna)

School 16

759 North Broadway, at Roberts Avenue

Ages 3 – 4.5 years | 4:30 - 5:15 pm

Ages 4.5 – 5 years | 5:30 - 6:15 pm

WEDNESDAYS (with Elisa)

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 4:00 - 4:45 pm

Ages 4.5 – 5 years | 4:50 - 5:35pm

FRIDAYS (with Elisa)

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 5:00 - 5:45 pm

Ages 4.5 – 5 years | 5:45 - 6:30 pm

See registration details on page 7



PRE-K RECREATION

Total Sports Squirts

Experience a new sport each week. Children (ages 3-5) have the opportunity to try soccer, basketball, T-Ball, hockey, flag football, lacrosse, and parachute games in a safe, structured environment.

Ages: 3 - 5 years

Dates: 6 Saturdays, starting on September 17
OR

6 Sundays, starting on September 18
(each day requires a separate
registration fee)

Time: 2:00 - 3:00 pm

Fee: \$99

Location: Kardash Park
Bretton Road, off Odell Avenue

T-Ball Squirts

A great way to introduce young sluggers (ages 3-5) to our "National Pastime." Players will develop their skills in hitting, throwing and fielding through fun games and activities. At the end of each session they will apply these skills to a scrimmage situation.

Ages: 3 - 5 years

Dates: 6 Saturdays, starting on September 17

Time: 4:30 – 5:30 pm

Fee: \$99

Location: Kardash Park
Bretton Road, off Odell Avenue

Soccer Squirts

Soccer Squirts introduces children (ages 3-5) to the "Beautiful Game." They will learn the fundamental skills of soccer through a program of structured activities, fun-based games, and scrimmages.

Ages: 3 - 5 years

Dates: 6 Saturdays, starting on September 17
OR

6 Sundays, starting on September 18
(each day requires a separate
registration fee)

Time: Saturday - 3:15 - 4:15 pm

Sunday - 3:15 - 4:15 pm

OR 4:30 - 5:30 pm

Fee: \$99

Location: Kardash Park
Bretton Road, off Odell Avenue



Registration for all USSI programs begins September 1 at 8:00 pm

For more information and to register visit www.USSportsinstitute.com or call 732-563-2520



PRE-K RECREATION

Parent & Me Total Sports Squirts

This program will stimulate a child's imagination, develop motor skills, and encourage social interaction. With a helping hand from Mom and Dad, children will try soccer, lacrosse, basketball, T-ball, hockey, and flag football.

Ages: 2 - 3 years

Dates: 6 Saturdays, starting on September 17
OR
6 Sundays, starting on September 18
(each day requires a separate registration fee)

Time: 2:00 - 2:45 pm

Fee: \$85

Location: Kardash Park
Bretton Road, off Odell Avenue

Parent & Me Soccer Squirts

With a parent participating by their side, kids will have fun learning the fundamental skills of soccer: dribbling, shooting and passing. Each session will focus on maximizing participation and learning through games designed to stimulate a child's imagination, develop motor skills, and encourage social interaction.

Ages: 2 - 3 years

Dates: 6 Saturdays, starting on September 17
OR
6 Sundays, starting on September 18
(each day requires a separate registration fee)

Time: 4:30 - 5:15 pm

Fee: \$85

Location: Kardash Park
Bretton Road, off Odell Avenue



Registration for all USSI programs begins September 1 at 8:00 pm

For more information and to register visit www.USSportsinstitute.com or call 732-563-2520

YOUTH/TEEN RECREATION

Art 101

Instructor: Joanne Motto

Students will learn and become familiar with the basic elements of art: line, shape, color, value, texture, and form and will learn to appreciate art that is around them. **Supply fee:** \$10 cash is due at first class.

Ages/Time: 5 - 7 years.....9:00 - 10:00 am
8 - 9 years..... 10:00 - 11:00 am
10 - 12 years..... 11:00 am - 12:00 pm

Dates: Saturdays, starting on September 24

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$85 - 10 classes, Non-residents: \$110

Crafty Kids

NEW Instructor: Annarose Armstrong

Embrace your child's creativity with this popular program. Our exciting array of weekly crafts will allow your child to explore their imagination and creativity while having fun. Learn how to make something fabulous using a wide variety of different materials, suitable for boys and girls. Also, weekly themed craft projects range from seasons, nature, book themes, animals, beading, and more. **Supply fee:** \$10 cash is due at first class for all students.

Age/Time: 10 - 12 years – 9:00 - 10:00 am
7 - 9 years – 10:00 - 11:00 am
5 - 6 years – 11:00 am - 12:00 pm

Dates: Saturdays, starting on September 24th

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Chess

Instructor: Victor Mairena

Students become familiar with the board, pieces, notation, how the pieces move, opening & defense at all levels. Chess teaches children strategies and how to live by them.

Ages: 5 -12 years

Dates: Saturdays, starting on September 24

Time: Beginner9:00 - 10:00 am
Intermediate 10:00 - 11:00 am
Advanced..... 11:00 am -12:00 pm

Location: Roosevelt H.S. • 631 Tuckahoe Road

Fee: \$85 - 10 classes, Non-residents: \$110

American Red Cross Certified Baby-Sitting Training (One Day Course)

Instructor: Tabitha Alston

The American Red Cross and Yonkers Department of Parks recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid and caring for children will be discussed. A "Course Completion Certificate" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook, CD-ROM, and Emergency Reference Guide. A bagged lunch is permitted. **Requirements:** Students must be 11-15 years of age at time of registration and **MUST pre-register** for this course according to the schedule below. Each student must bring a baby doll. **PARENTS:** Please arrive at 8:45 am so the class can start on time.

Ages: 11 - 15 years

Dates: Nov. 12, Must register by Nov. 1
Dec. 10, Must register by Nov. 29

Times: 9:00 am - 4:30 pm

Fee: \$47 for everyone

Supply Fee: \$27 for A.R.C. supplies noted above.
(cash only, to instructor at class)

Location: Nodine Hill Community Center
140 Fillmore Street
Inside Fleming Field parking lot

See registration details on page 7



YOUTH/TEEN RECREATION

Voice for Beginners

Instructor: Wendy Mitchell

Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others. Maximum 15 students. **Supply fee:** \$5 cash due at first class for personal CD with accompaniment.

Ages: 8 - 12 years

Dates: Saturdays, starting on September 24

Times: 10:00 - 10:55 am

Fee: \$85 for 10 classes

Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road



Voice for Intermediates & Teens

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners Class or have other singing experience plus Teens with or without experience. **Supply fee:** \$5 cash due at first class for personal CD with accompaniment.

Ages: 8 - 17 years

Dates: Saturdays, starting on September 24

Times: 11:00 - 11:55 am

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Acoustic Guitar

Instructor: Tom Flammia

Beginners Learn the basics from chords and simple strumming to melodies and reading music. Maximum 10 students. Extra cash fee at second class for instruction book. Beginners Plus is for students who have taken this class or have other experience and are able to read music notes. **Requirements:** Bring your own guitar.

Dates: Saturdays, starting on September 24

Ages/Times: 10–12 years Beginners, 9:00 - 10:00 am

10–12 years Beg Plus 10:00 - 11:00 am

13–15 years Beginners, 11:15 am - 12:15 pm

13–15 years Beg Plus 12:15 - 1:15 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Advanced Youth & Teen Guitar

Instructor: Tom Flammia

No "tabs." Expand your skills in chords, rhythms, melodies, and reading for use in diverse playing styles. Bring your own acoustic or electric guitar. Maximum 10 students. **Supply Fee:** extra cash fee at second class for instruction book.

Ages: 12 - 17 years

Dates: 8 Mondays, starting on Sept. 26 and
2 Thursdays (October 6 & November 3)

Times: 7:00 - 8:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

See registration details on page 7

YOUTH/TEEN RECREATION

Teen Theatre

Instructor: Chris Arena

Learn how to create and build a character through improvisation and theatre games. Students are encouraged to recognize and accept themselves as unique individuals through exercises dealing with modern social issues such as bullying, equality, and tolerance.

Ages: 12-17 years

Dates: Saturdays, starting September 24

Times: 10:00 – 11:00 AM

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Theatre for Kids

Instructor: Chris Arena

An introduction to stage-craft and the performance arts. Instruction includes: theatre games, teamwork, and cooperative - listening exercises. Children will learn and gain confidence in a fun and well structured environment.

Dates: Saturdays, starting on September 24

Ages: 8 - 11 years

Times: 9:00 - 10:00 am

Fee: \$85 for 10 classes
Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Karate

Instructor: Trent Perri

Learn self-defense movements for mental, physical, and emotional control of the body and mind. Students should wear comfortable clothes and must wear sneakers. New students completing this course will be awarded the rank of Orange Belt. Returning students who complete this course will be awarded the higher Yellow Belt rank.

Supply fee: \$10 cash due at the first class is required of all students for belt and certificate.

Dates: Saturdays, starting on September 24

Age/Time: Beginners, 8 - 12 yrs, 9:00 - 10:00 am

Beginners, 5 - 7 yrs, 10:00 - 11:00 am

Returning, 5-12 yrs, 11:00 - 12:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Tennis

Instructor: Cliff Hackford

This is an indoor class for beginners in a comfortable, socially-friendly environment. Basic instruction in proper grip, forehand, backhand, serving, volleying, scoring, rules, and tennis etiquette. New Teen class is for teens with and without experience.

Requirements: tennis racquet and sneakers.

Dates: Saturdays, starting on September 24

Ages/Times: 5- 6 years, 9:00 - 10:00 am

10-12 years, 10:00 - 11:00 am

7- 9 years, 11:00 - 12:00 pm

New: 13-15 years, 12:00 - 1:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

See registration details on page 7



YOUTH/TEEN RECREATION

Ballet & Tap

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation, and vocabulary while building self-esteem. Time is spent equally dancing ballet and tap. For students with or without experience. **Attire:** Ballet shoes (Girls – pink, Boys – black) with either leather soles or soles with a leather strip/patch. Everyone needs tap shoes. Girls wear any color long or short-sleeve leotard, pink footed tights. No ballet skirts. Boys wear white T-shirt, boy's black tights.

Ages: 5-7 years

Dates: Saturdays, starting September 24

Time: 9:00 - 10:00 am

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Jazz/Lyrical

Instructor: Elisa Bonneau

This jazz class is a combination of Broadway and contemporary styles. A basic, beginner level class for students with some, little, or no experience. Students who have previously taken Elisa's Tap & Jazz class and are now 8-12 years old will enjoy this class. All teens welcome. **Attire:** Girls wear black jazz shoes and dance tops with leggings or jazz pants. Boys wear black jazz shoes, plain T-shirt (any color), and black pants or shorts.

Dates: Saturdays, starting September 24

Ages/Times: 8-12 years, 11:00 am - 12:00 pm
13-17 years, 12:00 - 1:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Tap & Jazz

Instructor: Elisa Bonneau

Traditional tap and jazz mixed with a Broadway style. Great for children who enjoy dancing! For students with or without experience. **Attire:** Tap shoes plus jazz or ballet shoes (See Ballet & Tap class at left). Girls wear any color leotard with tights and leggings. No skirts. Boys wear T-Shirt and workout pants.

Ages: 5-7 years

Dates: Saturdays, starting September 24

Time: 10:00 - 11:00 am

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Ballet, Level 1

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation and vocabulary while building self-esteem. For students with or without experience. **Attire:** Ballet shoes (Girls – pink, Boys – black) with either leather soles or soles with a leather strip/patch. Girls wear black long or short-sleeve leotard, pink footed tights. No ballet skirts or costumes.

Ages: 6-9 years

Dates: Wednesday classes start on September 21
Friday classes start on September 23
and include 1 Tuesday (Nov 22)

Times: Wednesdays, 5:45 - 6:45 pm
Fridays, 4:00 - 5:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Yonkers Montessori Academy
160 Woodlawn Avenue

See registration details on page 7



YOUTH/TEEN RECREATION

Little Cooks

Instructor: Brenda J. Freeman

These future chefs will enjoy hands-on food preparation while learning how to read and understand recipes. After school snacks such as English muffin pizza, tuna pinwheel bites, a vegetable fried rice dish, and more will give children an understanding of healthy and fun foods. Chefs ages 10 - 12 will also focus on reading measurements and weights, exploring the effect of different cooking temperatures on foods, and expanding their culinary vocabulary. Maximum 10 students in each class. **Supply fee:** \$15 is due at the first class. **Requirements:** Please also bring an apron, smock or over- sized T-shirt to protect clothing. Hair must be tied or pinned back.

Please call 377-6440 after registering to make us aware of any food allergies your child has. This is a 90 minute class.

Ages: 7-9 years

Dates: Wednesdays, starting on September 28
or Fridays, starting on September 30

Time: 4:15 - 5:45 pm

Ages: 10-12 years

Dates: Thursdays, starting on September 29

Time: 4:15 - 5:45 pm

Fee: \$95 for 8 classes, Non-residents: \$120

Location: School 16
759 North Broadway



Baton & Cheerleading

Instructor: Toni Ann DiMondo

Learn baton twirling, cheerleading movements, and exciting routines! Baton II at 11 AM is a class for returning students who have taken this class for 6 sessions (3 years) or more plus Teens, with or without experience. Students are invited to march in several parades. Uniforms are required to participate in the parades.

Supply Fee: A \$30 cash fee at the first class is required of new students for their baton, pom-poms, and their certificate. Older returning students who have outgrown or lost their equipment are required to purchase new items. There is an additional fee for the uniform; to be determined in February.

Dates: Saturdays, starting on September 24

Ages/Times: Beginners: 5-7 yrs., 9:00 - 10:00 am

Beginners: 8-12 yrs., 10:00 - 11:00 am

Baton II: 8-17 yrs., 11:00 am - 12:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road



YOUTH/TEEN RECREATION

Teen Recreation Centers

A free, drop-in recreation program for Yonkers Residents 13 - 17 years of age. Participants have the opportunity to take part in basketball, board games and other fun activities while socializing in a safe, well-staffed environment.

November 28, 2016 through March 31, 2017

Week Nights: 6:30 - 9:30 pm

Saturdays: 3:00 - 8:00 pm

MONDAY

School 22

1408 Nepperhan Avenue

TUESDAY

School 13

195 McLean Avenue

WEDNESDAY

School 25

579 Warburton Avenue

THURSDAY

Enrico Fermi School

27 Poplar Street

Hostos School

75 Morris Street

Cross Hill Academy

160 Bolmer Avenue

FRIDAY

Hostos School

75 Morris Street

Enrico Fermi School

27 Poplar Street

Yonkers H.S.

150 Rockland Avenue

SATURDAY

School 13

195 McLean Avenue

School 25

579 Warburton Avenue

Dodson School

105 Avondale Road

For additional information call (914) 377-6440.



ADULT RECREATION

Adult Open Gym Basketball

A drop-in open gym basketball program for Yonkers Residents 18+ years of age.

November 28, 2016 through March 31, 2017

Week Nights: 6:30 - 9:30 pm

Saturdays: 3:00 - 8:00 pm

MONDAY

Dodson

105 Avondale Road

WEDNESDAY

Yonkers H.S.

150 Rockland Avenue

THURSDAY

Yonkers H.S.

150 Rockland Avenue

FRIDAY

School 13

195 McLean Avenue

Cross Hill Academy

160 Bolmer Avenue

SATURDAY

Enrico Fermi School

27 Poplar Street

Hostos School

75 Morris Street

For additional information call (914) 377-6444.

Adult Non-Competitive Basketball League

Teams consisting of Yonkers Residents can play organized games in one of two leagues. There are no awards in this league as all teams play for enjoyment and exercise aspects only. Games are played at 7:00 PM and 8:15 PM. A nominal fee is required for each team.

November 28, 2016 through March 31, 2017

Week Nights: 6:30 - 9:30 pm

TUESDAY

Yonkers H.S.

150 Rockland Avenue

WEDNESDAY

Gorton H.S.

100 Shonnard Place

For additional information call (914) 377-6444.



ADULT RECREATION



NEW

Zumba® Fitness

Instructor: Angela Alvarez Hultberg

A total workout, combining all elements of fitness. Wear light, comfortable clothing and sneakers with smooth soles or shoes with good support. **Requirements:** Bring water and a towel.

Dates: 9 Mondays, starting on September 26 and 1 Tuesday, November 2

Time: 6:45 - 7:45 pm

Fee: \$95 for 10 classes, Non-residents: \$120

Location: Yonkers Montessori Academy
160 Woodlawn Avenue

Check out Aqua Zumba on page 30!

Slimmersize with a touch of Zumba® Fitness

Instructor: Lydia M. Otero

Half hour Zumba and half hour toning exercises that use resistance tubing and weights. Come join this combination of fitness and get to your "slimmer size"! **Requirements:** Please bring 2-5lb weights and a mat or towel.

Dates: Thursdays, starting on September 22

Time: 6:30 - 7:30 pm

Fee: \$95 for 10 classes, Non-residents: \$120

Location: Coyne Park Center
777 McLean Avenue

S.O.A.P. (Strategies for Overcoming Aquatic Phobias)

Health & Wellness Aquatic Program for Adults and Children who suffer from varying degrees of fear surrounding water. Internationally acclaimed and highly successful program utilizes emotional support, specific awareness of water safety, learn to swim techniques as well as unique aquatics skills designed to help fearful swimmer/non-swimmers become confident, comfortable and safe in the water. To register, please visit www.waterphobias.com or call 727-741-3088.

Date: 6 Saturdays, starting September 24

Time: 10:15 - 11:00 am

Fee: \$145, Non-Residents: \$170

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Dance Exercise with a touch of Zumba® Fitness

Instructor: Diane Capurso

This is dance fitness with lots of fun. Some light kick boxing, line dancing, and weights will be used. Also infused into this cardio dance combo is the Latin/International rhythms and dance steps of Zumba.

Requirements: Bring a light volleyball size ball, mat or towel, and 1-5 lb weights.

Dates: Wednesdays, starting on September 21

Time: 7:15 - 8:35 pm

Fee: \$95 for 10 classes, Non-residents: \$120

Location: Cola Center at Untermyer Park
945 North Broadway

See registration details on page 7



ADULT RECREATION

NEW

Circuit Boot Camp

Instructor: Kimberly Caso

It doesn't matter if you are a beginner or advanced. This amazing boot camp will not only work and tone every muscle in your body but will also improve your cardiovascular system. This all-in-one circuit boot camp will include cutting edge core exercises. **Requirements:** Please bring a mat, water and a towel. Weights are not required but recommended.

We have 4 classes that you can register for. There is a separate registration fee for each class.

WEDNESDAY CLASSES:

Dates: Session 1: 4 Wednesdays, starting September 28 OR
Session 2: 4 Wednesdays, starting November 2

Time: 7:00 – 8:00 PM

Location: Nodine Hill Community Center
140 Fillmore Street

Fee: \$50, \$75 Non-residents

SATURDAY CLASSES:

Dates: Session 1: 4 Saturdays, starting October 1 OR
Session 2: 4 Saturdays, starting November 5

Time: 10:00 – 11:00 AM

Location: Nodine Hill Community Center
140 Fillmore Street

Fee: \$50, \$75 Non-residents

Dance Exercise with a touch of Zumba® Toning

Instructor: Diane Capurso

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. With a touch of Zumba Toning you'll have a blast

working your muscles while your body hustles!
Requirements: Bring a mat or towel and 1-5 lb weights or toning sticks.

Dates: Wednesdays, starting on September 21

Time: 5:45 - 7:00 pm

Fee: \$95 for 10 classes. Non-residents: \$120

Location: Cola Center at Untermyer Park
945 North Broadway

Morning W.O.N.D.E.R. with a touch of Zumba® Gold

Instructor: Diane Capurso

Women of New Dance Energy & Rhythm class wakes you up by bringing exercise into your morning through dance. A fun class with easy-to-follow steps and invigorating music, and with a touch of Zumba Gold, you'll have a blast while feeling fit fast! **Requirements:** bring a volleyball-size ball, mat or towel, and 1-5 lb weights.

Dates: Fridays, starting on September 23

Time: 9:15 - 10:15 am

Fee: \$95 for 10 classes, Non-residents: \$120

Location: Cola Center at Untermyer Park
945 North Broadway

Vinyasa Yoga Level 1/2

Instructor: Violaine Herlitz

Yoga practices that coordinate breath and movement into a series of poses followed by a soothing deep relaxation. Focuses on proper body alignment, and stretches and strengthens the entire body. This class is for all fitness levels.

Requirements: mat, blankets and pillows as needed for support and comfort.

Dates: Mondays, starting on September 26

Time: 7:15 - 8:30 pm

Fee: \$95 for 10 classes, Non-residents: \$120

Location: Nodine Hill Community Center
140 Fillmore Street

See registration details on page 7



ADULT RECREATION

Tennis

Instructor: Cliff Hackford

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes. **Requirements:** Wear sneakers and bring a tennis racquet.

Dates: Wednesdays, starting on September 28

Level/Time: Beginner – 7:15 - 8:30 pm

Intermediate – 8:30 - 9:45 pm

Fee: \$95 for 10 classes, Non-residents: \$120

Location: Cross Hill Academy

Use rear entrance driveway,
off western end of Odell Avenue



Acoustic Guitar

Instructor: Tom Flammia

An introduction to Acoustic Guitar for absolute beginners (no experience) and for players with limited experience. Learn to read and play basic notation, melodies, rhythm, and chords. Students must provide their own acoustic guitars. Maximum 10 students. Extra cash fee due at second class for instruction book.

Dates: 8 Mondays, starting on September 26
and 2 Thursdays (Oct. 6 & Nov. 3)

Time: 8:05 - 9:05 pm

Fee: \$95 for 10 classes, Non-residents: \$120

Location: Roosevelt High School music room,
631 Tuckahoe Road



See registration details on page 7

AQUATICS

The Mark Twain Pool and the Yonkers Department of Parks, Recreation and Conservation are an approved Training Center for the Starfish Aquatics Institute and an Authorized Provider for StarGuard™ and StarFish Swimming™. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at www.starfishaquatics.org.

The Starfish Swimming curriculum is designed for student's age's 6 months to adult. Benchmarks are established at each stage in the program that combines both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team. Inside this guide, you will find the curriculum used in the StarBabies™/ StarTots™ (ages 6 months to 36 months), Starfish Swim School® (ages 3 and up), and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

StarBabies™ and StarTots™

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience.

STAGE WHITE: Trust and Comfort

Safety Skill: Understand constant and dedicated surveillance.

Swim Skill: Parent and child are relaxed and confident, and enjoy being in the water together.

STAGE RED: Body Positions

Safety Skill: Fit and properly put a lifejacket on the child.

Swim Skill: Perform a relaxed front, back, vertical, and side position for at least 5 seconds each.

What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating, and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do everything they are doing in swim lessons. Just give them the opportunity to get wet, splash around, and explore the water on their own terms.

BUT REMEMBER: *Supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water.*

The Starfish Swimming logo, Starfish Swimming word mark, and Starfish Swim School word mark are registered trademarks of SAI. The StarBabies, StarTots, and Starfish Stroke School word marks are trademarks of SAI.

STAGE YELLOW: Submersion

Safety Skill: Use flotation to help someone in the water and know how to call 911.

Swim Skill: Enter from the wall, submerge, turn around, grab on to the wall, and pull up (assisted).

STAGE BLUE: Air Recovery and Rollover

Safety Skill: Identify six methods of preventing recreational water illness.

Swim Skill: Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.

STAGE GREEN: Forward Movement

Safety Skill: Know about infant and child CPR.

Swim Skill: Move through the water independently 10 feet, with or without flotation.



AQUATICS

Starfish Swim School®

Students work toward development of the five core swimming competencies and receive color stage awards for each achievement. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

STAGE WHITE: Trust and Submersion

Safety Skill: Always ask permission before getting in the water.

Swim Skill: Assisted submersion, relaxed, 5 seconds and then come up to breathe.

STAGE RED: Body Position and Air Recovery

Safety Skill: Put on a lifejacket, float on back, kick 20 feet.

Swim Skill: Jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.

STAGE YELLOW: Submersion

Safety Skill: Reach or Throw (Don't Go) and know how to call 911.

Swim Skill: Jump in, submerge; recover for air, forward movement 10 feet, change direction, and return to wall in swimwear and in regular clothes.

STAGE BLUE: Body Rotation

Safety Skill: Tread water 15 seconds.

Swim Skill: Jump in, submerge, recover to side glide position and kick 10 feet.

STAGE GREEN: Integrated Movement

Safety Skill: Survival float and tread water for 30 seconds.

Swim Skill: Start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.

Starfish Stroke School™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and more!

STAGE WHITE: Freestyle, Introduction to Backstroke

Safety Skill: Always ask permission before getting in the water.

Swim Skill: Swim freestyle 30 feet with body stretched out and consistent form; swim 30 feet of triple-switch backstroke.

STAGE RED: Backstroke, Introduction to Butterfly

Safety Skill: Put on a lifejacket while in the water, kick 30 feet.

Swim Skill: Swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 15 feet.

STAGE YELLOW: Butterfly

Safety Skill: Scenario assist and know when and how to call 911.

Swim Skill: Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle.

STAGE BLUE: Breaststroke

Safety Skill: Discuss the Starfish safety concepts.

Swim Skill: Swim 30 feet breaststroke with good timing and extension.

STAGE GREEN: Endurance

Safety Skill: Tread water or survival float for 2 minutes.

Swim Skill: Swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 50 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.



AQUATICS

The Mark Twain Pool/Yonkers Avenue Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider for Starguard™ & Starfish Swimming™

SWIM PLACEMENT REQUIREMENTS: If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White/Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes. Please look at class description online for start date.

SWIM PLACEMENT: Monday, Sept. 12, 6:00 - 8:00 pm, Mark Twain Pool, 160 Woodlawn Avenue.

ONLINE REGISTRATION: Tuesday, Sept. 13, 7:00 pm. register.communitypass.net/yonkers. Starfish Swim School® for Youth (Ages 5 – 12) Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is selfpaced but challenging. Stages are as follows: White, Red, Yellow, Blue, Green.

Fee: \$109. Non-residents \$134.

All participants MUST PASS EACH COLOR LEVEL before moving on to next level.

CORE SKILL ACHIEVEMENT STAGES					SPECIALTY COURSES	
White	Red	Yellow	Blue	Green	Stroke School	Starfish Swim Clinic
If the student is afraid of water, can't swim at all and will not get face wet... SIGN UP FOR WHITE GROUP	If the student can't swim without support but loves the water, will get face wet and will jump in SIGN UP FOR RED GROUP	If the student is not afraid, can float on front and back and can jump in and return to surface SIGN UP FOR YELLOW GROUP	If the student can swim underwater or on the surface, and can get an occasional breath SIGN UP FOR BLUE GROUP	If the student can tread water for at least 15 seconds, and can swim freestyle with rotary (side) breathing SIGN UP FOR GREEN GROUP	If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly SIGN UP FOR STROKE SCHOOL	If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques SIGN UP FOR STARFISH SWIM CLINIC

WHITE/RED
Mark Twain Pool
Monday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Tuesday
W/R - 6:05 - 6:35 pm
Wednesday
W/R - 6:35 - 7:05 pm
Thursday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Saturday
W - 9:15 - 9:45 am
R - 9:45 - 10:15 am
Yonkers Ave Pool
Saturday
W - 10:15 - 10:45 am
R - 10:15 - 10:45 am

YELLOW
Mark Twain Pool
Monday
6:35 - 7:05 pm
Tuesday
6:35 - 7:05 pm
Wednesday
7:05 - 7:35 pm
Thursday
6:35 - 7:05 pm
Saturday
9:45 - 10:15 am
Yonkers Ave Pool
Saturday
10:45 - 11:15 am

BLUE
Mark Twain Pool
Monday
7:05 - 7:50 pm
Tuesday
7:05 - 7:50 pm
Wednesday
7:05 - 7:50 pm
Thursday
7:05 - 7:50 pm
Yonkers Ave Pool
Saturday
11:15am - 12:00 pm

GREEN
Mark Twain Pool
Monday
7:05 - 7:50 pm
Tuesday
7:05 - 7:50 pm
Wednesday
7:05 - 7:50 pm
Thursday
7:05 - 7:50 pm
Yonkers Ave Pool
Saturday
12:00 - 12:45 pm



AQUATICS

StarBabies™ (Adult & Infant ages 6 months - 18 months)

Days: 8 Fridays, starting on September 23

Time: 6:15 - 6:45 pm

Fee: \$99, Non-residents: \$124

Location: Mark Twain Pool
160 Woodlawn Avenue

StarTots™ (Adult and Toddler ages 18 months - 48 months)

The purpose of the StarBabies and StarTots course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

Days: 8 Fridays, starting on September 23

Time: 6:45 - 7:15 pm

Fee: \$99, Non-residents: \$124

Location: Mark Twain Pool
160 Woodlawn Avenue

Starfish Swim/Stroke School® for Teens (Ages 13 -17)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning. Stroke School will teach / refine all four competitive strokes.

Days: 8 Saturdays, starting on September 17

Time: Swim 10:15 - 11:00 am
Stroke 10:45 - 11:30 am

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
160 Woodlawn Avenue

Learn To Swim for the Developmentally Disabled

Enjoy a half hour of interactive swim with low staff to participant ratio. This program is designed for the developmentally disabled population. If a child needs a one on one ratio, parent MUST accompany child in water.

Ages: 5 - 16 years old

Dates: 8 Saturdays, starting on September 17

Time: 12:45 - 1:30 pm

Fee: \$109, Non-residents: \$134

Location: Yonkers Avenue Pool
48 Yonkers Avenue

Starfish Swim School® for Preschoolers (Ages 3 - 5)

Designed to meet the needs of children ages 3 to 5, this course will develop a high comfort level in the water and a readiness to swim and for those children who are developmentally ready, it will teach functional swim skills. This teaches swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

Days: 8 Saturdays, starting on September 17
8 Tuesdays, starting on September 20
8 Wednesdays, starting on September 21
8 Thursdays, starting on September 22

Time: Saturday 9:15-9:45 am
Tuesday 6:35 -7:05 pm
Wednesday 6:05-6:35 pm
Thursday 6:05 - 6:35 pm

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
160 Woodlawn Avenue

Days: 8 Saturdays, starting on September 17

Time: Sat. 9:15-9:45 am or 9:45-10:15 am

Fee: \$109, Non-residents: \$134

Location: Yonkers Avenue Pool
48 Yonkers Avenue



AQUATICS

Starfish Stroke School®

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

Stages are as follows: White, Red, Yellow, Blue, and Green. All participants **MUST PASS** Swim School Green in order to register for stroke school OR have been water tested.

Please look at class description on registration website for start dates.

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Starfish Swim Clinic™

This course is for students of all ages who have achieved the green Stroke School benchmarks. Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment.

Days: 8 Saturdays, starting on September 17

Time: 10:45 - 11:30 am

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

<p>White (Freestyle) Red (Backstroke) <i>Must pass ALL swim school benchmarks in order to register</i></p> <p>Monday W 6:15 - 7:00 pm R 7:05 - 7:50 pm</p> <p>Tuesday W/R 6:15 - 7:00 pm</p> <p>Wednesday W 6:15 - 7:00 pm</p> <p>Thursday W/R 6:15 - 7:00 pm</p> <p>Friday R 6:15 - 7:00 pm</p> <p>Saturday W 10:45 - 11:30 am</p>	<p>Yellow (Butterfly) Blue (Breaststroke) Green (Endurance) <i>Must pass W/R/Y/B stroke benchmarks in order to register</i></p> <p>Monday Y 7:05 - 7:50 pm</p> <p>Tuesday B/G 7:05 - 7:50 pm</p> <p>Wednesday Y 6:15 - 7:00 pm B 7:05 - 7:50 pm</p> <p>Thursday B/G 7:05 - 7:50 pm</p> <p>Friday Y 6:15 - 7:00 pm</p> <p>Saturday W/R/B 10:45 - 11:30 pm</p>
SPECIALTY COURSES	
Stroke School	Starfish Swim Clinic
<p>If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly</p> <p>SIGN UP FOR STROKE SCHOOL</p>	<p>If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques</p> <p>SIGN UP FOR STARFISH SWIM CLINIC</p>



AQUATICS

Recreation Open Swim

Open recreation swim. All parents must accompany children in water.

Dates: 8 Fridays, starting on September 23

Time: 7:45 - 9:30 pm

Fee: Adult \$65 Child \$35
Non-residents: Adult \$90 Child \$60

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Evening Lap Swim

Work out or leisure swim at your own pace. Must circle swim if more than two persons in a lane.

Dates: 8 weeks starting on Monday, September 19

Times: Mon./Wed./Fri. 8:00 - 9:30 pm
Tues./Thurs. 8:45 - 9:45 pm

Fee: \$108, Non-residents: \$133

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Aqua Zumba®

Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together for a great fun workout. Just add water!

Dates: 8 Wednesdays, starting on Sept. 21

Time: 8:00 - 8:45 pm

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Deep H2O Aquacise

Enjoy fabulous exercise in deep water with emphasis on lower body. Buoyant/resistance equipment provided or bring your own! You must be comfortable in the deep end of the pool.

Dates: 8 Thursdays, starting on September 22

Time: 8:00 - 8:45 pm

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Low Impact Aquacise

Aquatic cardio and strength exercises with emphasis on minimal joint impact. Great class!

Dates: 8 Saturdays, starting on September 17

Time: 9:15 - 10:15 am

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Senior Aquacise

Low impact aquacise for the young at heart. Water truly heals the body and soul! Age: 55+

Dates: 8 Saturdays, starting on September 17

Time: 9:15 - 10:15 am

Fee: \$75, Non-residents: \$100

Location: Mark Twain Pool
160 Woodlawn Avenue

AQUATICS

Water Polo

Great opportunity to play water polo! Boys and girls up to age 18 and all skill levels welcome. Must be comfortable in deep water. Learn drills, have fun and be part of an exciting sport right here in Yonkers.

Dates: 8 Saturdays, starting on September 17

Times: 9:00 - 10:30 am

Fee: \$125, Non-residents: \$150

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Synchronized Swimming

Ages 9 and older (special permission required for younger swimmers). Synchronized Swimming helps intermediate and advanced swimmers alike improve their swim skills, flexibility, strength and endurance. Skills taught in the class help novice swimmers develop greater comfort, ease and confidence in the water. Advanced swimmers develop greater body awareness, core control, and an improved feel for the water. **PREREQUISITE:** ability to swim 15 yards; comfort in deep water and underwater.

Dates: 8 Mondays, starting on September 19

Times: 6:00 - 7:30 pm

Fee: \$125, Non-residents: \$150

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Starfish Swim School® for Adults (Ages 18+)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

Dates: 8 Tuesdays or 8 Saturdays
starting on September 20

Time: Tues. 8:00 - 8:45 pm
Sat. 10:15 - 11:00 am

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Starfish Stroke School® for Adults (Ages 18+)

Students refine freestyle and learn stroke technique for butterfly, backstroke, breaststroke, and develop endurance.

Dates: 8 Mondays or 8 Wednesdays
starting on September 19

Time: Mon. 8:00 - 8:45 pm
Wed. 8:00 - 8:45 pm

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue



AQUATICS

Yonkers Masters Swim Club (Ages 18+)

Enjoy friendship and camaraderie as you improve your technique, stroke and conditioning through organized workouts; geared for the fitness swimmer to the serious competitor. Registered United States Masters Swim Team; member LMSC. For more detailed information, visit www.yonkersmasters.com.

Dates: Year-round program

Times: Tues./Thurs. 8:00 - 9:30 pm
Saturday 11:00 am - 12:30 pm

Fee: \$108, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Aquastrength® Total Body Workout

The Aquastrength® Total Body Workout Program has been designed to take your overall fitness to the next level! Incorporated in the workout are the Aquastrength® Barbell and Lower Body Fins.

The workout consists of a dynamic flexibility warm up, strength & stability component which targets your total body before finishing off with a dynamic flexibility cool-down. The exercises in this program are very challenging and will completely work your overall stability, balance, coordination and movement patterns. Amazing workout!

For more information visit www.aquastrength.com.

Dates: 8 Mondays, starting September 19

Time: 8:00 - 8:45 pm

Fee: \$109, Non-residents: \$134

Location: Mark Twain Pool
160 Woodlawn Avenue

STARGUARD™ Lifeguard Training (Ages 16+)

Starfish Aquatic Institute (SAI) participants must successfully complete lifeguard training, first aid, AED, and CPR. For more information, please call 377-6439.

Have an Aquatics Phobia? Please see page 22 for our S.O.A.P. (Strategies for Overcoming Aquatics Phobias) Class.

CONDORS SWIMMING



From Beginner to National Level:

- Build confidence and self-esteem
- Better concentration in school and in team sports
- Learn and develop all four competitive strokes
- Increase balance, coordination, and all around fitness levels
- Train with Coaches and Swimmers who have achieved Olympic Trials and Nationals times, as well as Zone Team qualifiers and Junior Olympic qualifying athletes!

OPEN TRYOUTS BE WILL HELD:

Monday - Friday, Sept. 6th- 9th • 4:00 - 7:30 pm
at the Mark Twain Pool or any date after by appointment. Call or email to schedule yours!

Contact Us:

Jon Hulbert, Mark Twain Head Coach
Phone: 845-638-4381 Ext. 704 • Email: Jon@Condors.org

Mark Twain Pool

Yonkers Montessori Academy
160 Woodlawn Avenue, Yonkers, NY 10704

www.Condors.org



EDWARD J. MURRAY MEMORIAL SKATING CENTER

(914) 377-6469 • 348 Tuckahoe Road • Yonkers, NY 10710

Public Skating Admissions

General Admission..... \$10.00
Senior Citizen \$2.00
Skate Rental \$4.00

Public Skating Sessions

Tuesday, Wednesday & Thursday

9:30 am – 12:30 pm

Friday

9:30 am – 12:30 pm & 8:30 pm – 10:30 pm

Saturday

12:30 pm – 2:50 pm & 8:30 pm – 10:30 pm

Sunday

12:30 pm – 2:50 pm & 7:10 pm – 8:30 pm

Please call the rink for holiday hours and closures

**Having a birthday?
Why not an ice skating party?**

Call (914) 377-6469 for details!

Trimester I: September 13 – November 19, 2016

Trimester II: November 27 – February 11, 2017

Trimester III: February 19 – April 25, 2017

Classes offered Sundays, Tuesdays and Saturdays

The Ice Skating Institute Method: All students begin lessons at the Tot, Skate 1, or 2 level learning basic skills necessary to progress to Alpha level and beyond. Each level contains specific components as listed and tests are given at regular intervals to enable students to reach the next level. Register online at register.communitypass.net/yonkers.

Tot "Trial" Evaluation Class

Ages 4 to 14 years – First time skaters
Pre-registration is REQUIRED for the Trial Lesson.
Fee for Trial Class: \$ 15
Please call for more information. (914) 377-6469

Tot Class

Ages 4 to 6 years - Beginners

Skate 1 and Skate 2 Class

Ages 7 to 14 years
Skate 1 – Beginners/Skate 2 – Returning Students

TOT, SKATE 1 & SKATE 2 CLASS TIMES & FEES

All classes are a half hour in length

Tuesdays – 4:30 or 5:00 pm

Saturdays – 10:10 or 10:40 am

Sundays – 11:50 am

All classes are \$15 per week.

All trimesters are 9 -10 weeks long.



Alpha, Beta, Gamma and Delta Classes

All classes are 30 minutes in length.
Saturdays 9:40 am
All Alpha – Delta Classes are \$16 per week.
All trimesters are 9-10 weeks long.

Freestyle 1 through 9 Classes

All classes are 45 minutes in length.

FREESTYLE 1 THROUGH 4

Saturdays – 8:55 am

FREESTYLE 5 THROUGH 9

Saturdays – 8:10 am

All Freestyle Classes are \$18 per week.
All trimesters are 9-10 weeks long.

Sundays – 11:50 am

All classes are \$15 per week.
All trimesters are 9 -10 weeks long.

General Youth Hockey Information

Registration is ongoing and will continue until programs are filled. Register online at register.communitypass.net/yonkers. All fees must be paid in full at registration. Players age determines eligibility and placement.

Hockey Clinic – Ages 5 - 14

Participants are grouped according to proficiency and given instruction in basic skating and hockey skills. Simple games and drills will be utilized to accomplish these goals. Cross Ice scrimmages will be organized at the end of each session. The hockey clinic is offered on Tuesdays, 5:30 - 6:00 pm. All classes are \$15 per week. All trimesters are 9 -10 weeks long.

ICE RENTAL TIMES AVAILABLE. The Rink is available to rent for all your event needs. Please call 914-377-6469 for more information.

In-House League – Ages 9 - 14

Teams will be formed based on player's age, skill and ability. All teams will compete in the USA Hockey ADM Format. Pre-season workouts will be held for the purpose of evaluating players for placement on teams and enhancing the individual skills needed to participate. In addition to the regular season games and playoffs, general practices will be incorporated into the schedule to promote player development. The program will focus on skill development and fair play. Players must be available during any of the planned times listed.

Possible Game/Practice Times

Fridays 5:10 pm – 6:10 pm

Saturdays 7:10 am – 8:20 pm

Sundays 7:30 am – 9:30 am

Fee: \$600

Checks payable to "City of Yonkers." Online registration available at regi-ster.communitypass.net/yonkers

Equipment Requirements for Hockey Programs

- H.E.C.C. approved helmet & face protection
- Inner mouth piece
- Ice hockey shoulder, shin & elbow pads
- Cup and athletic supporter
- Ice hockey gloves and stick
- Ice hockey skates
- Ice hockey pants

Open Hockey

Fee: \$15 per player per session

Players may participate in an open scrimmage or practice workout during various times throughout the winter season. Equipment required! Goalies skate free. Family Open Hockey is open to all family members. Adult Open Hockey is open to players 18 years and older.

PROJECT FRIENDSHIP

Project Friendship is a group oriented program for ages 5 and above with developmental disabilities. Please note all participants need to be interviewed by Recreation Supervisor. We do not offer 1:1 services for participants of the program. If your child needs additional support you are required to attend and interact with them. For all school aged/workshop participants an Individual Evaluation Plan and/or Individual Service Plan is required for acceptance into the program. We encourage all participants to have OPWDD eligibility. The City of Yonkers is a waiver program. All participants must be toilet trained. Please call (914) 377-6438 with any questions. Fees (per participant): Yonkers Residents \$175. Non-residents \$360. Any group home individual \$335. Please note: There will be an additional fee for bowling any and some special events planned during the course of the year.

ART THERAPY

Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

Age: Children and Pre-teens

Day: Program meets twice a month on Saturdays

Time: 1:00 – 2:00 pm (Children)
2:00 – 3:00 pm (Teens)

Location: Coyne Park Community Center
777 McLean Avenue

BOWLING

Our bowling league provides staffing for supervision and assistance with score keeping. Bumpers are available.

Age: Children and Pre-teens
\$7.50 per 2 games

Day: Thursdays

Time: 4:30 – 6:00 pm

Age: Adults \$8.00 per 2 games

Day: Fridays

Time: 3:30 – 5:30 pm

Location: Paradise Lanes
790 Yonkers Avenue

DANCE THERAPY

This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational program will benefit all that attend.

Age: Children and Pre-teens

Day: Program meets twice a month on Fridays

Time: 7:00 – 8:00 pm

Location: Coyne Park Community Center
777 McLean Avenue

DELIGHTFUL DINING

Enjoy a wonderful hour of simple but delicious food and etiquette. This will definitely be a program all will enjoy.

Age: Children and Pre-teens

Date: Program meets twice a month-first and third Saturdays

Time: 3:00 – 4:00 pm

Location: Coyne Park Community Center
777 McLean Avenue

FUN & FITNESS

Participants will exercise and do a music and movement class all within an exciting hour.

Age: Children and Pre-teens

Day: Program meets twice a month on Saturdays

Time: 1:00 – 2:00 pm (Teens)
2:00 – 3:00 pm (Children)

Location: Coyne Park Community Center
777 McLean Avenue

HERO TENNIS

This program is designed to promote a participant's coordination and agility skills.

Age: Children, Pre-teens, Teens and Adults

Days: Program meets weekly on Saturdays

Time: 11:00 – 12:00 pm

Location: Yonkers Montessori Academy Gym
160 Woodlawn Avenue

MUSIC THERAPY

Participants will use music to explore and improve physical, psychological, cognitive and social functioning

Age: Children and Teens

Day: Program meets twice a month every other Saturday

Time: 1:00 – 2:00 pm (Teens)
2:00 – 3:00 pm (Children)

Location: Coyne Park Community Center
777 McLean Avenue

PET THERAPY

This unique program uses a trained animal to achieve specific physical, social, cognitive and emotional goals with participants.

Age: Children and Pre-teens

Day: Program meets twice a month on Fridays

Time: 6:30 – 7:00 pm

Location: Coyne Park Community Center
777 McLean Avenue

SPECIAL OLYMPICS

Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to teens and adults during the months of October through mid-May.

Age: Teens and Adults

Day: Saturdays

Time: 9:00 – 11:00 AM

Location: Yonkers Montessori Academy Gym
160 Woodlawn Avenue

STORYTELLING

Join us as we read our all-time favorite stories! Parents and participants are encouraged to bring in stories as well!

Age: Children and Pre-teens

Day: Saturdays

Time: 12:30 – 1:00 pm

Location: Coyne Park Community Center
777 McLean Avenue

TEEN FUN CLUB

Participants will have an opportunity to socialize and make new friends. Activities will include: exercise, sing a longs, community outreach and movies.

Age: Teens (13 – 22 years)

Day: Program meets twice a month on Fridays

Time: 7:00 – 8:00 pm

Location: Coyne Park Community Center
777 McLean Avenue

THEATRE WORKSHOP

Learn the wonderful craft of drama, self-expression and miming.

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 1:00 – 2:00 pm (Children)
2:00 – 3:00 pm (Teens)

Location: Coyne Park Community Center
777 McLean Avenue

YOGA

The program enhances strength, breathing and balance. Each participant will learn breathing exercise techniques in a recreational environment.

Age: Children and Pre-teens

Day: Program meets twice a month on Fridays

Time: 6:00 – 7:00 pm

Location: Coyne Park Community Center
777 McLean Avenue

YOUNG ADULTS CLUB

A social program for developmentally disabled teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, exercise, entertainment, art, dancing and much more.

Age: Teens and Adults

Day: Tuesdays

Time: 7:00 – 9:00 pm

Location: Coyne Park Community Center
777 McLean Avenue

A multitude of special event activities will be planned throughout the year. For additional information please call 377-6438.



SENIOR CITIZEN RECREATION

The Yonkers Senior Centers are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60 years+ and \$25 per year for non-residents. Each Senior Center is completely different. When visiting a Senior Center ask to see the Leader. The Specialist Programs are free recreation classes including fitness and artistic classes. This program is open to residents 60 years+. Registration is not required. Simply drop in and take a class.

For more information on our senior programs, classes, and events call 377-6443

SENIOR GROUP #2

Grinton I. Will Library - Senator Flynn Room

1500 Central Park Avenue

Phone: 337-1500, press 1 then 348

Monday – Friday 12:30 – 4:30 pm

This site is in a small room which allows for a coffee hour and card playing.

SENIOR GROUP #3

Coyne Park Community Center – 777 McLean Avenue

Phone: 377-6472

Monday – Friday 12:00 – 4:00 pm

This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program, and a coffee hour. This center has a committee that arranges trips as well as many parties.

SENIOR GROUP #4

Charles Cola Community Center – 945 North Broadway

Phone: 377-6483

Mondays, Wednesdays, and Fridays 12:30 – 4:30 pm

This site offers arts and crafts, bridge, bingo, card playing, drawing, woodcarving, and many parties.

SENIOR GROUP #5

Rauso Post – 178 Waverly Street

Phone: 377-6474

Tuesdays 11:00 – 3:00 pm

This site offers bingo and card playing as well a drawing and sketching class.

English/Spanish programs offered.

SENIOR GROUP #6

Bryn Mawr Church Hall – 20 Buckingham Road

Phone: 377-6478

Mondays and Wednesdays 12:30 – 4:30 pm

This site offers bingo and card playing and many in house parties.

SENIOR GROUP #7

St. Mark's Hall – 1373 Nepperhan Avenue

Phone: 377-6479

Tuesdays and Fridays 11:30 – 4:30 pm

This site offers bingo, card playing, watercolor painting classes, and many in house parties.

SENIOR GROUP #8

Runyon House – 21 Runyon Avenue

Phone: 969-2733

Wednesdays 10:30 – 4:30 pm

This site offers card playing, tripoly, exercise, bingo, and great parties.

SENIOR GROUP #9

Terrace City Lodge #1499 – 95 North Broadway

Phone: 969-9752

Wednesdays 11:00 am – 3:00 pm

This site offers bingo and lunch.

SENIOR GROUP #10

Bronx River Road Community Center – 680 Bronx River Road

Mondays – Wednesday and Fridays 11:30 – 3:30 pm

Phone: 377-6486

This site offers bingo, card playing, exercise, arts and crafts and parties. *Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #12

Nodine Community Center – 140 Fillmore Street

Phone: 377-6475

Mondays – Fridays 12:00 – 4:00 pm

This is a multi-room site which offers: billiards, bingo, card playing, tai chi, exercise, yoga, line dancing, watercolor, bocce, AARP courses, and a coffee hour.

SENIOR GROUP #14

Northeast Jewish Center Hall – 11 Salisbury Road

Phone: 377-6491

Thursdays 12:30 – 4:30 pm

This site offers mahjong and has monthly meetings. They also enjoy going to luncheons.

SENIOR GROUP #15

Nepperhan Community Center – 342 Warburton Avenue

Phone: 965-0203

Tuesdays and Thursdays 12:30 – 4:30 pm

This site offers pokeno and tripoly, has exercise and crafts.

*Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #16

Crestwood Library – 16 Thompson Street

Phone: 779-3774

Mondays and Tuesdays

12:00 – 4:00 pm

This site in the lower library room and offers mahjon and other games. They also have drawing/sketching on Mondays.



SENIOR CITIZEN RECREATION



Bingo is held at the various senior centers and open year round to Yonkers Residents 60 years and older. Bingo schedule subject to change. Please call ahead center to confirm schedule.

MONDAY

Charles A. Cola Community Center

945 North Broadway
2:00 pm
377-6483

TUESDAY

St. Mark's Episcopal Church Hall

1373 Nepperhan Avenue
1:00 pm
377-6479

Bronx River Road Community Center

680 Bronx River Road
1:00 pm
377-6486

Coyne Park Community Center

777 McLean Avenue
1:00 pm
377-6472

WEDNESDAY

Terrace City Lodge #1499

95 North Broadway
11:00 am
969-9752

Runyon Community House

21 Runyon Avenue
1:00 pm
969-2733
[once a month usually the 3rd Wednesday of the month]

Nodine Hill Community Center

140 Fillmore Street
12:00 pm Hotdogs, 1:00 pm Bingo
377-6475

Bryn Mawr Church Hall

20 Buckingham Road
12:30 pm
377-6478

THURSDAY

Coyne Park Community Center

777 McLean Avenue
1:00 pm
377-6472
[once a month usually the 3rd Thursday of the Month is the Big Bingo Bonanza.]

FRIDAY

Bronx River Road Community Center

680 Bronx River Road
1:00 pm
377-6486

There is also bingo before the 12:00 noon lunch program at Senior Center 10, Bronx River Road Community Center, 680 Bronx River Road. This program is conducted by Yonkers Office for the Aging on Mondays, Tuesdays, Wednesdays, Fridays and Sundays. For questions regarding this program please call 377-6822.



SENIOR CITIZEN RECREATION

LET'S GET FIT!

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline (914) 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs please call (914) 377-6443.

MONDAYS

SILVER STARS WALKING AND EXERCISE

10:30 - 11:30 am, Sept. 8 – Nov. 21, 2016

Tibbetts Brook Park - Meet in Gazebo closest to the entrance parking lot. The program combines walking, exercise and socializing for one hour. Walk at your own pace with the group and make some new friends!

TUESDAYS

EXERCISE

1:00 - 2:00 pm, Sept. 20 – Nov. 29

Nepperhan Community Center
342 Warburton Avenue

YOGA

1:00 - 2:00 pm, Oct. 5 – Dec. 7

Nodine Hill Community Center
140 Fillmore Street



WEDNESDAYS

STRENGTH, FLEXIBILITY & TAI CHI

11:00 - 12:00 pm, Sept. 21 – Nov. 23

Nodine Hill Community Center
140 Fillmore Street

EXERCISE

12:00 - 1:00 pm, Sept. 28 – Nov. 30

Runyon House Community Center
21 Runyon Avenue

EXERCISE

12:30 - 1:30 pm, Oct. 5 – Dec. 7

Coyne Park Community Center
777 McLean Avenue

THURSDAYS

YOGA

12:00 - 1:00 pm, Sept. 29 – Dec. 15

Coyne Park Community Center
777 McLean Avenue

FRIDAYS

EXERCISE

12:30 - 1:30 pm, Sept. 2 – Dec. 23

Coyne Park Community Center
777 McLean Avenue

STRENGTH, FLEXIBILITY & BALANCE

12:45 - 1:45 pm, Sept. 2 – Dec. 23

Bronx River Community Center
680 Bronx River Road

SENIOR CITIZEN RECREATION

ARTS AND CRAFTS

Enjoy a series of Arts and Crafts classes with Instructor Joanna Cardilli! Participants will enjoy creating seasonal crafts projects for the home and personal use.

REGISTRATION: Phone in – call the location of the class and register your name with the Senior Leader. Space is limited. Registration is free, but attendance to the 5 classes is required. Open to residents Sixty Years of age and older.

*We reserve the right to cancel any class due to lack of enrollment. Classes are not held on federal holidays.

Enjoy classes at these four locations; each session is five classes:

Crestwood Library

16 Thompson Street, Lower Floor
Tuesdays 1:30 – 3:30 pm
September 13, 20, 27, October 4, 11

Runyon Heights Community Center

21 Runyon Avenue
Wednesdays 1:30 – 3:30 pm
September 14, 21, 28, October 5, 12

Coyne Park Community Center

777 McLean Avenue
Wednesdays 1:30 – 3:30 pm
October 18, 25, November 1, 15, 22

Nodine Hill Community Center

140 Fillmore Street
Fridays 1:30 – 3:30 pm
October 21, 28, November 4, 18, December 2

Inclement weather? Call the City of Yonkers hotline at (914) 377-6454 one hour prior to scheduled class or center opening to confirm if that the class is being held. For more information on Senior Recreational Programs call (914) 377-6443.

WATER COLOR PAINTING

Create great pieces of art work to share with your family & friends with Instructor Michael Cuomo. The class meets for 10 sessions at the locations below.

Nodine Hill Community Center

140 Fillmore Street
Wednesdays 12:30 – 2:30 pm
September, 14, 21, 28, October 5, 12, 19, 26
November 2, 9, 16

St. Mark's Hall

1373 Nepperhan Avenue
Fridays, 12:00 – 2:00 pm
September 16, 23, 30, October 7, 14, 21, 28
November 4, 18, 25

DRAWING AND SKETCHING

Create some great pieces of art work to share with family and friends with Instructor Michael Cuomo.

Rauso Post

178 Waverly Street
Tuesdays 12:30 – 2:30 pm
September 13, 20, 27, October 4, 11

Crestwood Library - lower room

16 Thompson Street
Tuesdays 12:30 – 2:30 pm
Dates: October. 18, 25, November. 1, 15, 22

Nepperhan Community Center

342 Warburton Avenue
Thursdays 12:30 – 2:30 pm
September 15, 22, 29, October 6, 13, 20
November 3, 10, 17, December 1



SENIOR CITIZEN RECREATION

LINE DANCING

Instructor: Diane Capurso

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs, please call 377-6443.

MONDAYS

Coyne Park Community Center

777 McLean Avenue

Beginners Plus

12:30 - 1:15 pm

Intermediate Improvers

1:15 - 2:00 pm

Dates: September 26
October 17, 24
November 14, 21, 28
December 12, 19

Charles A. Cola Community Center

945 No. Broadway

Beginners Plus

12:30 - 1:15 pm

Intermediate Improvers

1:15 - 2:00 pm

1st Monday of the Month
November 7, December 5

THURSDAYS - Trial Dates Line Dancing

Charles A. Cola Community Center

945 North Broadway

Beginners Plus

12:30 - 1:15 pm

Intermediate Improvers

1:15 - 2:00 pm

Dates: Oct. 6, 13, Nov. 17, & Dec. 15

FRIDAYS

Nodine Hill Community Center

140 Fillmore Street

12:30 - 1:45 pm

Dates: September 30
October 7, 14, 21, 28
November 4, 18
December 2 (makeup date December. 9)

COYNE PARK DANCERS

Volunteer Instructor: Barbara

This group meets year round on Fridays at 1:30 pm at Coyne Park Community Center. Some dance experience is preferred. Dancers who enjoy performing are encouraged to join!



SENIOR CITIZEN RECREATION



33rd Annual Senior Golf Tournament

Shotgun style tournament for Yonkers Residents 60 years of age and older. Winners Receive T-Shirts, Awards and Golf Balls

Tuesday, September 20, 2016

Raindate: September 27, 2016

Dunwoodie Golf Course

1 Wasylenko Lane, Yonkers

Annual Senior Halloween Hop

*A Party for Yonkers' Ghosts and Goblins
60 Years of age and older*

Thursday, October 27, 2016

11:30 am – 3:30 pm

Castle Royale
92 Waverly Street

Please join us for some ghoulish fun, snacks and beverages!

Free admission, door prizes & fun entertainment!

Come dressed up in your favorite costume and join our costume contest!

For more information on these or any other Senior Programs please call (914) 377-6443.



COYNE PARK RIFLE & PISTOL RANGE

**771 McLean Avenue
Yonkers, NY 10704
(914) 377-6488
www.coyneparkrange.net**

The Coyne Park Range is a state-of-the-art indoor shooting range conveniently located in southeast Yonkers. A public range welcome to all recreational shooters and law enforcement personnel. If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

Hours of Operation

Mondays, Wednesdays, Thursdays: 5:00 - 10:00 pm

Fridays: 10:00 am - 10:00 pm

Saturdays & Sundays: 12:00 - 6:00 pm

Closed on Tuesdays

Residents and Non-residents: \$20 per hour

Yearly memberships available, Residents \$275, Non-residents \$300

Eye and Ear Protection: \$3 each

Rifle Rental: \$58 per person includes 100 rounds of ammunition, eye and ear protection, instruction, and one hour admission.

NRA First Steps

Our National Rifle Association (NRA) First Steps Pistol and Rifle courses are for people who own a firearm. They are by appointment only and typically involve one-on-one instruction.

Pistol Safety Course Special

Fee: \$125 for Residents and Non-residents If you complete this course you receive a discount on your **Range membership:** Only \$140 for Yonkers Residents, only \$150 for Non-residents. You must visit the Range within 30 days after receiving your permit in order to receive the discount. This is a "one-time" offer. You will pay the regular Range membership fee when you renew. Please call (914) 377-6488 for class information.



YONKERS ANIMAL SHELTER



**1000 Ridge Hill Boulevard
Yonkers, NY 10710
(914) 377-6730**

Interested in adopting?

We are constantly in search of new homes for all of our wonderful pets, both cats and dogs. These animals are asking for a chance to show you their affection and love. If you are interested in a pet, please consider meeting our beautiful animals. A staff member is available to discuss our adoptable animals with you. Potential adopters are required to fill out our preadoption form, which can be done at the shelter.

Hours of Operation

11:00 am to 4:00 pm
Adoption fees: Cats \$65 • Dogs \$80

Adoptions include:

Spaying and neutering
Distemper shot
De-worming
Rabies shot
Dog License
and a free examination with a participating veterinarian





City of Yonkers
Department of Parks, Recreation & Conservation

285 Nepperhan Avenue Yonkers, New York 10701

www.yonkersny.gov

register.communitypass.net/yonkers