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 PRINCIPLES

• Commits 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
Dear Resident:

Winter is a great time of year to explore everything the City of Yonkers has to offer and our Parks Department offers tons of great programs to keep you and your family active all season long.

Ice skating and hockey at Yonkers’ E.J. Murray Memorial Skating Center is a Yonkers winter tradition like no other for residents and visitors alike. We have completed upgrades and we are officially up and running! The rink, located at 378 Tuckahoe Road, offers popular skating lessons, adult and youth hockey and so much more. Check out the renovated lobby entrance, new offices and new mezzanine level at Murray’s – it looks great!

While the weather outside is chilly, it’s nice and warm at our indoor swimming facilities – especially at Mark Twain Pool, our approved training center for Aquatics. There’s many community recreation offerings there this winter season that are fun, challenging, and it’s a great way to meet new friends.

Speaking of upgrades and renovations, we’ve completed some impressive projects that I think you’ll enjoy. We have completed a new playground at War Memorial Field thanks to the non-profit partner “Alexandra’s Playground”, a fitness center at the top of Elm Street, a brand new playground and concession area at Richter Field, refurbished Cerrato Park with state of the art playground equipment and sprinkler system and new pavilions and bathrooms at Redmond Field. Also, there is now new LED field lighting at Fleming Field, thanks to a great partnership with Sarah Lawrence College. I thank my committed Parks Department staff for all of their dedication and hard work. Remember, although it’s winter, personal fitness and recreation are still important and our city parks and playgrounds are always open for business!

If you ever have a question or concern, please don’t hesitate to call the Office of Parks, Recreation & Conservation at 914-377-6450. For very important issues, call my 24-hour helpline at 914-377-HELP (4357) or email me personally at mayor@yonkersny.org.

Have a great winter Yonkers!

MIKE SPANO
Mayor
Animal Shelter

Yonkers’ 11,000 sq. ft. Animal Shelter focuses on adoption. Be sure to stop by 1000 Ridge Hill Blvd. to enjoy quality one-on-one time with a prospective new pet.

Aquatics

Aqua Strength Total Body Workout is a 3-dimensional aquatic resistance strength class run by Aquatics professionals here in Yonkers. It’s a fun and great way to meet new friends!

Skating Center

E.J. Murray’s Memorial Skating Center is one of the premier winter facilities in Westchester and just underwent $2.3 million worth of renovations, including a newly created upper mezzanine viewing level. Whether you’re a seasoned pro or first-time skater, Murray’s is for you!
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 a Cashier’s Check, Money Order, Visa, MasterCard, and Discover Card 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 cashier’s 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 cancelled 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.
registration details ............................................. 7
permit division .................................................. 8
scholarship information ........................................ 9
recreation events ............................................... 9
recreation events ............................................. 10
summer camp .................................................. 11

pre-k recreation
for information call 377-6440

time with me .................................................. 12
little learners ................................................... 12
pre-ballet for pre-k ............................................. 12

youth/teen recreation
for information call 377-6440

young painter’s corner ....................................... 13
crafty kids ...................................................... 13
chess ............................................................... 13
baby-sitting training ......................................... 13
voice for beginners .......................................... 14
voice for intermediate and teens ......................... 14
ten an theatre .................................................. 14
theatre for kids ................................................ 14
karate .............................................................. 15
tennis for kids and teens .................................... 15
ballet & tap ...................................................... 15
tap & jazz ........................................................ 15
ballet, level 1 (ages 6 – 9) ..................................... 16
jazz/lyrical dance ............................................... 16
hip hop ............................................................ 16
family knitting and crochet .................................. 16
acoustic guitar ................................................... 17
intermediate/advanced guitar .............................. 17
little cooks ....................................................... 17
fun-tech (steam) ................................................ 18
ten recreation centers ....................................... 18
red bulls soccer camps ...................................... 19
u. s. sports institute programs .............................. 20

adult recreation
for information call 377-6438

adult open gym basketball .................................. 21
adult non-competitive basketball league ............... 21
shine dance fitness™ ....................................... 22
slimmersize with a touch of zumba® fitness ........... 22
dance exercise with a touch of zumba® fitness ....... 22
morning wo.n.d.e.r. with a touch of zumba® gold ... 22
adventures in painting 101 .................................. 23
acoustic guitar ................................................... 23
vinyasa yoga level 1/2 ....................................... 23
dance exercise with a touch of zumba® toning ...... 24
training mat workout ......................................... 24
tennis .............................................................. 24

aquatics
for information call 377-6439

aquatics program overview ................................ 25
starfish swim school® ......................................... 26
starfish stroke school™ ...................................... 26
swim placement requirements ......................... 27
starbabies™ ..................................................... 28
startots™ ........................................................ 28
learn to swim for the developmentally disabled .... 28
starfish swim school® for preschoolers ............... 28
starfish stroke school® ...................................... 29
starfish swim clinic™ ........................................ 29
starfish swim/stroke school™ for teens (ages 13-17) 29
hydrorevolution® total workout ......................... 30
evening lap swim ............................................. 30
deep h2o aquafit ............................................... 30
low impact aquacise ......................................... 30
senior aquacise ............................................... 30
saf drums/vibes .............................................. 31
synchronized swimming ................................... 31
starfish swim school® for adults ......................... 31
starfish stroke school® for adults ....................... 31
aquas zumba® .................................................. 31
yonkers masters swim club ............................... 32
recreation open swim ...................................... 32
starguard™ lifeguard training (ages 16+) ............ 32
yonkers condors tsunami swim ......................... 32

E.J. MURRAY MEMORIAL
SKATING CENTER

for information call 377-6469

Public skating admissions ................................ 33
Public skating sessions ..................................... 33
tot/skate 1 trial evaluation class ......................... 33
tot class ......................................................... 33
skate 1 and skate 2 class .................................... 33
Alpha, Beta, Gamma, and Delta classes ............... 34
Freestyle 1-8 classes ....................................... 34
Adult open hockey ........................................... 34
New york Rangers Junior Rangers Rookie Series .... 35

Project friendship
for information call 377-6438

Art therapy ..................................................... 36
Bowling ......................................................... 36
Creative painters ............................................ 36
Creative writing ............................................. 36
Delightful dining ............................................ 36
Energetic exercise .......................................... 36
Hero tennis .................................................... 36
Music therapy ................................................ 36
Special Olympics ........................................... 36
Storytelling .................................................... 36
Theater workshop .......................................... 36
Yoga ............................................................. 36
Young adults club .......................................... 36
Zumba ........................................................... 36

Senior citizen recreation
for information call 377-6443

Center locations .............................................. 37
Bingo ............................................................ 38
Health & Wellness classes ............................... 39
Line dancing ................................................... 40
Bernice Spreckman dancers ................................ 40
Spring dance .................................................. 40

coyne park rifle
& pistol range

for information call 377-6488

General information ......... 41

animal shelter

for information call 377-6730

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

The Parks Department is now offering a limited number of scholarships for our camp, little learners, skating and aquatics programs. For more information, please visit www.yonkersny.gov/parks or call 377-6436.
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
Click on “View Account” under useful links. Then click either “Add Child” or “Add Adult.” After you have added your family members, click “Home” at top.

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– Winter 2019”
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 meeting 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 required 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.

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

**JFK MARINA - ANNUAL AND DAILY PERMITS** Daily and annual permits are available at the marina.

**Season begins March 2019 till October 2019**

The JFK Marina is located off Warburton Avenue John F. Kennedy Memorial Drive. Boat launching is available by permit from dawn to dusk, seven days a week for an Annual Resident/Non-Resident Fee of $50/$100 for Canoe or Kayak, $150/$300 for Jet Ski, and $200/$400 for Motorized Boats and Watercrafts. Day passes are also available on location for Residents/Non-Residents as follow: $10/$20 for Canoe or Kayak, $20/$40 for Jet Ski, $30/$60 for Motorized Boat or Watercrafts. For additional information call 377-6427.
COMMUNITY RECREATION SCHOLARSHIPS

The City of Yonkers Department of Parks, Recreation and Conservation is now offering a limited number of scholarships for our Camp, Aquatics, and Skating Programs. Our scholarship program is meant to assist those who would not normally be able to participate in our programs by supplementing fees with scholarship funds made available to Residents. Scholarships are available first-come, first service to those who meet the criteria.

Applications accepted as follows:

Camp Rays, Pre-K Camp, Camp Pride and Little Learners
January 1 – March 31, 2020

Aquatics and Skating Programs
Year-round – must be submitted a minimum of 2 month prior to requested session

For more information and an application please visit www.yonkersny.gov/parks or call 377-6436.

SPECIAL RECREATION EVENTS

YONKERS IDOL COMPETITION
Auditions • Applications Required
Saturday, February 1, 2020, 9:00 AM
Nodine Hill Community Center, 140 Fillmore Street
Show – T.B.D.
YONKERS PAL EASTER EGG HUNT
Saturday, April 11, 2020 • War Memorial Field - Copcutt Lane (behind the Parks Department at 285 Nepperhan Avenue)

Bring your camera and join us for some fun with the Easter Bunny! This event is for children up to 10 years old…Rain or Shine

Children are divided into the following groups for the hunt:
- 4 years old and under .......... 10:00 AM
- 5 to 7 years old ................. 10:30 AM
- 8 to 10 years old ............... 11:00 AM

SPRING TRACK RACES
Boys and Girls, ages 4-14
Saturday & Sunday Mornings in April and May
Held at Roosevelt High School Track
631 Tuckahoe Road

For more information on the Recreation Events please call 377-6436.
The City of Yonkers is excited to offer These Summer Camp Programs!

**Camp RAYS Summer Day Camp**

**Ages: 5-14 years**

Fun for children 5-14 years old; campers must be 6 by December 31, 2019 and entering 1st grade in September. Choose from four conveniently located sites. Camp hours are 8:00 AM – 5:00 PM. Campers will enjoy a variety of indoor and outdoor activities plus exciting trips.

**Pre-K Summer Camp**

**Ages: 3-5 years**

A fun experience for our young campers with various outdoor and indoor activities. Campers must be completely toilet-trained (no diapers or pull-ups). Parents can select three or six weeks of morning fun at one of our three sites. Camp hours are 9:00 AM - 12:00 PM.

**Camp Pride**

**Ages: 5+**

A fun summer experience, for the developmental disabled community members. A full day camp program that will excite campers with numerous on-site and off-site activities. Parents can select three or six weeks of camp. Transportation, breakfast, and lunch are provided. All campers must be fully toilet-trained and not need 1 to 1 services.

*Stay tuned! All specific camp details will be in our Spring/Summer Brochure.*

*For more information, please call 377-6450.*
**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/Times:**  
18 - 24 months | 9:00 - 9:50 am  
24 - 30 months | 10:00 - 10:50 am  
30 - 36 months | 11:00 - 11:50 am  
12 - 18 months | 12:00 - 12:50 pm

**Dates:** Saturdays starting January 18 and/or February 29

**Location:** Cola Community Center  
945 North Broadway

**Fee:** $50, Non-residents: $75
Each 5-week schedule has a separate registration fee.

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**Little Learners Half Day Pre-K Program 2020-2021**

Children 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, and social interaction. Requirements: Children must be toilet trained (no diapers or pull-ups).

Registration will begin in July. For more information, please call 377-6440.

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**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:** Wednesdays, starting January 15  
Fridays, starting January 17

**Fee:** $95 for 12 classes, Non-residents $120

**WEDNESDAYS (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

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Scholarships now available for our Camp and Little Learners Program! Please see page 9 for more information.
Young Painter’s Corner

Instructor: Diana Capasso

Our instructor will guide our young artists step-by-step, showing them techniques to create custom masterpieces of their own. One each week on an 8”x10” canvas board. We believe everyone can be an artist! Look forward to an art show at the last class. We provide a painters apron that only covers the torso. Feel free to bring a longer apron, smock, or oversized T-shirt that provides more coverage. Supply Fee: $20 cash fee due at first class.

Ages/Times:
- 7 - 9 years ……. 11:15 am – 12:15 pm
- 10 - 12 years…. 12:20 – 1:20 pm

Dates: Saturdays, starting January 18
Location: Roosevelt High School
631 Tuckahoe Road
Fee: $95 for 12 classes, Non-Residents: $120

Crafty Kids

Instructor: Diana Capasso

Boys and girls create fun crafts by exploring a variety of art styles from Picasso masks and American Indian dream catchers and rain sticks to working with Mother Nature’s stone, sand, feathers, shells and wooden beads. Kids will be wowed with recyclables and what they can become. Also created, customized denim patches, jewelry crafts for those who like to wear their art, seasonal themed projects, and the big favorite: SLIME. Supply fee: $10 cash fee is due at first class.

Age/Time:
- 5 - 6 years ……. 9:00 - 10:00 am
- 7 - 9 years ……. 10:00 - 11:00 am

Dates: Saturdays, starting January 18
Location: Roosevelt High School
631 Tuckahoe Road
Fee: $95 for 12 classes, Non-residents: $120

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 January 18
Time: Beginner .......... 9:00 - 10:00 am
Intermediate .... 10:00 - 11:00 am
Advanced.......... 11:00 am - 12:00 pm

Location: Roosevelt H.S. • 631 Tuckahoe Road
Fee: $95 for 12 classes, Non-residents: $120

American Safety & Health Institute Certified Baby-Sitting Training (One Day Course)

Instructor: Tabitha Alston

We 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 Certification Card” is issued to those who pass the course. All students receive a Baby-Sitter’s Handbook. 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: April 11, must register by April 1
Time: 9:00 am - 3:30 pm
Location: Nodine Hill Community Center
140 Fillmore Street
Inside Fleming Field parking lot
Fee: $47 for everyone
Supply Fee: $10 for supplies noted above (cash only, to instructor at class)
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. Last class includes a recital for family and friends and a performance at a local nursing home. $5 cash supply fee due at first class.

Ages: 8 - 12 years
Dates: Saturdays, starting January 18
Times: 10:00 -10:55 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: $95 for 12 classes, Non-residents: $120

Teen Theatre

Instructor: Mary Ann Penzero
Participants will engage in Theatre games, improvisation, and scene work from stage and screen. Our performers will develop monologues and scenes based on their own experiences. Stage craft elements including the use of props, costumes, lighting and directing will be introduced. Participants will learn self-expression and performing in a structured environment.

Dates: Saturday, starting January 18
Ages: 12-17
Time: 10:00 – 11:00 am
Fee: $95 for 12 classes, Non-Residents: $120
Location: Roosevelt High School
631 Tuckahoe Road

Theatre for Kids

Instructor: Mary Ann Penzero
Instruction will include Theatre games and improvisation based on themes from stage and screen. Participants will enhance their experience by learning elements of stage craft including simple lighting, props, and costumes. Participants will enjoy performing in a structured environment.

Dates: Saturday, starting January 18
Ages: 8 -11
Time: 9:00 – 10:00 am
Fee: $95 for 12 classes, Non-Residents: $120
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. Last class includes a recital for family and friends and a performance at a local nursing home. $5 cash supply fee due at first class.

Ages: 8 - 17 years
Dates: Saturdays, starting January 18
Times: 11:00 - 11:55 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: $95 for 12 classes, Non-residents: $120

See registration details on page 7
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.

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

Dates: Saturdays, starting January 18
Location: Roosevelt High School
631 Tuckahoe Road
Fee: $95 for 12 classes, Non-residents: $120

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. Children
should NOT wear rings, bracelets or necklaces.

Ages: 5-7 years
Dates: Saturdays, starting January 18
Time: 9:00 - 10:00 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: $95 for 12 classes, Non-residents $120

Tennis for Kids & Teens

Instructors: Jon Lee & Juan Loney
Join our two tennis "Pros" for beginner classes in a comfortable, socially-friendly environment. Basic
instruction in proper grip, forehand, backhand, serving, volleying, scoring, rules, and tennis etiquette. Teen class
is for teens with or without experience.
Requirements: wear sneakers and bring your tennis racquet.

Ages/Times: 5- 6 years, 9:00 - 9:55 am
10-12 years, 10:00 - 10:55 am
7- 9 years, 11:00 am - 11:55 am
13-16 years, 12:00 - 1:30 pm

Dates: Saturdays, starting January 18
Location: Roosevelt High School
631 Tuckahoe Road
Fee: $95 for 12 classes, Non-residents: $120

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). Girls wear any color leotard with tights and leggings. No skirts. Boys wear T-Shirt and workout
pants. Children should NOT wear rings, bracelets or necklaces.

Ages: 5-7 years
Dates: Saturdays, starting January 18
Time: 10:00 - 11:00 am
Location: Roosevelt High School
631 Tuckahoe Road
Fee: $95 for 12 classes, Non-residents $120
YOUTH/TEEN RECREATION

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 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, costumes or jewelry. Hair must be tied or pinned back. Children should **NOT** wear rings, bracelets or necklaces.

- **Ages:** 6-9 years
- **Dates:** Fridays, starting on January 17
- **Time:** 4:00 - 5:00 pm
- **Location:** Yonkers Montessori Academy
  160 Woodlawn Avenue
- **Fee:** $95 for 12 classes, Non-residents $120

Jazz/Lyrical Dance
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. Newcomers 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. No jewelry please.

- **Ages:** 8-10 years
- **Dates:** Saturdays, starting January 18
- **Time:** 11:00 am - 12:00 pm
- **Location:** Roosevelt High School
  631 Tuckahoe Road
- **Fee:** $95 for 12 classes, Non-residents $120

Family Knitting and Crochet
Instructor: Victoria Steven
Knitting and Crochet are creative, relaxing pastimes. No experience? No problem! Create memories together at these inter-generational classes. Learn from an expert in a friendly, engaging environment.

**BEGINNER (LOOM) KNITTING**
Your first project is a scarf and matching hat in your favorite colors. Supply fee: $20 cash per person due at first class. Youngsters must be 6-17 years of age and be accompanied by a participating adult.

**BEGINNER CROCHET**
Make a poncho or blanket in your favorite colors. Learn single and double stitches. Supply fee: $15 cash per person due at first class. Youngsters must be 8-17 years of age and be accompanied by a participating adult.

- **Dates:** Saturdays, starting January 18
- **Times:** Knitting: 10:00 am– 11:00 am  
  Crochet: 11:00 am –12:00 pm
- **Location:** Roosevelt High School
  631 Tuckahoe Road
- **Fees:** Knitting and Crochet classes have separate registration fees. Register for one or both programs. Each $95 for 10 classes. Non-residents $120. Fee is for one adult and one youngster in the same class. Add $50 for a second youngster in that same class.

Hip Hop
Instructor: Elisa Bonneau
Beginners learn the hottest dance moves in an upbeat, energetic, and disciplined environment. Be sure to wear sneakers and loose clothing.
Acoustic Guitar
Instructor: Rob Hall
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 have begun to learn how to read music notes.
Requirements: Bring your own guitar.
Dates: Saturdays, starting on January 18
Ages/Times: 9-13 years Beginners, 9:00 - 10:00 am
10-16 years Beg Plus 10:00 - 11:00 am
Fee: $95 for 12 classes, Non-residents: $120
Location: Roosevelt High School
631 Tuckahoe Road

Intermediate/Advanced Youth & Teen Guitar
Instructor: Rob Hall
Expand your skills in chords, rhythms, melodies and reading for use in diverse playing styles. Advanced class is for students with more experience and the ability to read music notes. Maximum 10 students.
Requirements: Bring your own guitar. Extra cash fee at second class for new students to purchase instruction book.
Ages: Both classes 12-17 years
Times: Intermediate, 11:15 am – 12:15 pm
Advanced, 12:15 – 1:15 pm
Dates: Saturdays, starting January 18
Fee: $95 for 12 classes
Location: Roosevelt High School
631 Tuckahoe Road

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 cash is due at the first class. Requirements: 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 January 22
or Fridays, starting on January 24
Time: 4:30 - 6:00 pm
Ages: 10-12 years
Dates: Thursdays, starting on January 23
Time: 4:30 - 6:00 pm
Location: School 16
759 North Broadway
Fee: $95 for 8 classes, Non-residents: $120

See registration details on page 7
Fun-Tech

Instructors: Ayana Thomas & Langston Masingale
Junior engineers explore and experience STEAM: Science, Technology, Engineering, Arts and Math through take-home projects that include chemistry, computing, engineering and electronics themes. Learn about advance slime making, introductory robotics techniques, photo technology (such as stop motion animation), fun physics projects (such as self-propelled vehicles) and lessons on electronics. Students will enjoy a fun learning experience in a safe environment that includes interactive music and media.

Maximum of 15 students per class. Supply Fee: $20 cash per student due at first class. Requirements: Bring your apron, smock or over-sized T-shirt to protect clothing. Hair must be tied or pinned back. Call 377-6440 after registering to make us aware of allergies your child may have, or if he/she has any special accommodations.

Ages/Time: 7-9, 10:00 am - 11:00 am
10-12, 11:15 am - 12:15 pm
5-6, 12:30 am - 1:30 pm

Dates: 10 Saturdays, starting January 18

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

Location: Roosevelt High School
631 Tuckahoe Road

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.

December 2, 2019 through April 4, 2020

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 Popular 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.
Register now for 2020 NYRB Soccer Camps
Learn and master skills in a fun environment designed to keep players invested in their own development long after camp ends.

ALL CAMPERS RECEIVE
- Adidas soccer ball
- Red Bulls T-Shirt
- Certificate of Achievement signed by the Red Bulls team
- Complimentary ticket to a Red Bulls game at Red Bull Arena

For additional information call 888-370-7287 or e-mail: training@newyorkredbulls.com.

Ages/Time: 6-14, 9:00 am - 12:00 noon (Half Day) or 7-14, 9:00 am - 3:00 pm (Full Day)

Dates:
SPRING BREAK CAMP
One Week: April 6 -10

SUMMER CAMP
Week #1 ....... June 29 - July 2 .......... 4 day camp
Week #2 ....... July 6 - 10.................... 5 days
Week #3 ....... July 13 - 17 ............... 5 Days
Week #4 ....... July 20 - 24 ............... 5 days
Week #5 ....... July 27 - 31 ................ 5 days
Week #6 ....... Aug 31 - Sept 4............ 5 days Pre-Season Training

Location: Fleming Field soccer comple
Fillmore Street, off Prescott Street
2020 U.S. Sports Institute Programs
Spring, Summer & Fall

A variety of programs for children ages 2-12.

Parent & Me Squirts (Ages 2-3 with a helping hand from Mom or Dad).
- Soccer
- Multi-Sports
- T-Ball

Sports Squirts (Ages 3 and 4)
- Basketball
- Golf
- Multi-Sports
- Soccer
- T-Ball
- Tennis

For Older Athletes (Ages 5-12, varies by program)
- Golf
- Multi-Sports
- Soccer
- T-Ball

Camps and other programs are dedicated to children of all skill levels.
The emphasis is on learning, good sportsmanship, teamwork and, most of all, fun!

Registration begins on January 15.
For more information and to register, visit www.USSportsinstitute.com or call 732-563-2520.
**Adult Open Gym Basketball**

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

December 2, 2019 through April 4, 2020

Week Nights: 6:30 - 9:30 pm
Saturdays: 3:00 - 8:00 pm

**MONDAY**
Dodson - 105 Avondale Road

**WEDNESDAY**
Palisade Prep - 201 Palisade Avenue
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) 377-6450.*

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**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.

December 3, 2019 through March 31, 2020
6:30 - 9:30 pm

**TUESDAY**
Yonkers H.S. - 150 Rockland Avenue

*For additional information call (914) 377-6450.*
ADULT RECREATION

**SHiNE DANCE FITNESS™**

**Instructor:** Denise Velazquez

SHiNE DANCE FITNESS™ is a fun, upbeat workout - the perfect balance of cardio, toning & strength in every class! Every SHiNE routine is designed to get students “out of their head” and into their bodies with original choreography rooted in traditional jazz, ballet & hip-hop. Perfect for beginners and seasoned dancers alike, SHiNE is for everybody and everybody! Please wear comfortable clothes, supportive shoes, bring water & a smile! Mat optional. See you on the dance floor!”

**Dates:** Thursdays, starting January 23
**Time:** 7:00 - 8:00 pm
**Location:** Yonkers Montessori Academy Auditorium
160 Woodlawn Avenue
**Fee:** $100 for 12 classes, Non-residents $125

**Shimmersize with a touch of Zumba® Fitness**

**Instructor:** Lydia M. Otero

This class combines a 30 minutes of Zumba and 30 minutes of toning exercises that use resistance tubing and weights. Come join this combination of fitness and get to your “slimmer size”! **Requirements:** Bring 2-5lb weights and a mat or towel.

**Dates:** Thursdays, starting January 23
**Time:** 7:00 – 8:00 pm
**Location:** Bernice Spreckman Community Center
777 McLean Avenue
**Fee:** $100 for 12 classes, Non-residents $125

**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 January 29
**Time:** 7:15 - 8:35 pm
**Location:** Cola Center at Untermyer Park
945 North Broadway
**Fee:** $100 for 12 classes, Non-residents $125

**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 January 24
**Time:** 9:15 - 10:15 am
**Location:** Cola Center at Untermyer Park
945 North Broadway
**Fee:** $100 for 12 classes, Non-residents $125

See registration details on page 7
Adventures in Painting 101
Instructor: Diane Capasso
Have you always been interested in painting? Now is your chance to discover the painter in you! This class will unleash your creativity. PLEASE NOTE: There is a $20 supply fee that is due to the instructor the first day of class.

Dates: 12 Wednesdays, starting on January 22
Time: 6:30 - 7:30 pm
Location: Bernice Spreckman Community Center, 777 McLean Avenue
Fee: $100 for 12 classes, Non-residents: $125

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: Tuesdays, starting on January 30
Time: 6:45 - 8:00 pm
Location: Cola Center at Untermyer Park
945 North Broadway
Fee: $100 for 12 classes, Non-residents: $125

Acoustic Guitar
Instructor: Rob Hall
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: Mondays, starting on January 27
Time: 8:05 - 9:05 pm
Location: Bernice Spreckman Community Center
777 McLean Avenue
Fee: $100 for 12 classes, Non-residents: $125

See registration details on page 7
**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 January 29  
**Time:** 5:45 - 7:00 pm  
**Location:** Cola Center at Untermyer Park  
945 North Broadway  
**Fee:** $100 for 12 classes, Non-residents $125

**Training Mat Workout**

**Instructor:** Kimberly Caso  
This amazing workout is made up of the best waist slimming exercises to define your abs, strengthen your legs and stomach strengthening. Please bring a mat, bottle of water and a great attitude!  
**Dates:** 12 Mondays, starting on January 20  
**Time:** 6:45 pm-7:45 pm  
**Location:** Yonkers Montessori Academy Auditorium  
160 Woodlawn Avenue  
**Fee:** $100 for 12 classes, Non-residents $125

**Tennis**

**Instructor:** Jon Lee  
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 January 22  
**Level/Time:**  
- Beginner – 7:15 - 8:30 pm  
- Intermediate – 8:30 - 9:45 pm  
**Location:** Cross Hill Academy  
160 Bolmer Avenue  
Use rear entrance driveway, off western end of Odell Avenue  
**Fee:** $100 for 12 classes, Non-residents $125
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.

**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.

**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.
**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.

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**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.
The Mark Twain 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:** Wed., March 4, 6:00 - 8:00 pm, Mark Twain Pool, 160 Woodlawn Avenue.

**ONLINE REGISTRATION:** Thurs., March 5, 8:00 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 self-paced but challenging. Stages are as follows: White, Red, Yellow, Blue, Green.

**Fee:** $120. Non-residents $150.

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

### CORE SKILL ACHIEVEMENT STAGES

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<th>White</th>
<th>Red</th>
<th>Yellow</th>
<th>Blue</th>
<th>Green</th>
<th>Stroke School</th>
<th>Starfish Swim Clinic</th>
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<tr>
<td>If the student is afraid of water, can't swim at all and will not get face wet...</td>
<td>SIGN UP FOR WHITE GROUP</td>
<td>If the student can't swim without support but loves the water, will get face wet and will jump in</td>
<td>SIGN UP FOR RED GROUP</td>
<td>If the student can swim underwater or on the surface, and can get an occasional breath</td>
<td>SIGN UP FOR BLUE GROUP</td>
<td>If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly</td>
<td>SIGN UP FOR STROKE SCHOOL</td>
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### SPECIALTY COURSES

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Classes start the week of March 14th. Please look at your receipt for details.
AQUATICS

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

- **Days:** 8 Fridays, starting on March 20
- **Time:** 6:15 - 6:45 pm
- **Location:** Mark Twain Pool  
  160 Woodlawn Avenue
- **Fee:** $110, Non-residents: $140

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 March 20
- **Time:** 6:45 - 7:15 pm
- **Location:** Mark Twain Pool  
  160 Woodlawn Avenue
- **Fee:** $110, Non-residents: $140

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 March 14
- **Time:** 12:45 - 1:15 pm
- **Location:** Mark Twain Pool  
  160 Woodlawn Avenue
- **Fee:** $109, Non-residents: $134

Starfish Swim School® for Preschoolers
(Ages 3 and 4)

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 March 14  
  8 Mondays, starting on March 16  
  8 Tuesdays, starting on March 17  
  8 Wednesdays, starting on March 18  
  8 Thursdays, starting on March 19
- **Time:** Saturday 11:00 - 11:35 am  
  Monday 6:05 - 6:35 pm  
  Tuesday 6:05 - 6:35 pm  
  Wednesday 6:05 - 6:35 pm  
  Thursday 6:05 - 6:35 pm
- **Location:** Mark Twain Pool  
  160 Woodlawn Avenue
- **Fee:** $120, Non-residents: $150
**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.

**Location:** Mark Twain Pool  
Yonkers Montessori Academy  
160 Woodlawn Avenue

**Fee:** $120, Non-residents: $150

**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 March 14 and 8 Tuesdays starting March 17  
**Time:** 12:00 - 12:45 pm  
**Location:** Mark Twain Pool  
Yonkers Montessori Academy  
160 Woodlawn Avenue

**Fee:** $150, Non-residents: $180

**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

**WHITE (Freestyle)**  
**RED (Backstroke)**  
**YELLOW (Butterfly)**  
**BLUE (Breaststroke)**  
**GREEN (Endurance)**

Must pass ALL swim school benchmarks in order to register

**Monday**  
W 6:15 - 7:00 pm  
**Tuesday**  
W/R 6:15 - 7:00 pm  
**Wednesday**  
W/R 6:15 - 7:00 pm  
**Thursday**  
W/R 6:15 - 7:00 pm  
**Friday**  
R 6:15 - 7:00 pm  
**Saturday**  
W 11:00 - 11:45 am  
R 11:00 - 11:45 am

**STROKE SCHOOL**

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**

**STARFISH SWIM CLINIC**

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**
**HydroRevolution® Total Body Workout**

The Hydro Revolution Total Body Workout Program has been designed to take your overall fitness to the next level! Incorporated in the workout are Aqualogix and Aquastrength® Bells 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.hydrorevolution.com.

- **Dates:** 8 Mondays, starting March 16
- **Time:** 8:00 - 8:45 pm
- **Location:** Mark Twain Pool
  160 Woodlawn Avenue
- **Fee:** $120, Non-residents: $150

**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, March 16
- **Times:** Mon./Wed./Fri. 8:00 - 9:30 pm
  Tues./Thurs. 8:45 - 9:45 pm
- **Location:** Mark Twain Pool
  Yonkers Montessori Academy
  160 Woodlawn Avenue
- **Fee:** $120, Non-residents: $150

**Deep H2O Aquafit**

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 March 19
- **Time:** 8:00 - 8:45 pm
- **Location:** Mark Twain Pool
  Yonkers Montessori Academy
  160 Woodlawn Avenue
- **Fee:** $120, Non-residents: $150

**Low Impact Aquacise**

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

- **Dates:** 8 Saturdays, starting on March 14
- **Time:** 10:00 - 11:00 am
- **Location:** Mark Twain Pool
  Yonkers Montessori Academy
  160 Woodlawn Avenue
- **Fee:** $120, Non-residents: $150

**Senior Aquacise**

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

- **Dates:** 8 Saturdays, starting on March 14
- **Time:** 10:00 - 11:00 am
- **Location:** Mark Twain Pool
  Yonkers Montessori Academy
  160 Woodlawn Avenue
- **Fee:** $75, Non-residents: $90
SAF DrumsVibes
SAF Aqua DrumsVibes is a combination of drum rhythms and functional moves. Lots of fun. Play drums in the water. Every move you make will be more effective. www.drumsvibes.com
Dates: 8 Wednesdays, starting March 18
Time: 8:00 - 8:45 pm
Location: Mark Twain Pool
160 Woodlawn Avenue
Fee: $120 Non-residents: $150

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 March 16
Times: Beginners - 6:00 - 7:30 pm
Advanced - 7:30 - 9:00 pm
Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue
Fee: $136, Non-residents: $166

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 starting March 17 or 8 Saturdays starting on March 14
Time: Tues. 8:00 - 8:45 pm
Sat. 11:00 - 11:45 am
Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue
Fee: $120, Non-residents: $150

Starfish Stroke School® for Adults (Ages 18+)
Students refine freestyle and learn stroke technique for butterfly, backstroke, breaststroke, and develop endurance.
Dates: 8 Mondays starting March 16
Time: 8:00 - 8:45 pm
Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue
Fee: $120, Non-residents: $150

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 March 18
Time: 8:00 - 8:45 pm
Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue
Fee: $120, Non-residents: $150
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 9:30 - 11:00 am
**Fee:** $109, Non-residents: $134
**Location:** Mark Twain Pool  
Yonkers Montessori Academy  
160 Woodlawn Avenue

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

**Dates:** 8 Fridays, starting on March 20
**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

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.

**Day/Time:** Tuesday, 6:00 - 9:00 pm
**Pretest:** Monday, March 4 at 7:00 pm

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 time standards, as well as Zone Team qualifiers and Junior Olympic qualifying athletes!

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.......... $11.00
Senior Citizen ..................$3.00
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 – 10:30 pm

Saturday
11:00 am – 2:00 pm & 8:30 – 10:30 pm

Sunday
12:00 – 3:00 pm

Please call the rink for holiday hours and closures

BIRTHDAY PARTIES
Celebrate your birthday with an ice skating party!
For more information, please call (914) 377-6469.

Semester II: January 2020 – April 2020
Classes offered Sundays & Saturdays

ICE RENTAL TIMES AVAILABLE!
The Rink is available to rent for all your event needs.
For more information, please call (914) 377-6469.

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.

Skate 1 and Skate 2 Class

Ages: 7 – 14 years
Skate 1 – Beginners
Skate 2 – Returning Students

TOT, SKATE 1 & SKATE 2 CLASSES

Dates: Sundays, starting January 6
Saturdays, starting January 5
Classes 1/2 hour in length

Times & Fees:
Sunday, 10:50 am - 11:20 am
11:20 am - 11:50 am
15 weeks - $225

Saturday, 9:45 am - 10:15 am
10:15 am - 10:45 am
16 weeks - $240

Tot/Skate 1 “Trial” Evaluation Class

Ages: 4 - 14 years – (First time skaters)
Fee for Trial Class: $15
Pre-registration is REQUIRED for the Trial Lesson.

Tot Class

Ages: 4 - 6 years - Beginners
EDWARD J. MURRAY MEMORIAL SKATING CENTER

Alpha, Beta, Gamma and Delta Classes

Dates: Saturdays, starting January 5
Time: 9:15 am - 9:45 am
Fee: $256 - 16 weeks
Classes 1/2 hour in length

Freestyle 1 – 8 Classes

Dates: Saturdays, starting January 5
Level/Times: Freestyle 1-4, Saturday, 8:30 - 9:15 am
Freestyle 5-8, Saturday, 7:45 - 8:30 am
Fee: $288 - 16 weeks
Classes 45 minutes in length

Adult Open Hockey

Players may participate in an open scrimmage or practice workout during various times throughout the winter season. Equipment required! Goalies skate free!

Dates: Tuesdays & Thursdays, All season
12:40 pm - 2:40 pm
Fridays and Saturdays, All season
10:40 pm - 12:40 am
Ages: 18+ years
Fee: $15, per person/per session
Join us for the Junior Rangers Rookie Series as we get your child on the ice experiencing the fun and excitement of hockey. Our Rookie Series includes three levels of play designed to introduce your child to this amazing sport as well as provide the early developmental training needed to keep them into the game.

**Available at 40+ convenient locations across the Tri-State area**

**TRY HOCKEY FOR FREE**  
**Ages 5-9**

**First, we get them out on the ice!**  
Let’s get your child playing some hockey, moving in the gear and discovering whether this sport is the right one for them.

**Each Session Includes:**
- Free rental skates and loaner equipment
- Professional instruction alongside Rangers alumni
- Free Rangers hockey stick for our participants to take home
- Post-skate meet & greet with NYR alumni

**LEARN TO PLAY**  
**Ages 5-9**

**Get the basics down!**  
Here, your child learns and practices the game. Skating, shooting, handling, passing, teamwork - just a few of the areas covered in our 10-week program.

**The Program’s $215 Fee Includes:**
- Family-friendly schedule with 10 weeks of 1-hour sessions
- Professional instruction alongside NYR staff and Rangers alumni
- Plus, a full FREE set of equipment, including skates, for first time hockey players

**ROOKIE LEAGUE**  
**Ages 8-10**

**Let’s take it up a notch!**  
They know the basics, and now it’s time to add a little friendly competition to the mix. This is an affordable, age-appropriate league where your child continues to get time on the ice, play hockey and develop their skills for the future.

**The League’s $325 Fee Includes:**
- 10 cross-ice games and 10 practices per season, all led by NYR staff
- No long distance travel, all games hosted at your local rink
- Junior Rangers jersey
- Celebratory Junior Rangers Jamboree at the end of each season

Sign up at newyorkrangers.com/junior
**ART THERAPY**
Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

- **Age:** Children and Teens
- **Day:** Program meets twice a month on Saturdays
- **Time:** 1:00 – 2:00 pm
- **Location:** Bernice Spreckman Community Ctr. 777 McLean Avenue

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

- **Age:** Adults $9.00 per 2 games
- **Day:** Fridays
- **Time:** 3:30 – 5:30 pm
- **Location:** Paradise Lanes 790 Yonkers Avenue

**CREATIVE PAINTERS**
This class is wonderful opportunity to experience a multitude of art styles. Come join in on the fun!

- **Age:** Children and Teens
- **Day:** Program meets twice a month on Fridays
- **Time:** 6:00 – 7:00 pm
- **Location:** Bernice Spreckman Community Center 777 McLean Avenue

**CREATIVE WRITING**
A program that explores your creativity, and at the end of the program your loved one will bring home a keepsake.

- **Age:** Children and Teens
- **Day:** Program meets twice a month on Saturdays
- **Time:** 2:00 – 3:00 pm
- **Location:** Bernice Spreckman Community Center 777 McLean Avenue

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

- **Age:** Children and Teens
- **Day:** Program meets twice a month-first and third Saturdays
- **Time:** 3:00 – 4:00 pm
- **Location:** Bernice Spreckman Community Ctr. 777 McLean Avenue

**ENERGETIC EXERCISE**
An upbeat fitness program for participants to enjoy.

- **Age:** Children and Teens
- **Date:** Program meets twice a month on Saturdays
- **Time:** 3:00 – 4:00 pm
- **Location:** Bernice Spreckman Community Ctr. 777 McLean Avenue

**HERO TENNIS**
This program is designed to promote a participant’s coordination and agility skills.

- **Age:** Children, Teens, Teens and Adults
- **Days:** Program meets weekly on Saturdays
- **Time:** 11:00 – 12:00 pm
- **Location:** Montessori 11 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:** 2:00 – 3:00 pm
- **Location:** Bernice Spreckman Community Ctr. 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:** Montessori 11 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 Teens
- **Day:** Saturdays
- **Time:** 12:30 – 1:00 pm
- **Location:** Bernice Spreckman Community Ctr. 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
- **Location:** Bernice Spreckman Community Ctr. 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 Teens
- **Day:** Program meets twice a month on Fridays
- **Time:** 6:00 – 7:00 pm
- **Location:** Bernice Spreckman Community Ctr. 777 McLean Avenue

**YOUNG ADULTS CLUB**
A social program for developmentally disable 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:** Bernice Spreckman Community Ctr. 777 McLean Avenue

**ZUMBA**
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:** Bernice Spreckman Community Center 777 McLean Avenue

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

PLEASE NOTE: Project Friendship programs begin the second week in October.
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 348
Monday – Friday 12:30 – 4:30 pm
This site is in a small room which allows for a coffee hour, card playing and Mahjong.

SENIOR GROUP #3

Bernice Spreckman 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, coffee hour and organized 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, and many parties.

SENIOR GROUP #6

Bryn Mawr Church Hall – 20 Buckingham Road
Phone: 377-6478
Mondays and Wednesdays 12:00 – 4:30 pm
This site offers bingo, exercise and many parties.

SENIOR GROUP #7

St. Mark’s Hall – 1373 Nepperhan Avenue
Phone: 377-6479
Tuesdays and Fridays 11:30 am – 4:30 pm
This site offers bingo, card playing, watercolor painting classes, and parties.

SENIOR GROUP #8

Runyon House – 21 Runyon Avenue
Phone: 969-2733
Wednesdays 11:30 am – 4:30 pm
This site offers card playing, Tripoly, exercise, bingo, and parties.

SENIOR GROUP #10

Bronx River Road (Scotti) 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, exercise, yoga, line dancing, watercolor, bocce, computer classes, 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, luncheons, and trips.

SENIOR GROUP #15

Nepperhan Community Center – 342 Warburton Avenue
Phone: 965-0203
Tuesdays and Thursdays 12:00 – 4:00 pm
This site offers Pokeno, Tripoly, exercise and crafts.
* Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #16

Our Lady of Fatima – 5 Strathmore Road
Phone: 255-4269
Mondays and Tuesdays
12:00 – 4:00 pm
This site offers Mahjong, art, and exercise classes.
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Address</th>
<th>Time</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUESDAY</td>
<td>Bernice Spreckman Community Center</td>
<td>777 McLean Avenue</td>
<td>1:00 pm</td>
<td>377-6472</td>
</tr>
<tr>
<td></td>
<td>St. Mark’s Church Hall</td>
<td>1373 Nepperhan Avenue</td>
<td>1:00 pm</td>
<td>377-6479</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Bryn Mawr Church Hall</td>
<td>20 Buckingham Road</td>
<td>12:00 pm</td>
<td>377-6478</td>
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<tr>
<td></td>
<td>Nodine Hill Community Center</td>
<td>140 Fillmore Street</td>
<td>12:30 pm</td>
<td>377-6475</td>
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<tr>
<td></td>
<td>Runyon Community House</td>
<td>21 Runyon Avenue</td>
<td>1:00 pm</td>
<td>969-2733</td>
</tr>
</tbody>
</table>

[once a month usually the 3rd Wednesday of the month]

| THURSDAY  | Bernice Spreckman Community Center     | 777 McLean Avenue              | 1:00 pm | 377-6472       |
|          | [once a month usually the 3rd Thursday of the Month is their 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. Lunch program available through Yonkers Office for the Aging. For information please call 377-6822. |
HEALTH & WELLNESS
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

ACTIVE HEALTHY HEARTS
Instructor: Kimberly Caso
12:45 - 1:45 pm, starting February 3
Our Lady of Fatima
5 Strathmore Road

EXERCISE
Instructor: Cathy McMahon
12:00 - 1:00 pm, starting February 7
Bronx River Community Center
680 Bronx River Road

TUESDAYS

EXERCISE
Instructor: Cathy McMahon
1:00 - 2:00 pm, starting February 4
Nepperhan Community Center
342 Warburton Avenue

YOGA
Instructor: Violaine Herlitz
1:00 - 2:00 pm, starting February 25
Nodine Hill Community Center
140 Fillmore Street

THURSDAYS

SILVER STARS WALKING AND EXERCISE
Instructor: Cathy McMahon
10:00 - 11:00 am, starting March 19 (skips 5/9)
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!

YOGA
Instructor: Violaine Herlitz
12:00 - 1:00 pm, starting February 27
Bernice Spreckman Community Center
777 McLean Avenue

FRIDAYS

ACTIVE HEALTHY HEARTS
Instructor: Kimberly Caso
11:00 AM – 12:00 pm, starting February 7
Charles A. Cola Community Center
945 North Broadway

EXERCISE
Instructor: Cathy McMahon
12:00 - 1:00 pm, starting February 7
St. Mark’s Church Hall
1373 Nepperhan Avenue

STAY STRONG AND FIT
Instructor: Barbara Gallo
12:30 - 1:30 pm, starting April 3
Bernice Spreckman Community Center
777 McLean Avenue
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
Bernice Spreckman Community Center
777 McLean Avenue
12:15 - 1:30 pm: Beginners/Intermediate
Dates: February 24 to June 1
(No classes the first Monday of the month and May 25)

Charles A. Cola Community Center
945 North Broadway
12:15 - 1:30 pm: Intermediate
Dates: 1st Monday of the Month: February to June

TUESDAYS
Our Lady of Fatima
5 Strathmore Road
12:30 - 1:30 pm: Beginners Plus
Dates: (last Tuesday of the month) January to May

THURSDAYS
Charles A. Cola Community Center
945 North Broadway
12:15 - 1:30 pm: Intermediate
Dates: February 13, March 19, April 16, May 14, June 11

FRIDAYS
Nodine Hill Community Center
140 Fillmore Street
12:15 - 1:30 pm: Advanced
Dates: February 28 to May 15
(No classes on March 27 & April 10)

BERNICE SPRECKMAN DANCERS
Volunteer Instructor: Barbara Gallo
Some dance experience is preferred. Dancers who enjoy performing are encouraged to join!

Bernice Spreckman Community Center
777 McLean Avenue
1:30 pm
Dates: Fridays, April 3 - June 26
Art classes resume in April 2020

SENIOR CITIZEN SPRING DANCE
Theme: TBD
Thursday, April 9, 2020
10:00 AM - 2:00 PM
Free admission, entertainment, and surprises!
The Coyne Park Range is an 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 December 1, 2018 thru March 31, 2019**
- Mondays & Wednesdays: 5:00 - 10:00 pm
- Fridays: 10:00 am - 10:00 pm
- Saturdays & Sundays: 12:00 - 6:00 pm
- Closed on Tuesdays & Thursdays

**Hours of Operation April 1, 2019 thru November 30, 2019**
- Mondays & Wednesdays: 10:00 am - 10:00 pm
- Tuesdays & Thursdays: 5:00 pm - 10:00 pm
- Closed on Friday, Saturday & Sunday

Residents and Non-residents: $20 per hour
Yearly memberships available, Residents $275, Non-residents $500
Eye and Ear Protection: $3 each
Rifle Rental: $60 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:** $150 for Yonkers Residents, $375 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.
Interested in adopting?

We are always 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.

Adoptions include:

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

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

Hours of Operation

11:00 am to 4:00 pm
Adoption fees: Cats $65 • Dogs $80
SAVE THE DATE

SUNDAY, OCTOBER 18, 2020