

ACTIVITIES GUIDE | SPECIAL EVENTS | SCHOOL'S OUT CAMPS
YOUTH & ADULT SPORTS | SWIM PROGRAMS | CONTESTS

YORKTOWN PARKS & RECREATION

Fall & Winter
2026

REGISTRATION OPENS AUGUST 18TH @ 9:30AM

YORKTOWN PARKS & RECREATION

Office Location: 1974 Commerce St.

Rooms 122 & 123 Yorktown Heights, NY 10598

Registration Hours: Mon-Fri 8:30am-4:00pm

Phone: (914) 245-4650

Email: ypr@yorktownny.gov

Registration Website:

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

Town Website:

<https://www.yorktownny.gov/parksandrecreation>

Facebook Page:

<https://www.facebook.com/YorktownParksAndRec/>

Superintendent: James Martorano, Jr

Assistant Superintendent: Marissa Lieto

Senior Recreation Leader: James Torre

Recreation Assistant: Ava Sperling

Senior Office Assistant-Recreation: Kim Hughes

Office Assistant: Patty Marino

Dominic Monopoli: Parks Foreman

Andrew Cerrato: Assistant Parks Foreman

Robert Alfano: Maintenance Mechanic-Repair

Guido Parks: Maintenance Mechanic-Repair

Stephen Melillo: Maintenance Mechanic

Steve Proctor: Maintenance Mechanic

Scott Ferreira: HMEO

Andrew Bergin: HMEO

Eric Hollberg: Park Groundskeeper

Thomas Fonte: Park Groundskeeper

Donald Hopper: Park Groundskeeper

Michael Butironi: Laborer

Thomas Pisano: Laborer

Town Supervisor

Ed Lachterman

Town Board

Sergio Esposito, Deputy Supervisor

Patrick Murphy, Town Board Liaison

Ilan Gilbert

Susan Siegel

Recreation Commission

Matthew Talbert, Chairperson

John Campobasso, Vice Chairperson

Patrick Cumiskey

Christine Dunn

Thomas Dunn

Joseph A. Falcone

Diego Jaramillo

A LETTER FROM THE TOWN SUPERVISOR

Dear Neighbor,

As we embrace the crisp, energetic rhythm of fall, I invite you to explore the exciting array of programs in our 2026 Fall-Winter Recreation Brochure. Our Parks and Recreation Department has created a dynamic season of activities designed to keep residents of all ages active and engaged.

This season, I am thrilled to highlight new recreation options across town, including our new sand volleyball courts at the Tom Diana Park at Granite Knolls Recreation & Sports Complex, as well as the launch of our new youth floorball program at the Shrub Oak Memorial Rink. These additions reflect our ongoing commitment to providing top-tier, modern facilities and diverse athletic opportunities for our community.

Our youth offerings feature a fantastic blend of creative and active pursuits, Jr. Chemist Lab to Taekwondo. Young athletes can stay active and develop new skills through sports ranging from Intro to Fencing and Soccer to T-Ball and Volleyball, along with our perennial favorite Swim Lessons to build confidence in the water.

Adults will also find plenty of opportunities to nourish their well-being. Whether you enjoy the tranquility of Yoga, the lively steps of Country Line Dancing, or the competitive spirit of Pickleball, our Adult Programs offer something for every lifestyle. For our valued senior community, we continue to provide a welcoming space with engaging activities like Painting, Line Dancing, Mahjong, and vital Fall Prevention workshops.

When school is out, our Parks and Recreation Department offers engaging School Vacation Camps designed to keep young minds inspired during breaks, including popular programs like School's Out Multisport, Chess Wizards, and seasonal camps.

I encourage everyone to step outside and enjoy our abundance of beautiful trails and parks, which offer a spectacular backdrop to appreciate the vibrant autumn foliage right in our own backyard.

To ensure you secure a spot in your preferred activities, please register early. Many of our popular programs have limited enrollment, and prompt participation helps guarantee that all offerings proceed as planned.

I extend my deep appreciation to our Parks and Recreation Department for their dedication in bringing these great programs to life. Use this brochure as your guide to getting out, trying something new, and staying active this season.

Have fun,

Ed Lachterman, Supervisor

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REGISTRATION AND IMPORTANT INFORMATION

TOWN OF YORKTOWN RESIDENT PROGRAM REGISTRATION WILL OPEN:
TUESDAY, August 18th, 2026 at 9:30 am
NON-RESIDENT PROGRAM REGISTRATION OPENS 2-WEEKS PRIOR TO THE START OF EACH PROGRAM.

- **REGISTER EARLY!!!** Most programs have limited enrollments. Besides not getting into the program, nothing cancels programs more than waiting until the last minute to register as classes may be cancelled due to low enrollment. It is recommended that you register two weeks prior to the start of the program.
- Programs and their fees, dates, and eligibility, are subject to change. Before registering, please login to Community Pass for the most up-to-date information on each class.
- Programs with insufficient registration will be cancelled prior to the program start and refunds issued accordingly.
- **REGISTRATION HOURS:** Monday - Friday from 9:00 am to 4:00 pm.
- **ONLINE REGISTRATION AVAILABLE AT ANYTIME AFTER THE REGISTRATION START DATE.** Register on our website: <http://register.capturepoint.com/Yorktown>

Registration is available online or in person at the
Recreation office located at:
1974 Commerce St. Yorktown Heights NY 10598
Rooms 122 & 123

Note: All participants MUST have a Community Pass account in order to register for any Recreation programs

- Under no circumstances will anyone be allowed to participate in any of the programs unless the participant first registers with the Yorktown Parks and Recreation Department and pays the appropriate fee. Registration will not be taken at the class by instructors.
- Incomplete registrations will not be processed.
- Checks or Money Orders are to be made payable to the: Town of Yorktown Parks and Recreation Department.
- Discover, Master Card, American Express & Visa credit cards accepted. **Convenience fees apply.**
- The Department may use photos taken during event programs unless otherwise notified in writing.

RESIDENCY:

- A resident is defined as one who resides within the town limits at an address that pays Yorktown Town taxes.

NON-RESIDENTS:

- If space is available in a program two (2) weeks prior to start of that program, non-residents will be allowed to register by paying a 20% surcharge. For non-fee programs, a \$30.00 charge will be assessed unless stated otherwise.

NEW RESIDENTS AND NEW REGISTRANTS:

- If you have moved into the Town of Yorktown within the last year AND/OR have never registered for a program, **PROOF OF RESIDENCY** is required when registering. All registrations must be accompanied by a driver's license along with a current utility bill, property insurance certificate, mortgage statement, or closing papers. Renters must show their rental agreement.

SENIOR CITIZENS:

- Senior Citizens are defined as permanent Yorktown residents ages 60 and over.

RETURNED CHECKS:

- A \$20.00 service charge will be assessed for all checks returned to the Recreation Department. Returned checks cannot be redeposited. Cash or Money Order will be required to replace the returned check and service charge.
- After three (3) returned checks from a household, all future payments must be made in cash.

INSURANCE:

- The Town of Yorktown maintains a standard liability insurance policy that does not cover medical costs for anyone injured during the normal course of participation in any Recreation Department program or facility. ALL persons participate at their own risk.

CANCELLATIONS:

- Information concerning weather related cancellations will be sent via email through Community Pass. Please be sure contact information on the account is accurate and current.
- **PLEASE NOTE:** If public schools are closed, Yorktown Recreation programs held in school facilities will also be cancelled. Check with Department for all other cancellations.

REFUNDS/CREDITS: Will be given only under the following conditions:

- A full refund/credit will be given if the program is cancelled by the Parks and Recreation Department prior to the program starting.
- All refund/credit requests stating the reason for the refund/credit must be made in writing, by the halfway point of the program, to the Superintendent of Parks & Recreation for consideration only. **If a refund/credit is granted, it will be pro-rated on the date the request is received also minus fees. Refund requests may be sent to ypr@yorktownny.gov.**
- Refunds of \$10.00 or less will be maintained as a credit to the participant's account.
- No refund/credit will be considered once a program is half over.
- **A \$20.00 processing fee for all approved refunds will be assessed, except for programs cancelled by the Parks & Recreation Department.**
- **A \$10.00 processing fee for all approved credits will be assessed, except for programs cancelled by the Parks & Recreation Department.**
- If a participant becomes ill or injured for an extended period of time, a full or pro-rated refund/credit (less processing fee) will be made based on the date the written request is received. A doctor's medical note must accompany the request, and the request must be made prior to the end of the program.
- If materials are included in the program fee they must be returned with your written request for a refund or their cost will be deducted from your credit/refund.
- **Refunds/Credits will not be given for scheduling conflicts.**

Town of Yorktown Parks and Recreation facilities are accessible to the physically disabled. Any disabled resident needing special assistance should call the Recreation Department.

SPECIAL EVENTS

102ND ANNUAL YORKTOWN GRANGE FAIR

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

LOCATION: Yorktown Grange
DATES: September 11th, 12th, 13th

SAN GENNARO FEAST

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

DATES: Wednesday-Sunday, September 16th – 20th
Wed-Fri, 5:00 pm – 11:00 pm
Sat & Sun, 12:00 pm – 11:00 pm
LOCATION: Railroad Park Commerce Street

SPOOK THE HALLS: DRAWING EVENT

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

DATE: Thursday, October 8th, 2026
TIMES: Session 1: 4:00 pm – 5:00 pm
Session 2: 5:15 pm – 6:15 pm
LOCATION: AACCCC Room 122
FEE: \$5 per participant

YORKTOWN LIONS HALLOWEEN PARADE/CARNIVAL

Co-sponsored by Yorktown Parks and Recreation

The Halloween parade will begin at the Yorktown Fire House. Participants will march to the Jack DeVito Field/Veterans Plaza for outdoor Halloween activities, costume showcase, hayrides and entertainment. Free to all Yorktown residents. No registration required.

DATE: Saturday October 17th, 2026
(Rain Date: October 18th, 2026)
TIME: 2:00 pm
LOCATION: Parade will begin at the Yorktown Fire House

HALLOWEEN DRAWING CONTEST

Draw your favorite Halloween Character! This program is available to Yorktown residents, grades K to 5. All entries must be on an 8 1/2" x 11" white sheet of paper. The first place drawing will be used on the 2027 T-Shirts. Drawings must be submitted to the Recreation Department by Thursday, October 22nd, 2026.



SNOWMAN MAKING CONTEST

Gather your friends and family to create the most creative snowman for a chance to win a prize! Competition is on throughout the winter. A closing date will be announced on our social media. Follow us for updates!

Choose one way to enter

(Please include sculptors name(s) and name of creation):

1. Post your snowman on Facebook or Instagram with the hashtag #yorktownsnowmancontest2027
2. DM your entry to our social media account
3. Email your entry to ypr@yorktownny.gov

RULES:

1. Only one submission per family
2. Snow creation must be built at own residence
3. Snow Creations must be freestanding
4. Props, accessories, and costumes are allowed
5. Winners will be judged on creativity

DECORATED EGG CONTEST

Children grades Kindergarten through 5th grade can decorate a paper egg provided by the Recreation Department. This paper egg template must be used by the participant and will be available at the Recreation Office and online at yorktownny.gov/parksandrecreation in late February. Place ribbons will be awarded.

YORKTOWN LIONS EASTER EGG HUNT

Co-sponsored by Yorktown Parks and Recreation

Children 12 years old and under will participate in Jelly Bean guess, have their picture taken with the Easter Bunny and other characters, and enjoy hunting for colored eggs. Prizes will be provided to all participants, with special prizes for the finders of the special eggs.

FOR: Ages 12 and under
FEES: Resident: \$0, Nonresident: \$5
LOCATION: 202 Fields at Downing Park
DATES: Saturday, March 20th
Session 1: 9:30 am
Session 2: 10:30 am
Session 3: 11:30 am

GRANGE ANTIQUE TRACTOR & VEHICLE PARADE

Sponsored by: Yorktown Grange Tractor Club

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

DATES: Saturday, September 12th
TIME: 12:00 pm
LOCATION: Yorktown Heights

HOLIDAY ELECTRIC LIGHTS PARADE AND TREE LIGHTING

Join us in our annual Holiday Electric Lights Parade in addition to the tree lighting as we celebrate the season. Please check the Town website this fall for further details www.yorktownny.gov.
Parade Route: Commerce Street

DATES: Saturday, December 5th, 2026
TIME: 6:00 pm

SPECIAL EVENTS/TOWN PARADES

SHRUB OAK TREE LIGHTING

Caroling, crafts, vendors and more! Visit the Library's website for more information yorktownlibrary.org.

DATES: Saturday, December 12th, 2026
TIME: 6:30 pm
LOCATION: John C. Hart Memorial Library

SCHOOL VACATION CAMPS

SANTA'S LITTLE HELPERS

DSJ Adventures, Instructor

Santa's little helpers will celebrate a magical day filled with fun activities, cupcake decorating, festive games, and lots of holiday sparkle to jingle, laugh, and play the day away!

FOR: Ages 4-8
FEES: Resident: \$140 Nonresident: \$168
LOCATION: Sparkle Lake Clubhouse
101-A DATES: Wednesday, December 23rd
9:00 am – 2:00 pm

SKYHAWKS FLAG FOOTBALL CAMP

Skyhawks, Instructor

Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football.

FOR: Grades 2nd – 5th
FEES: Resident: \$75 per date
Nonresident: \$90 per date
LOCATION: Shrub Oak Park Grassy Knoll
102-DATES: 9:00 am – 12:00 pm
9/21, 10/12, 11/11, 11/19

SCHOOL'S OUT CAMP

Club Fit, Instructor

This program offers your child a day of activity which may include; basketball, soccer, kickball, running bases, gym games and swimming. Children may bring a packed lunch or purchase lunch from our café.

If your child intends to swim, please remember to pack their suit. No need to pack a towel, we will provide. Children must wear sneakers to participate in any gym activity. Must sign up for each date.

FOR: Ages 5-11
FEES: Resident: \$90 per date
Nonresident: \$108 per date
LOCATION: Club Fit
103-DATES: 9:30 am – 3:30 pm
9/11, 9/21, 10/12, 11/3, 11/11, 11/25, 11/27,
12/28, 12/29, 12/30, 1/18, 2/15, 2/16, 2/17,
2/18, 2/19, 3/22, 3/23, 3/24, 3/25, 3/26

SCHOOL VACATION CAMPS

HOP INTO SPRING! – SPRING BREAK CAMP

DSJ Adventures, Instructor

Week filled with tons of fun! Egg decorating, Easter Egg Hunt, Cookie and cupcake decorating, Golden Egg surprise, Science Experiments, Arts and Crafts, Games Galore, and much more! Indoor and outdoor weather permitting.

FOR: Ages 5-12
FEES: Resident: \$380 Nonresident: \$456
LOCATION: Sparkle Lake Clubhouse
104-A DATES: Monday – Friday, 9:00 am – 3:00 pm
March 22nd to March 26th

CHESS WIZARDS – SPRING BREAK CAMP

Chess Wizards, Instructor

Join this spring for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle – your brain! We include all the materials necessary for your child to participate, but full day kids should bring a lunch. Unleash your brain power and spend part of your vacation with Chess Wizards!

FOR: Ages 5-12
LOCATION: AACCCC Room 223
105 DATES: Monday-Friday March 22nd to March 26th
105-A Full day 9:00 am – 3:00 pm
FEES: Resident: \$465, Nonresident: \$558
105-B Half day 9:00 am – 12:00 pm
105-C Half day 12:00 pm – 3:00 pm
FEES: Resident: \$320, Nonresident: \$384

TAEKWONDO SPORTS & ART CAMP

PHILAM Self Defense, Instructor

This camp program consists of basics of taekwondo, GAGA ball games, sword fights, LEGO mania, visit to the Yorktown Museum. Snacks and drinks will be provided (bring your own lunch).

FOR: 4-12
LOCATION: AACCCC Room 227/228
DATES: Tuesday-Friday February 16th to 19th
(No class 2/15)
106-A DATES: 9:00am-1:00pm
Resident \$240
Nonresident \$288
106-B DATES: 9:00am-3:00pm
Resident \$320
Nonresident \$384
DATES: Monday-Friday March 22nd to March 26th
107-A DATES: 9:00am-1:00pm
Resident \$300
Nonresident \$360
107-B DATES: 9:00am-3:00pm
Resident \$400
Nonresident \$480



YOUTH PROGRAMS AGES 5+

JUNIOR CHEMIST LAB

DSJ Adventures, Instructor

Super fun and exciting kid friendly experiments while exploring the magic of science! Kids will get acquainted with measuring materials and observing outcomes all while having an absolute blast!

FOR: Ages 6-10
FEES: Resident: \$180, Nonresident: \$216
LOCATION: Sparkle Lake Clubhouse
200-A DATES: **Tuesdays, 4:30 pm – 5:30 pm**
 (6-weeks) September 22nd to October 27th



WATT WIZARDS

DSJ Adventures, Instructor

Have fun while building with practical skills and circuitry. A safe and exciting way to introduce electrical engineering with hands on projects!

FOR: Ages 7-12
FEES: Resident: \$220, Nonresident: \$264
LOCATION: Sparkle Lake Clubhouse
201-A DATES: **Wednesdays, 4:30 pm – 5:30 pm**
 (6-weeks) January 6th to February 10th

TAEKWONDO FOR KIDS AGES 5-9

– PHILAM SELF-DEFENSE

Lorna Groux, Black Belt Instructor

Taekwondo is a martial art form which uses leg kicks and punches as its predominant weapons. This 6-week class provides an opportunity to learn the basics of Taekwondo: defense, offense, punches, kicking, blocking, stances and forms. Students will develop self-discipline, confidence and athleticism. Note: Child should be dressed in sweatpants.

FOR: Ages 5-9
FEES: Resident: \$150, Nonresident: \$180
LOCATION: AACCCC Room 227

202-A DATES: **Mondays, 4:30 pm – 5:30 pm**
 September 14th to November 2nd
 (No class 9/21, 10/12)

203-A DATES: **Mondays, 4:30 pm – 5:30 pm**
 January 4th to February 22nd
 (No class 1/18, 2/15)

204-A DATES: **Tuesdays, 4:30 pm – 5:30 pm**
 September 8th to October 13th

205-A DATES: **Tuesdays, 4:30 pm – 5:30 pm**
 January 5th to February 9th

206-A DATES: **Wednesdays, 4:30 pm – 5:30 pm**
 September 9th to October 14th

207-A DATES: **Wednesdays, 4:30 pm – 5:30 pm**
 January 6th to February 10th

TAEKWONDO FOR KIDS AGES 10+

– PHILAM SELF-DEFENSE

Lorna Groux, Black Belt Instructor

Taekwondo is a martial art form which uses leg kicks and punches as its predominant weapons. This 6-week class provides an opportunity to learn the basics of Taekwondo: defense, offense, punches, kicking, blocking, stances and forms. Students will develop self-discipline, confidence and athleticism.

Note: Child should be dressed in sweatpants.

FOR: Ages 10+
FEES: Resident: \$150, Nonresident: \$180
LOCATION: AACCCC Room 227

208-A DATES: **Mondays, 5:30 pm – 6:30 pm**
 September 14th to November 2nd
 (No class 9/21, 10/12)

209-A DATES: **Mondays, 5:30 pm – 6:30 pm**
 January 4th to February 22nd
 (No class 1/18, 2/15)

210-A DATES: **Wednesdays, 5:30 pm – 6:30 pm**
 September 9th to October 28th

211-A DATES: **Wednesdays, 5:30 pm – 6:30 pm**
 January 6th to February 10th

CHESS WIZARDS

Chess Wizards, Instructor

Welcome to the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia, and more! Our specialized classes are a blast for everyone. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or just want to have a fun experience with your friends - Chess Wizards is the place for you!

FOR: Grades K-5
FEES: Resident: \$192, Nonresident: \$231
LOCATION: AACCCC Room 209
212-A DATES: **Wednesdays, 4:30 pm – 5:30 pm**
 (8 weeks) September 23rd to November 25th
 (No class 11/4, 11/11)

KIDS YOGA

Carla Markowitz, Club Fit Instructor

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

FOR: Ages 5-10
FEES: Resident: \$150, Nonresident: \$180
LOCATION: Club Fit Jefferson Valley

213-A DATES: **Tuesdays, 4:30 pm – 5:15 pm**
 (8 weeks) September 15th to November 10th
 (No class 11/3)

214-A DATES: **Tuesdays, 4:30 pm – 5:15 pm**
 (8 weeks) January 5th to March 2nd (No class 2/16)

YOUTH PROGRAMS AGES 5+

DEBATE CLUB

SPARK Business Academy, Instructor

Learn the art of persuasion! Students work in rotating groups and practice their debating skills in a supportive environment, including developing arguments, issuing rebuttals, providing examples, rebuilding their case and summarizing points of view. Students learn to think on their feet and enhance their public-speaking skills, gaining self-confidence in the process.

FOR: Grades 3-5
FEES: Resident: \$180, Nonresident: \$216
LOCATION: AACCCC Room 223
215-A DATES: Tuesdays, 4:30 pm – 5:30 pm
(6-weeks) September 22nd to October 27th

YOUTH PROGRAMS AGES 5 AND UNDER

LITTLE MAKERS STUDIO

DSJ Adventures, Instructor

Creative Arts and Crafts for younger children to explore hands on creativity, exploration, and self-expressions in a playful and fun environment. Finger and sponge painting, puppet making, sand art, magic wand making, and more! Children will bring home their masterpieces and smiles in this fun-filled program!

FOR: Ages 3-6
FEES: Resident: \$180, Nonresident: \$216
LOCATION: Sparkle Lake Clubhouse
216-A DATES: Fridays, 4:30 pm – 5:30 pm
(6-weeks) September 18th to October 23rd

MINI MAKERS LAB

DSJ Adventures, Instructor

Hands-on science activities that introduce young children to colors, bubbles, water, motion, sounds, and simple reactions through playful exploration! Basic scientific ideas in a fun and age appropriate way all while learning about simple reactions!

FOR: Ages 3-6
FEES: Resident: \$180, Nonresident: \$216
LOCATION: Sparkle Lake Clubhouse
217-A DATES: Fridays, 4:30 pm – 5:30 pm
(6-weeks) January 8th to February 12th

YOUTH PROGRAMS AGES 5 AND UNDER

TAEKWONDO TOTS - PHILAM SELF-DEFENSE

Lorna Groux, Black Belt Instructor

This 8-week class provides an excellent opportunity to learn basics of Taekwondo, including defense, offense, punches, kicking, blocking, and stances. Taekwondo also helps develop self-assurance in shy children, teaches concentration and discipline and teaches children how to interact with others, calming the aggressive child and learning self-defense. *Parental participation is encouraged.* Note: child should be dressed in sweatpants.

FOR: Ages 2-5
FEES: Resident: \$140, Nonresident: \$168
LOCATION: AACCCC Room 227

Fall Classes:

218-A DATES: Tuesdays, 10:00 am – 10:50 am
September 8th to October 27th

218-B DATES: Tuesdays, 12:30 pm – 1:20 pm
September 8th to October 27th

219-A DATES: Thursdays, 10:00 am – 10:50 am
September 10th to October 29th

219-B DATES: Thursdays, 12:30 pm – 1:20 pm
September 10th to October 29th

Winter Classes:

220-A DATES: Tuesdays, 10:00 am – 10:50 am
January 5th to March 2nd (No class 2/16)

220-B DATES: Tuesdays, 12:30 pm – 1:20 pm
January 5th to March 2nd (No class 2/16)

221-A DATES: Thursdays, 10:00 am – 10:50 am
January 7th to March 4th (No class 2/18)

221-B DATES: Thursdays, 12:30 pm – 1:20 pm
January 7th to March 4th (No class 2/18)



YOUTH SPORTS

BACKYARD SPORTS: SPECIAL NEEDS MULTI-SPORTS

Craig Butler, Instructor

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

FOR: Ages 5-19
FEES: Resident: \$200, Nonresident: \$240
LOCATION: Shrub Oak Grassy Knoll
300-A DATES: Saturdays, 10:00 am – 10:45 am
September 26th to November 7th
(No class 10/10)

INTRODUCTION TO FENCING

Jim Bernitt, WFC, Instructor

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

FOR: Ages 10-16
FEES: Resident: \$180, Nonresident: \$216
LOCATION: United Methodist Church
301-A Dates: Thursdays, 6:00 pm – 7:00 pm
(6-weeks) September 17th to October 22nd

SKYHAWKS VOLLEYBALL

Skyhawks, Instructor

Dig deep with Skyhawks Volleyball! This program combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball programs emphasize leadership and teamwork, fostering growth as players and team members.

FOR: Ages 7-10 & 11-14
FEES: Resident: \$159 Nonresident: \$191
LOCATION: Shrub Oak Park Grassy Knoll

Ages 7-10:

302-A DATES: Thursdays, 4:30 pm – 5:30 pm
September 10th to October 15th

Ages 11-14:

302-B DATES: Thursdays, 5:30 pm – 6:30 pm
September 10th to October 15th

SKYHAWKS SOCCER TOTS

Skyhawks, Instructor

Kickstart a passion for soccer with SoccerTots, an active, game-based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friendly competition. Note: Parent participation is required with children 3.5 years and younger.

FOR: Ages 2-3 & 3-4
FEES: Resident: \$159, Nonresident: \$191
LOCATION: Hunterbrook Fields

Age 2-3:

303-A DATES: Saturdays, 9:00 am – 9:50 am
(6-weeks) September 12th to October 17th

Age 3-4:

303-B DATES: Saturdays, 10:00 am – 10:50 am
(6-weeks) September 12th to October 17th

SKYHAWKS SOCCER

Skyhawks, Instructor

Kickstart a passion for soccer with Skyhawks Soccer! This program boosts young athletes by teaching key skills like dribbling, passing, shooting, and ball control. Each session focuses on enhancing core skills while instilling teamwork and sportsmanship. Participants will improve their soccer abilities and embrace the game's spirit. Grow and score with Skyhawks Soccer!

FOR: Ages 4-6 & 6-8
FEES: Resident: \$159, Nonresident: \$191
LOCATION: Hunterbrook Fields

Age 4-6:

304-A DATES: Saturdays, 11:00 am – 12:00 pm
(6-weeks) September 12th to October 17th

Age 6-8:

304-B DATES: Saturdays, 12:00 pm – 1:00 pm
(6-weeks) September 12th to October 17th

SKYHAWKS FLAG FOOTBALL

Skyhawks, Instructor

Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football.

FOR: Ages 6-8 & 9-12
FEES: Resident: \$159 Nonresident: \$191
LOCATION: Shrub Oak Park Grassy Knoll

Ages 6-8:

305-A DATES: Mondays, 4:30 pm – 5:30 pm
(6-weeks) September 14th to November 2nd
(No class 9/21, 10/12)

Ages 9-12:

305-B DATES: Mondays, 5:30 pm – 6:30 pm
(6-weeks) September 14th to November 2nd
(No class 9/21, 10/12)



YOUTH SPORTS

SKYHAWKS TRACK & FIELD

Skyhawks, Instructor

Dash, jump, and throw with Skyhawks Track & Field! This program teaches young athletes track and field essentials, from body positioning and stride to stretching and cool-downs. Participants try events like javelin, discus, and hurdles (events vary by location). Each session builds skills, discipline, and sportsmanship. Get on track with Skyhawks for athletic and personal growth!

FOR: Ages 6-8 & 9-11
FEES: Resident: \$159, Nonresident: \$191

LOCATION: Granite Knolls Pavilion

Ages 6-8:

306-A DATES: Tuesdays, 4:30 pm – 5:30 pm
(6-weeks) September 8th to October 13th

Ages 9-12:

306-B DATES: Tuesdays, 5:30 pm – 6:30 pm
(6-weeks) September 8th to October 13th

INTRO TO SPORTS - TUESDAYS

Coach Cathy Cousin, Club Fit Instructor

Join our engaging program, featuring one-hour classes that teach the basics of various sports through fun games and drills. Kids will stay active and healthy while learning soccer, t-ball, basketball, lacrosse and floor hockey. All skill levels are welcome! Coach Cathy, who has a lifelong passion for sports, brings extensive experience to the program.

FOR: Ages 3.5-5
LOCATION: Club Fit
FEES: Resident: \$215, Nonresident: \$258

307-A DATES: Tuesdays, 10:00 am – 11:00 am
(8 weeks) November 3rd to December 22nd

FEES: Resident: \$265, Nonresident: \$318

308-A DATES: Tuesdays, 10:00 am – 11:00 am
(10 weeks) January 5th to March 16th (No class 2/16)

INTRO TO SPORTS - WEDNESDAYS

Coach Cathy Cousin, Club Fit Instructor

Join our engaging program, featuring one-hour classes that teach the basics of various sports through fun games and drills. Kids will stay active and healthy while learning soccer, t-ball, basketball, lacrosse and floor hockey. All skill levels are welcome! Coach Cathy, who has a lifelong passion for sports, brings extensive experience to the program.

FOR: Ages 3.5-5
LOCATION: Club Fit
FEES: Resident: \$215, Nonresident: \$258

309-A DATES: Wednesdays, 11:00 am – 12:00 pm
(8 weeks) September 9th to October 28th

FEES: Resident: \$160, Nonresident: \$192

310-A DATES: Wednesdays, 11:00 am – 12:00 pm
(6 weeks) November 4th to December 23rd
(No class 11/11, 11/25)

FEES: Resident: \$265, Nonresident: \$318

311-A DATES: Wednesdays, 11:00 am – 12:00 pm
(10 weeks) January 6th to March 17th (No class 2/17)

STEP UP YOUR SPORT

Coach Cathy Cousin, Club Fit Instructor

Join our engaging program, featuring one-hour classes that builds on our Intro to Sports Class. It focuses on improving skills in soccer, t-ball, basketball, lacrosse, and floor hockey.

FOR: Ages 5-7
LOCATION: Club Fit
FEES: Resident: \$215 Nonresident: \$258

312-A DATES: Tuesdays, 4:30 pm – 5:30 pm
(8 weeks) September 8th to October 27th

313-A DATES: Tuesdays, 4:30 pm – 5:30 pm
(8 weeks) November 3rd to December 22nd

FEES: Resident: \$265 Nonresident: \$318

314-A DATES: Tuesdays, 4:30 pm – 5:30 pm
(10 weeks) January 5th to March 16th (No class 2/16)

HOOPSTERS

Coach John Rotando, Club Fit Instructor

This one-hour co-ed program is designed to enhance basketball skills and sport-specific conditioning, focusing on key techniques such as dribbling, passing, pivoting, shooting, layups, jump shots, and offensive and defensive moves. Discover the joy of learning basketball the right way.

FOR: Ages 7-9 & 9-12

Ages 7-9:

FEES: Resident: \$215, Nonresident: \$258

316-A DATES: Tuesdays, 5:30 pm – 6:30 pm
(8 weeks) September 8th to October 27th

317-A DATES: Tuesdays, 5:30 pm – 6:30 pm
(8 weeks) November 3rd to December 22nd

FEES: Resident: \$265, Nonresident: \$318

318-A DATES: Tuesdays, 5:30 pm – 6:30 pm
(10 weeks) January 5th to March 16th (No class 2/16)

Ages 9-12:

FEES: Resident: \$215, Nonresident: \$258

319-A DATES: Thursdays, 5:30 pm – 6:30 pm
(8 weeks) September 10th to October 29th

FEES: Resident: \$160, Nonresident: \$192

320-A DATES: Thursdays, 5:30 pm – 6:30 pm
(6 weeks) November 5th to December 17th
(No class 11/26)

FEES: Resident: \$265, Nonresident: \$318

321-A DATES: Thursdays, 5:30 pm – 6:30 pm
(10 weeks) January 7th to March 18th (No class 2/18)



YOUTH SPORTS

BASEBALL

Coach John Rotando, Club Fit Instructor

Baseball skills taught through drills and simulated games designed for young players. Hitting, throwing, fielding, and other concepts will be covered in a fun way children will understand. Please bring a baseball glove. 10-week program.

FOR: Ages 7-9
FEES: Resident: \$265, Nonresident: \$318
LOCATION: Club Fit
315-A DATES: **Wednesdays, 5:30 pm – 6:30 pm**
(10 weeks) January 6th to March 31st
(No class 2/17, 3/17, 3/24)

T-BALL PARENT ASSISTED SQUIRTS

USA Sports Group, Instructor

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

FOR: Ages 2.5-3.5
LOCATION: Shrub Oak Park Grassy Knoll
FEES: Resident: \$211, Nonresident: \$253
322-A DATES: **Sundays, 3:00 pm – 3:45 pm**
(8 weeks) September 13th to November 1st

T-BALL SQUIRTS

USA Sports Group, Instructor

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

FOR: Ages 3-4.5 & 4-5.5
LOCATION: Shrub Oak Park Grassy Knoll
FEES: Resident: \$211, Nonresident: \$253

Ages 3-4.5:
323-A DATES: **Sundays, 3:50 pm – 4:35 pm**
(8 weeks) September 13th to November 1st

Ages 4-5.5:
323-B DATES: **Sundays, 4:40 pm – 5:25 pm**
(8 weeks) September 13th to November 1st

MULTI SPORTS - PARENT ASSISTED SQUIRTS

USA Sports Group, Instructor

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

FOR: Ages 2.5-3.5
LOCATION: Shrub Oak Park Grassy Knoll
FEES: Resident: \$211, Nonresident: \$253
324-A DATES: **Sundays, 8:30 am – 9:15 am**
(8 weeks) September 13th to November 1st

MULTI SPORTS - SQUIRTS

USA Sports Group, Instructor

The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including: Lacrosse, Soccer, T-Ball and Track & Field. All equipment is provided by USA Sport Group.

Children must wear closed toed shoes and bring lots of water!

FOR: Ages 3-4.5, 4-5.5
LOCATION: Shrub Oak Park Grassy Knoll
FEES: Resident: \$211, Nonresident: \$253

Ages 3-4.5:
325-A DATES: **Sundays, 9:20 am – 10:05 am**
(8 weeks) September 13th to November 1st

325-B DATES: **Sundays, 11:00 am – 11:45 am**
(8 weeks) September 13th to November 1st

Ages 4-5.5:
326-A DATES: **Sundays, 10:10 am – 10:55 am**
(8 weeks) September 13th to November 1st

ESF RUN CLUB - SATURDAYS

East Coast Sports + Fitness, Instructor

A fun engaging youth program built to develop confidence, coordination, stamina, and a genuine love for running. Kids learn proper running form, drills, pacing, relays, timed challenges; all wrapped in fitness-based games in a positive, supportive environment. This isn't a competitive track team – it's a structured running experience where kids build fundamentals and stay active! Participants will need to wear sneakers.

FOR: Ages 5-7, 7-9, 10-12
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$299 Nonresident: \$359
327- DATES: **Saturdays, September 12th to November 28th**
(10 classes) (No class 10/17, 11/14)
327- A : Ages 5-7, 9:00 am – 10:00 am
327- B : Ages 7-9, 10:00 am – 11:00 am
327- C : Ages 10-12, 11:00 am – 12:00 pm

PLAY BALL SATURDAYS AGES 7-9

East Coast Sports + Fitness, Instructor

Weekly pickup baseball where kids just show up and play! Balances teams every week, live coaching throughout the game, and guaranteed at bats and field times for everyone – No season long commitment. Great for beginners, town leaguers looking for extra reps. Bonus: weekly player of the game + prizes. Participants will need to bring a glove, bat, and helmet.

FOR: Ages 7-9
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$250 Nonresident: \$300
328-A DATES: **Saturdays, 3:00 pm – 4:30 pm**
(10 classes) September 12th to November 28th
(No class 10/17, 11/14)

YOUTH SPORTS

MULTI-SPORTS - FRIDAYS AGES 7-9

East Coast Sports + Fitness, *Instructor*

Why pick one sport when you can try them all? Kids rotate through soccer, basketball, baseball, football, volleyball, and more – building athleticism, coordination, and confidence one week at a time.

FOR: Ages 7-9
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$330 Nonresident: \$396
329-A DATES: **Fridays, 5:00 pm – 6:00 pm**
(11 classes) December 4th to February 26th
(No class 12/28, 1/1)

JUNIOR A'S BASEBALL - TUESDAYS

East Coast Sports + Fitness, *Instructor*

Where the love of the game begins. Our signature beginner program packs throwing, hitting, fielding, and base running into high-energy games kids can't wait to play. Fun, age-appropriate, and built to grow future stars. Participants will need to bring a glove, bat, and helmet.

LOCATION: East Coast Sports + Fitness
FEES: Resident: \$330 Nonresident: \$396

Fall Sessions:

330 DATES: **Tuesdays, September 8th to November 17th**

Winter Session:

331 DATES: **Tuesdays, December 1st to February 23rd**
(No class 12/22, 12/29)

330-A & 331-A: Ages 3-5, 3:00 pm – 4:00 pm

330-B & 331-B: Ages 5-7, 5:30 pm – 6:30 pm

RISING A'S BASEBALL – TUESDAYS AGES 7-9

East Coast Sports + Fitness, *Instructor*

Where the love of the game begins. A more advanced program than Junior A's that focuses throwing, hitting, fielding, and base running to prepare kids to play on a team, fun, age-appropriate, and built to grow future stars. Participants will need to bring a glove, bat, and helmet.

FOR: Ages 7-9
FEES: Resident: \$330 Nonresident: \$396
LOCATION: East Coast Sports + Fitness

Fall Sessions:

332-A DATES: **Tuesdays, 6:30 pm – 7:30 pm**
(11-classes) September 8th to November 17th

Winter Session:

333 -A DATES: **Tuesdays, 6:30 pm – 7:30 pm**
(11-classes) December 1st to February 23rd
(No class 12/22, 12/29)

JUNIOR A'S SOFTBALL - THURSDAYS

East Coast Sports + Fitness, *Instructor*

Where the love of the game begins. Our signature beginner program packs throwing, hitting, fielding, and base running into high-energy games kids can't wait to play. Fun, age-appropriate, and built to grow future stars. Participants will need to bring a glove, bat, and helmet.

FOR: Ages 7-9
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$330 Nonresident: \$396

Fall Sessions:

334-A DATES: **Thursdays, 6:30 pm – 7:30 pm**
(11-classes) September 10th to November 19th

Winter Session:

335-A DATES: **Thursdays, 6:30 pm – 7:30 pm**
(11-classes) December 3rd to February 25th
(No class 12/24, 12/31)

FIELDING CLINIC (INFIELD/OUTFIELD) BASEBALL - TUESDAYS

East Coast Sports + Fitness, *Instructor*

Turn routine plays into highlight reels. This fast-paced clinic hones footwork, glove work, throwing accuracy, and defensive instincts for players ready to own the infield. Participants will need to bring a glove, and water.

LOCATION: East Coast Sports + Fitness
FEES: Resident: \$399 Nonresident: \$479

Fall Sessions:

336 DATES: **Tuesdays, September 8th to November 17th**
(11-classes)

Winter Session:

337 DATES: **Tuesdays, December 1st to February 23rd**
(11-classes) (No class 12/22, 12/29)

336-A & 337-A: Ages 9-10, 4:00 pm – 5:00 pm

336-B & 337-B: Ages 10-12, 5:00 pm – 6:00 pm

FIELDING CLINIC (INFIELD/OUTFIELD) SOFTBALL THURSDAYS AGES 10-12

East Coast Sports + Fitness, *Instructor*

Turn routine plays into highlight reels. This fast paced clinic hones footwork, glove work, throwing accuracy, and defensive instincts for players ready to own the infield. Participants will need to bring a glove.

FOR: Ages 10-12
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$399 Nonresident: \$479
336-A DATES: **Thursdays, 5:30 – 6:30 pm**
(11 classes) September 10th to November 19th
337-A DATES: **Thursdays, 5:30 – 6:30 pm**
(11 classes) December 3rd to February 25th
(No class 12/24, 12/31)

INTRO TO FLOOR/BALL HOCKEY – AGES 4-8

Mountain Top Hockey, *Instructor*

Floorball is an introduction to ball/ice hockey class. Best for fresh and younger players between the ages of 4-8. We will provide hollow plastic sticks and balls. We will work on Teamwork, fine and gross motor skills, and basic hockey concepts. Mini games will be played every session. REQUIRED GEAR: SNEAKERS and Water bottle.

FOR: Ages 4-8
LOCATION: Shrub Oak Memorial Park-Hockey Rink
FEE: Resident \$180 Nonresident: \$216
358-A DATES: **Thursdays, 5:30pm-6:30pm**
(6-classes) September 3rd to October 8th

PRE-TEEN / TEEN PROGRAMS

BALL HOCKEY – AGES 9-12

Mountain Top Hockey, Instructor

Ball Hockey is a fast paced, low contact introduction to hockey. Hockey sticks and street hockey ball are used. We work on Teamwork, fine and gross motor movement, stickhandling, shooting, and basic hockey concepts and skills. Game will be played every session. **REQUIRED GEAR:** Helmet w/cage, Hockey Stick, Gloves, Shin Guards, Sneakers, Water Bottle.

FOR: Ages 9-12
LOCATION: Shrub Oak Memorial Park-Hockey Rink
FEE: Resident \$200 Nonresident: \$240
359-A DATES: Thursdays, 6:40pm-7:40pm
(6-classes) September 3rd to October 8th

BASICS OF SELF DEFENSE - PHILAM SELF-DEFENSE

Sensei Lorna Groux, Instructor

Self-Defense Programs are valuable resources for individuals looking to enhance their personal safety and build confidence in their ability to respond to potential threats. **EMPOWERMENT:** Participants gain confidence and a sense of control over their personal safety. **PRACTICAL SKILLS:** Training includes techniques that can be applied in real-life situations. **AWARENESS:** Emphasize situational awareness and risk assessment, helping individuals recognize potential threats before they escalate. **PHILAM Self-Defense** is located at 1974 Commerce St. Room 227 in Yorktown Heights.

FOR: Ages 13+
FEES: Resident: \$150, Nonresident: \$180
LOCATION: AACCCC Room 227
338-A DATES: Mondays, 6:30 pm – 7:30 pm
(6-weeks) September 14th to November 2nd
(No class 9/21, 10/12)
339-A DATES: Mondays, 6:30 pm – 7:30 pm
(6-weeks) January 4th to February 22nd
(No class 1/18, 2/15)

DEBATE CLUB

SPARK Business Academy, Instructor

Learn the art of persuasion! Students work in rotating groups and practice their debating skills in a supportive environment, including developing arguments, issuing rebuttals, providing examples, rebuilding their case and summarizing points of view. Students learn to think on their feet and enhance their public-speaking skills, gaining self-confidence in the process.

FOR: Grades 6-8
FEES: Resident: \$180, Nonresident: \$216
LOCATION: AACCCC Room 223
340-A DATES: Tuesdays, 5:30 pm – 6:30 pm
(6-weeks) September 22nd to October 27th

FINANCE CLUB

SPARK Business Academy, Instructor

Learn how to manage your money in this program promoting essential life skills! Set your financial goals, develop a budget from scratch, shop for a credit card and calculate the monthly cost of your dream car. Students also learn mortgages, FICO scores, taxes and the dangers of piling up debt. Through simulations and hands-on activities, students explore financial decisions they will have to make in the future.

FOR: Grades 6-8
FEES: Resident: \$180, Nonresident: \$216
LOCATION: AACCCC Room 223
341-A DATES: Tuesdays, 5:30 pm – 6:30 pm
(6-weeks) January 19th to February 23rd

THE YORKTOWN TEEN CENTER

The Yorktown Teen Center is a positive safe place where teens come together to have fun and form friendships as they develop their self-esteem and learn to give back to their community. It is located in room 102 in the Albert A Capellini Community and Cultural Center and is open to youth in grades 6 to 12 who reside in the Town of Yorktown. For more information about the center, hours, and upcoming events, visit our website at www.yorktowntc.org or call at 302-2123. The Teen Center is always looking for volunteers!

OPEN GYM AT THE YORKTOWN TEEN CENTER

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

PRE-TEEN / TEEN SPORTS

JUNIOR PICKLEBALL AGES 7-10- THURSDAYS

Nancy Navarro, Certified Pickleball Instructor, IPTPA

Join the fun and learn the basics of pickleball! Kids will play games, learn new skills, and make friends in this exciting beginner class. No experience needed - just bring your energy and get ready to have a blast on the court! Bring water and paddle.

FOR: Ages 7-10
LOCATION: Granite Knolls Courts
FEES: Resident: \$180 Nonresident: \$216

342-A DATES: Thursdays, 4:00 pm – 5:00 pm
(4 classes) September 3rd to September 24th

343-A DATES: Thursdays, 4:00 pm – 5:00 pm
(4 classes) October 1st to October 22nd

JUNIOR PICKLEBALL AGES 11-15 - THURSDAYS

Nancy Navarro, Certified Pickleball Instructor, IPTPA

Ready to try something new? This beginner pickleball class for ages 11-15 will teach you the fundamentals while building skills through fun drills, games, and match play, no experience necessary. Bring water and paddle.

FOR: Ages 11-15
LOCATION: Granite Knolls Courts
FEES: Resident: \$180 Nonresident: \$216

344-A DATES: Thursdays, 5:00 pm – 6:00 pm
(4 classes) September 3rd to September 24th

345-A DATES: Thursdays, 5:00 pm – 6:00 pm
(4 classes) October 1st to October 22nd

PRE-TEEN / TEEN SPORTS

NEXT LEVEL JUNIOR PICKLEBALL

AGES 15 & UNDER - THURSDAYS

Nancy Navarro, *Certified Pickleball Instructor, IPTPA*

Class is designed for junior players who already know the basics and are ready to sharpen their skills. Players will work on advanced techniques, shot selection, and court positioning. Rally harder, play smarter, and level up your game! Bring water and paddle.

FOR: Ages 15 & Under
LOCATION: Granite Knolls Courts
FEES: Resident: \$180 Nonresident: \$216
346-A DATES: **Thursdays, 6:00 pm – 7:00 pm**
(4 classes) September 3rd to September 24th
353-A DATES: **Thursdays, 6:00 pm – 7:00 pm**
(4 classes) October 1st to October 22nd

ARMSTRONG THROWING LAB FOR BASEBALL + SOFTBALL

AGES 9-16 - MONDAYS

East Coast Sports + Fitness, *Instructor*

Hey fielders, feeling arm pain? Are you making inconsistent and lazy throws? We have you covered. Armstrong builds healthy and durable arms by training athletes to use their entire body, not just their arm, to throw harder and more accurately to develop strong, repeatable throwing motions for confident, game day results. Participants will need to bring a glove.

FOR: Ages 9-16
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$399 Nonresident: \$479
347-A DATES: **Mondays, 6:00 pm – 7:00 pm**
(11 classes) November 30th to February 22nd
(No class 12/21, 12/28)

HITS CLUB FOR SOFTBALL & BASEBALL

AGES 8-16 - THURSDAYS

East Coast Sports + Fitness, *Instructor*

Get your reps in! Small group coaching big results at the plate. Hitters sharpen their swing mechanics, build bat speed and gain the confidence to make consistent, hard contact. Participants will need to bring a glove, bat, and helmet.

FOR: Ages 8-16
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$399 Nonresident: \$479
348-A DATES: **Thursdays, 7:00 pm – 8:00 pm**
(11 classes) September 10th to November 19th

FIELDING CLINIC (INFIELD/OUTFIELD) BASEBALL

AGES 13-15 - TUESDAYS

East Coast Sports + Fitness, *Instructor*

Turn routine plays into highlight reels. This fast paced clinic hones footwork, glove work, throwing accuracy, and defensive instincts for players ready to own the infield. Participants will need to bring a glove.

FOR: Ages 13-15
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$399 Nonresident: \$479
349-A DATES: **Tuesdays, 6:00 pm – 7:00 pm**
(11 classes) September 8th to November 17th
350-A DATES: **Tuesdays, 6:00 pm – 7:00 pm**
(11 classes) December 1st to February 23rd
(No class 12/22, 12/29)

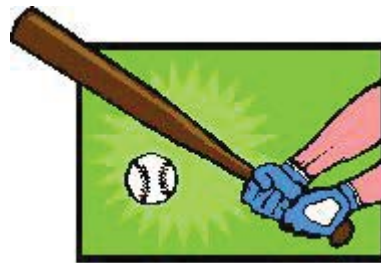
FIELDING CLINIC (INFIELD/OUTFIELD) SOFTBALL

THURSDAYS AGES 14-16

East Coast Sports + Fitness, *Instructor*

Turn routine plays into highlight reels. This fast paced clinic hones footwork, glove work, throwing accuracy, and defensive instincts for players ready to own the infield. Participants will need to bring a glove.

FOR: Ages 14-16
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$399 Nonresident: \$479
354-A DATES: **Thursdays, 4:30 – 5:30pm**
(11 classes) September 10th to November 19th
355-A DATES: **Thursdays, 4:30 – 5:30pm**
(11 classes) December 3rd to February 25th
(No class 12/24, 12/31)



FAMILY PROGRAMS

STRONGER TOGETHER: FATHER + SON TRAINING

AGES 12+ SATURDAYS

East Coast Sports + Fitness, *Instructor*

Think you can outwork your dad? Or can dad still outwork you? This high energy class puts fathers and sons head-to-head and side-by-side through competitive challenges, partner exercises, and team-based programs. Motivate each other, push your limits and leave stronger than when you walked in.

FOR: Ages 12+
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$165 Nonresident: \$198
351-A DATES: **Saturdays, 10:00 am – 11:00 am**
(11 classes) September 12th to November 21st

STRONGER TOGETHER: MOTHER + DAUGHTER TRAINING

AGES 12+ SATURDAYS

East Coast Sports + Fitness, *Instructor*

Stronger together, every step of the way. Build confidence, improve your fitness, and create lasting memories while motivating each other through fun, supportive workouts designed for all fitness levels. Whether you're looking to get healthier, spend more quality time together, or simply challenge yourselves, this program is the perfect way to strengthen both your bodies and your bond. Must register both child AND parent, \$165 per person.

FOR: Ages 12+
LOCATION: East Coast Sports + Fitness
FEES: Resident: \$165 Nonresident: \$198
352-A DATES: **Saturdays, 11:00 am – 12:00 pm**
(11 classes) September 12th to November 21st

ADULT PROGRAMS

ROOTED: CORE FOUNDATIONS (PART 1)

ALYND Fitness, Staci Feldberg, *Instructor*

This 6-week group fitness course is designed to help women reconnect with their bodies through intentional movement and breathwork. Using a 7-movement work out system with breath-to-movement coordination and pelvic floor integration, participants will build stability and body awareness from the ground up while learning how to move and lift with greater confidence. No prior fitness experience is required — this course meets you exactly where you are. Bring a yoga mat, 2 towels, yoga block, and water.

FOR: Ages 18+
FEES: Resident: \$190, Nonresident: \$228
LOCATION: AACCCC Nutrition Room
400-A DATES: **Wednesdays, 7:00 pm – 8:00 pm**
(6-weeks) September 23rd to November 4th
(No class 10/14)

RISING: INTRO TO STRENGTH TRAINING (PART 2)

ALYND Fitness, Staci Feldberg, *Instructor*

Prerequisite: Rooted & Rising Level 1 (Rooted)

Building on the foundation established in Level 1, this 6-week in-person group fitness course guides women through a progressive strength training program designed to build real, lasting strength. Using a 7-movement work out system with intentional breathwork and proper form cueing, participants will develop confidence under load while learning how to safely progress their training week over week. Completion of Rooted & Rising Level 1 is required to enroll in this course.

FOR: Ages 18+
FEES: Resident: \$190, Nonresident: \$228
LOCATION: AACCCC Nutrition Room
401-A DATES: **Wednesdays, 7:00 pm – 8:00 pm**
(6-weeks) January 6th to February 10th

SOULFLOW YOGA

Danielle Guilderson, *Instructor*

A low to medium impact class blending gentle yoga, restorative yoga, Reiki & guided meditation. Sure to nourish your body, quiet the mind & restore the spirit. This class is for all levels especially those seeking stress relief, deep relaxation & a soft, strengthen return to movement. Held at A Natural You Studio.

FOR: Ages 15+
FEES: Resident: \$130, Nonresident: \$156
LOCATION: A Natural You Studio 1885 E Main St,
Mohegan Lake, NY 10547

403-A DATES: **Thursdays, 6:00 pm – 7:00 pm**
(6-weeks) September 17th to October 22nd

404-A DATES: **Thursdays, 6:00 pm – 7:00 pm**
(6-weeks) October 29th to December 10th
(No class 11/26)

405-A DATES: **Thursdays, 6:00 pm – 7:00 pm**
(6-weeks) January 14th to February 18th

RESTORATIVE YOGA

Danielle Guilderson, *Instructor*

Escape chaos & find calm in this class where relaxation meets healing energy. Using props to support the body in restful poses, you release tension in the body, calm the mind, & restore balance to the nervous system. Held at A Natural You Studio.

FOR: Ages 15+
FEES: Resident: \$130, Nonresident: \$156
LOCATION: A Natural You Studio 1885 E Main St,
Mohegan Lake, NY 10547

406-A DATES: **Fridays, 6:20 pm – 7:00 pm**
(6-weeks) September 18th to October 23rd

407-A DATES: **Fridays, 6:20 pm – 7:00 pm**
(6-weeks) October 30th to December 11th
(No class 11/27)

408-A DATES: **Fridays, 6:20 pm – 7:00 pm**
(6-weeks) January 15th to February 19th

LIGHT WEIGHTS & STRETCH (FULL BODY REFRESH)

Danielle Guilderson, *Instructor*

Full body workout using light weights to build strength, tone, & boost energy without feeling overwhelmed. We move at a smooth, moderate pace & end with a calming stretch to release tension leaving you balanced, relaxed & renewed. Held at A Natural You Studio.

FOR: Ages 15+
FEES: Resident: \$130, Nonresident: \$156
LOCATION: A Natural You Studio 1885 E Main St,
Mohegan Lake, NY 10547

409-A DATES: **Fridays, 5:30 pm – 6:15 pm**
(6-weeks) September 18th to October 23rd

410-A DATES: **Fridays, 5:30 pm – 6:15 pm**
(6-weeks) October 30th to December 11th
(No class 11/27)

411-A DATES: **Fridays, 5:30 pm – 6:15 pm**
(6-weeks) January 15th to February 19th

INTRO TO MAH JONGG (BEGINNERS ONLY)

Betty Amico, *Instructor*

12-week BEGINNER instructional Mah Jongg class taught on Wednesday evenings in a small group of 4-5 students.

FOR: Ages 18+
FEES: Resident: \$150, Nonresident: \$180
LOCATION: AACCCC Room 106
(9/9 and 9/30 in Room 223)

402-A DATES: **Wednesdays, 6:30 pm – 8:30 pm**
(12-weeks) September 2nd to December 2nd
(No class 11/11, 11/25)

ADULT PROGRAMS

PAINTING IN OIL & ACRYLICS

Terry Fokine, Instructor

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

- FOR:** Ages 13+
LOCATION: Sparkle Lake Clubhouse
 Saturday Mornings
- FEES:** Resident: \$160, Nonresident: \$192
- 412-A DATES:** **Saturdays, 9:30 am – 12:30 pm**
 (10-weeks) September 12th to November 21st
 (No class 10/31)
- 413-A DATES:** **Saturdays, 9:30 am – 12:30 pm**
 (10-weeks) January 9th to March 13th
Monday Evenings
- FEES:** Resident: \$155, Nonresident: \$186
- 414-A DATES:** **Mondays, 6:30 pm – 9:00 pm**
 (10-weeks) September 14th to November 30th
 (No class 10/12, 11/2)
- 415-A DATES:** **Mondays, 6:30 pm – 9:00 pm**
 (10-weeks) January 4th to March 22nd
 (No class 1/18, 2/15)

KUNG FU: CHINESE KENPO KARATE SELF DEFENSE FOR EVERYONE

Sifu Nat Costanzo, 8th Teng, Instructor

This class is open to all beginners, as well as those who have had experience in any martial art. Come and join our Yorktown Program Class and get into shape, plus learn how to defend yourself by learning the ancient secrets of Shaolin. This program will teach basic self-defense stances, blocks, hand weapons and techniques. Simple to intermediate Katas (forms) will be taught, as well as progressive self-defense material. You will also stretch, tone and condition your body and be provided with a challenging workout. Note: This class has NO sparring.

- FOR:** Ages 12+
FEES: Resident: \$60, Nonresident: \$72
LOCATION: Sparkle Lake Clubhouse
- 416-A DATES:** **Wednesdays, 6:30 pm – 7:30 pm**
 (4-weeks) November 4th to December 2nd
 (No class 11/11)



TAI CHI AND CHI KUNG

Sifu Nat Costanzo, 8th Teng, Instructor

This class is open to all beginners as well as those who have had experience. The short form will be taught, as well as Chi Kung exercises and stretching to improve one's flexibility, balance and coordination. Chang Style Tai Chi will help you achieve total harmony of body, mind and spirit. The slow rhythmic movements of Tai Chi will tone muscles, improve overall fitness, improve your balance and heighten your senses.

- FOR:** Ages 14+
FEES: Resident: \$60, Nonresident: \$72
LOCATION: Sparkle Lake Clubhouse
- 417-A DATES:** **Wednesdays, 7:30 pm – 8:30 pm**
 (4-weeks) November 4th to December 2nd
 (No class 11/11)

TAI CHI & QIGONG - PHILAM SELF-DEFENSE

Sensei Lorna Groux, Instructor

Mindfulness Meditation in Motion: Chair or Standing! Looking for a gentle way to improve balance and flexibility with fun, graceful, low-impact movement? Tai Chi/ Qigong brings meditative breathing, while conditioning and strengthening the legs, arms, core, and protecting the joints.

- FOR:** Ages 18+
FEES: Resident: \$150, Nonresident: \$180
LOCATION: AACCCC Room 227
- 418-A DATES:** **Wednesdays, 10:00 am – 11:00 am**
 (8-weeks) September 9th to October 28th
- 419-A DATES:** **Fridays, 10:00 am – 11:00 am**
 (8-weeks) September 11th to October 30th
- 420-A DATES:** **Wednesdays, 10:00 am – 11:00 am**
 (8-weeks) January 6th to March 3rd (No class 2/17)
- 421-A DATES:** **Fridays, 10:00 am – 11:00 am**
 (8-weeks) January 8th to March 5th (No class 2/19)

BASICS OF SELF DEFENSE - PHILAM SELF-DEFENSE

Sensei Lorna Groux, Instructor

Self-Defense Programs are valuable resources for individuals looking to enhance their personal safety and build confidence in their ability to respond to potential threats. EMPOWERMENT: Participants gain confidence and a sense of control over their personal safety. PRACTICAL SKILLS: Training includes techniques that can be applied in real-life situations. AWARENESS: Emphasize situational awareness and risk assessment, helping individuals recognize potential threats before they escalate. PHILAM Self-Defense is located at 1974 Commerce St. Room 227 in Yorktown Heights.

- FOR:** Ages 13+
FEES: Resident: \$150, Nonresident: \$180
LOCATION: AACCCC Room 227
- 338-A DATES:** **Mondays, 6:30 pm – 7:30 pm**
 (6-weeks) September 14th to November 2nd
 (No class 9/21, 10/12)
- 339-A DATES:** **Mondays, 6:30 pm – 7:30 pm**
 (6-weeks) January 4th to February 22nd
 (No class 1/18, 2/15)

ADULT PROGRAMS

INTRO TO WEIGHT-BEARING YOGA FOR BONE HEALTH

Marta Shedletsky, *Instructor*

Strengthen your bones and improve bone density with this specialized yoga program, guided by an experienced yoga therapist trained in Dr. Loren Fishman's clinically proven method. Designed to help prevent and even reverse osteoporosis, this practice incorporates safe and effective weight-bearing postures to promote bone health, while improving strength, balance, and overall well-being. For those with specific contraindications or mobility concerns, modifications using props, including chairs, make the practice accessible and safe without compromising its benefits. Whether you're managing osteoporosis or looking to maintain healthy bones, this program offers a trauma-sensitive, personalized approach to suit your unique needs. Take charge of your bone health and rediscover your vitality with expert support tailored to your journey. *This class does not involve any external weights – all postures are practiced using body weight. Please bring a yoga mat, yoga blocks (4x6x8), yoga strap.

FOR: Ages 18+
FEES: Resident: \$240, Nonresident: \$288
LOCATION: AACCCC Room 104
422-A DATES: Tuesdays, 5:30 pm – 7:00 pm
(8-weeks) September 8th to October 27th
423-A DATES: Tuesdays, 5:30 pm – 7:00 pm
(8-weeks) January 5th to February 23rd

WEIGHT-BEARING YOGA FOR BONE HEALTH LEVEL 2

Marta Shedletsky, *Instructor*

This class is designed for those who have completed the introductory session or have an existing yoga practice and no significant contraindications. It offers a full-length, therapeutic practice based on Dr. Loren Fishman's clinically proven method for improving bone health. Through a series of weight-bearing yoga postures using your own body weight, you'll work to increase bone mineral density, strengthen muscles, improve flexibility, and enhance range of motion. Each session ends with a 10-minute guided relaxation to support nervous system regulation and integrate the benefits of the practice. Please bring a yoga belt and two blocks to support proper alignment and deepen the postures safely. No external weights needed, all postures are practiced using body weight. Note: This class is not suitable for individuals with current injuries or conditions that may limit mobility or require significant adaptations. For a more supported practice, please attend the Intro to Weight-Bearing Yoga for Bone Health first. Please bring a yoga mat, yoga blocks (4x6x8), yoga strap.

FOR: Ages 18+
FEES: Resident: \$200, Nonresident: \$240
LOCATION: AACCCC Room 104
424-A DATES: Tuesdays, 7:15 pm – 8:30 pm
(8-weeks) September 8th to October 27th
425-A DATES: Tuesdays, 7:15 pm – 8:30 pm
(8-weeks) January 5th to February 23rd

GENTLE YOGA

Marta Shedletsky, *Instructor*

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

FOR: Ages 18+
LOCATION: AACCCC Room 104
FEES: Resident: \$230, Nonresident: \$276
426-A DATES: Tuesdays, 9:00am – 10:00am
(10-weeks) September 8th to November 17th
(no class 11/3)
FEES: Resident: \$184, Nonresident: \$221
427-A DATES: Tuesdays, 9:00am – 10:00am
(8-weeks) January 5th to February 23rd

PILATES

Jennifer Longobardi, *Instructor*

Class centers around floor exercises where students use their own resistance through a series of exercises ranging from beginner to advanced. Through this great workout, increase your strength and balance while releasing tension in your body. Improves posture and alignment and can decrease those aches and pains in your back! Please bring water and a mat to each class.

FOR: Ages 18+
FEES: Resident: \$130, Nonresident: \$156
LOCATION: AACCCC Nutrition Room
428-A DATES: Tuesdays, 6:00 pm – 7:00 pm
(10-weeks) September 8th to November 17th
(No class 11/3)
429-A DATES: Tuesdays, 6:00 pm – 7:00 pm
(10-weeks) January 5th to March 30th
(No class 1/19, 2/16, 3/23)

COUNTRY LINE DANCE

Erin McMahon, *Instructor*

Line dancing is so much fun and excellent exercise. Join Erin and learn some line dances to country, Latin, and pop hits! You don't ever need a partner to dance and have a blast. Make some new friends. Erin will let you know where you can go and dance all week long.

FOR: Ages 18+
FEES: Resident: \$188, Nonresident: \$226
LOCATION: AACCCC Gym (10/27 at Downing Park)
430-A DATES: Tuesdays, 6:10 pm – 7:10 pm
September 15th to November 24th
(No class 11/3)
431-A DATES: Tuesdays, 6:10 pm – 7:10 pm
January 5th to March 9th

ADULT PROGRAMS

STRENGTH & CORE (FORMALLY TOTAL BODY CONDITIONING)

Michelle A. Saccurato, Instructor

A total body strength building workout using resistance from weights, bands and body weight. The class is designed to strengthen and tone all major muscle groups with cardiovascular properties incorporated. Abs and stretching on floor included. Please bring a mat, set of weights, and a water bottle. BEGINNER/INTERMEDIATE class. All exercises are modified and EXTREMELY BENEFICIAL

FOR: Ages 18+
FEES: Resident: \$128, Nonresident: \$154
LOCATION: AACCCC Room 104

432-A DATES: Thursdays, 10:30 am – 11:30 am
(8-weeks) September 17th to November 5th

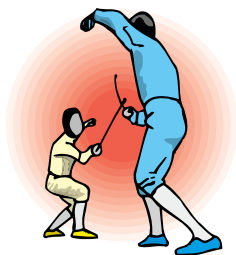
433-A DATES: Thursdays, 10:30 am – 11:30 am
(8-weeks) January 14th to March 4th

INTRODUCTION TO FENCING

Jim Bernitt, WFC, Instructor

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

FOR: Ages 17+
FEES: Resident: \$180, Nonresident: \$216
LOCATION: United Methodist Church
434-A DATES: Saturdays, 9:30 am – 10:30 am
(6-weeks) September 19th to October 24th



EXERCISE BY JON

Jon Sica, East Coast Sports and Fitness, Instructor

A full body workout designed to help you burn fat, build strength, improve endurance, and feel your best. Every workout is different, keeping it fun, challenging, and effective for all fitness levels.

FOR: Ages 18+
FEES: Resident: \$220, Nonresident: \$264
LOCATION: East Coast Sports + Fitness - 201 Veterans Rd, Yorktown Heights, NY 10598
435-A DATES: Wednesdays, 9:30 am – 10:30 am
(22-weeks) September 9th to February 3rd

FIT4MOM PROGRAMMING

Dana Pavella, Instructor

STROLLER STRIDES

Stroller strides is a functional, total-body conditioning workout designed for moms with kids in tow. Each 60 minute workout is comprised of strength training, cardio, and core restoration, all while entertaining little ones with songs, activities, and fun! Each Stroller Strides instructor is skilled to meet you where you are mentally and physically. You'll leave class feeling connected, successful and energized! No more mama guilt! This class is about self-care in a supportive and encouraging environment. Please refer to www.yorktown.fit4mom.com or call 914-302-9994.

DATES: Mon, Wed, Fri, 9:30 am

BODY BOOST

A high intensity interval training (HIIT) workout designed to challenge, empower and energize you. Combining cardio, strength training, core work, and meditation. This 60-minute class is just for you and will leave you feeling refreshed and recharged for motherhood and all that comes with it. Please refer to www.yorktown.fit4mom.com

DATES: Saturdays, 7:00 am

RUN CLUB

Take your running to the next level with our 8 week guided training program. Whether you're training for a specific running goal such as a 5k, 10k or half marathon or simply want the support and structure of a run-training program, we provide at-home and in-person opportunities to train, learn and improve. Included in the 8 weeks are tips for getting started, detailed training plans for a variety of distances or general running, as well as nutrition tips for fueling during training. Each week, you'll receive e-mail support, accountability and progress check-ins from your Run Club Coach. Please refer to www.yorktown.fit4mom.com.

DATES: Tuesdays, 7:30 pm

BODY IGNITE

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

DATES: Mondays, 7:30pm



ADULT SPORTS INFORMATION

ADULT GOLF CLINIC

Joseph Raitano PGA, Mohansic Golf Course Driving Range,
Instructor

Introduction to golf for beginner/intermediate players. Topics include the proper fundamentals of full swing and short game. Golf equipment will be provided if needed.

FOR: Ages 18+
FEES: Resident: \$250 Nonresident: \$300
LOCATION: Mohansic Golf Course

436-A DATES: Tuesdays, 5:00 – 6:00 pm
(5-weeks) September 8th to October 6th

437-A DATES: Wednesdays, 5:00 – 6:00pm
(5-weeks) September 9th to October 7th*
(*Class #3 on 9/24 is a Thursday)

3V3 BASKETBALL LEAGUES

East Coast Sports & Fitness, *Instructor*

More touches, more space, more buckets. Our league delivers fast paced, competitive games where every player is involved. Build your squad, compete for the league championships, and prove your team can handle the pressure in a high energy format designed for non-stop action.

FEE: \$699 per team – 5 Player Max
DATES: Tuesdays, 9:00pm
(11 Sessions) September 8th – November 17th
REGISTRATION: To register your team, contact James Torre. jtorre@yorktownny.gov

ADULT FLOORBALL LEAGUE

East Coast Sports & Fitness, *Instructor*

Fast, competitive, and easy to learn, our adult floorball league brings hockey style action to Yorktown Heights. Teams compete in high energy games focused on speed, passing, positioning, and teamwork. No experience required, making it perfect for experienced players and newcomers alike.

FEE: Resident \$179 Non-resident \$215
338-A DATES: Thursdays, 7:30 pm – 11:00 pm
(11 Sessions) September 10th – November 19th

MEN'S ADULT SOCCER LEAGUE

Yorktown Parks & Recreation has proudly offered Men's Adult Soccer Leagues for over a decade, providing players with a fun, competitive, and welcoming environment. Games are played on **Wednesday evenings at Legacy Field between 8:30 PM and 11:00 PM.**

The Fall Men's League kicks off on Wednesday, September 9, 2026. Teams are placed into divisions based on their level of play to ensure balanced, competitive matches for everyone. Whether you're looking to stay active, compete, or simply enjoy the game with a great group of players, our league offers something for everyone.

The league is organized and managed by **KIDS INC.** For more information, contact **Brandon Paolicelli: 914-450-3719**

Want to see what the league is all about? Follow our Men's League Instagram page @elite_msl to stay up to date with league news and check out photos and videos of all the action and fun our players are having throughout the season.

YSA FALL SOFTBALL

COED, Men's A, Men's B

Registration is OPEN and will close on August 28th, 2026.
Program Duration: Monday, September 14th, 2026 – Friday November 20th, 2026

LOCATION: 202 Fields

Includes:

- 6 regular season games
- 6 softballs
- Officials for each game
- 2 Officials for each playoff game
- Playoffs for the top 4 teams.
- Team Trophy & T-shirts to Coed & Men's League Champions

Fee: 6 Game Registration - \$1,050.00

To register, please email info@ysaleagues.com.

TENNIS

PICKLEBALL & TENNIS PASS

Each player must have an active pass to use courts. Passes will be checked at gate. Tennis Courts available at Shrub Oak Park and Downing Park. Pickleball Courts available at Granite Knolls Park and Blackberry Woods Park. All levels welcome. Season runs from April through November.

FEES: Resident: \$40, Nonresident: \$125

LOLLIPOP TENNIS

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

Students will develop basic essential skills – handling and swinging racquet, throwing, rolling and catching. Students will focus on basic movements: running, jumping, and balance. The main goal is to develop body control and have fun! Note: Students should bring their own racquets and balls – loaners also available.

FOR: Ages 4-6
FEES: Resident: \$280, Nonresident: \$336
LOCATION: Shrub Oak Park Courts

500-A DATES: Tuesday, 4:30 pm – 5:30 pm
September 22nd to November 10th

501-A DATES: Thursday, 4:30 pm – 5:30 pm
September 17th to November 5th

PEEWEE TENNIS

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

Basic stroke shape will be introduced along with proper movement and recovery. Students will focus on receiving and sending the ball. Players work together in cooperative activities. Students will be introduced to competitive situations and learn match format and scoring. Note: Students should bring their own racquets and balls – loaners also available.

FOR: Ages 7-10
FEES: Resident: \$280, Nonresident: \$336
LOCATION: Shrub Oak Park

502-A DATES: Tuesday, 5:30 pm – 6:30 pm
September 22nd to November 10th

503-A DATES: Thursday, 5:30 pm – 6:30 pm
September 17th to November 5th

TENNIS

JUNIOR BEG/INT TENNIS

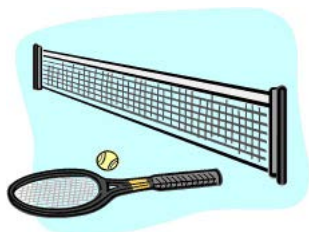
Luis M. Jimenez, Shrub Oak Tennis Inc., Instructor

Students will learn basic form and stroke mechanics. The main goal is to establish form and timing of all major shots. Basic footwork will be emphasized as well. Note: Students should bring their own racquets and balls – loaners also available.

FOR: Ages 11-17
FEES: Resident: \$280, Nonresident: \$336
LOCATION: Shrub Oak Park Courts

504-A DATES: Tuesday, 6:30 pm – 7:30 pm
September 22nd to November 10th

505-A DATES: Thursday, 6:30 pm – 7:30 pm
September 17th to November 5th



TENNIS CLINICS

EVENING ADULT BEG/INT TENNIS

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

Students will work on generating spins and control power. Singles and doubles strategies will be covered. Students will be expected to play out points. Different levels will be split up on different courts. Note: Students should bring their own racquets and balls – loaners also available.

FOR: Ages 18+
FEES: Resident: \$280, Nonresident: \$336
LOCATION: Shrub Oak Park Courts

506-A DATES: Tuesday, 7:30 pm – 8:30 pm
September 22nd to November 10th

507-A DATES: Thursday, 7:30 pm – 8:30 pm
September 17th to November 5th

MORNING ADULT TENNIS CLINICS – TUESDAYS

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

Students will work on generating spins and control power. Singles and doubles strategies will be covered. Students will be expected to play out points. Note: Students should bring their own racquets and balls – loaners also available.

FOR: Ages 18+
FEES: Resident: \$210, Nonresident: \$252
LOCATION: Shrub Oak Park Courts

Beginners:

508-A DATES: Tuesday, 9:00 am – 10:00 am
September 22nd to October 27th

Intermediate/advanced:

509-B DATES: Tuesday, 10:00 am – 11:00 am
September 22nd to October 27th

PICKLEBALL CLINICS

PICKLEBALL & TENNIS PASS 2026

Each player must have an active pass to use courts. Passes will be checked at gate. Tennis Courts available at Shrub Oak Park and Downing Park. Pickleball Courts available at Granite Knolls Park and Blackberry Woods Park. All levels welcome. Season runs from April through November. Must renew pass every year.

FEES: Resident: \$40, Nonresident: \$125

Pickleball Courts

- **Granite Knolls Recreation & Sports Complex** - 2975 Stony St, Mohegan Lake
- **Blackberry Woods Park** - Cranberry Ln, Shrub Oak

FALL CLINICS

INTRO TO PICKLEBALL FROM ZERO TO DINK - WEDNESDAYS

Dennis Demosthene, Certified Pickleball Instructor, IPTPA

This is an introduction to the super fun game of pickleball. You will learn the basics and all of the fundamentals of the game including paddle positioning and various shots. Bring a pickleball paddle.

FOR: Ages 18+ Levels 1.0-2.0
LOCATION: Granite Knolls Courts
FEES: Resident: \$180, Nonresident: \$216
510-A DATES: Wednesdays, 1:00 pm – 2:00 pm
(4 classes) September 16th to October 7th

ADVANCED BEGINNER CLINIC – DRILLS & GUIDED PLAY MONDAYS

Dennis Demosthene, Certified Pickleball Instructor, IPTPA

This Advanced Beginner clinic is designed to take your game to the next level. You will learn various shots and when to implement them, the importance of court positioning, dinking with a purpose, and shot selection.

FOR: Ages 18+ Levels 2.0-3.0
LOCATION: Granite Knolls Courts
FEES: Resident: \$180, Nonresident: \$216
511-A DATES: Mondays, 1:00 pm – 2:00 pm
(4 classes) September 14th to October 5th

PATH TO 3.5 TUESDAYS

Rajesh (Raj) Mirchandani, Certified Pickleball Instructor, IPTPA

This program will focus on skills to take the Advanced Beginner to the next level. This includes learning to hit serves, returns, and volleys with depth, hitting 3rd shot drops from the baseline and transition zone, and dinking with purpose. Participants will learn to play high percentage and strategic pickleball and increase their chances of winning more often! Recommended to Bring: Water, Hat, Eyewear

FOR: Ages 18+ Levels 3.0-3.4
LOCATION: Granite Knolls Courts
FEES: Resident: \$180, Nonresident: \$216
512-A DATES: Tuesdays, 1:00 pm – 2:00 pm
(4 classes) September 15th to October 6th

PICKLEBALL CLINICS

PATH TO 4.0 - TUESDAYS

Rajesh (Raj) Mirchandani, *Certified Pickleball Instructor, IPTPA*

Participants at the mid to high intermediate level will learn to play strategic pickleball so they can level up. This includes dinking and driving strategies, effectively transitioning to the 'No Volley Zone', setting up offensive positions on the court, serving with variety, and playing effective team pickleball. If you plan to play tournaments or just want to improve your consistency at winning recreational matches, this clinic will help you play strategic, high percentage pickleball.

Recommended to Bring: Water, Hat, Eyewear, and sunscreen

FOR: Ages 18+ Levels 3.5-3.9
LOCATION: Granite Knolls Courts
FEES: Resident: \$180, Nonresident: \$216
513-A DATES: **Tuesdays 3:30 pm – 4:30 pm**
(4 classes) September 15th to October 6th

PLAYING WITH SPIN - TUESDAYS

Rajesh (Raj) Mirchandani, *Certified Pickleball Instructor, IPTPA*

As an intermediate player (rated 3.3+), learn the fundamentals of topspin, slice, and sidespin. This class will cover how to hit these spins on serves, returns (drives), and drops in the No Volley Zone. Incorporating these spins into your game will take your skills to the next level! Recommended to Bring: Water, Hat, Eyewear

FOR: Ages 18+ Levels 3.3+
LOCATION: Granite Knolls Courts
FEES: Resident: \$180 Nonresident: \$216
514-A DATES: **Tuesdays, 2:15 pm – 3:15 pm**
(4 classes) September 15th to October 6th

JUNIOR PICKLEBALL AGES 7-10- THURSDAYS

Nancy Navarro, *Certified Pickleball Instructor, IPTPA*

Join the fun and learn the basics of pickleball! Kids will play games, learn new skills, and make friends in this exciting beginner class. No experience needed - just bring your energy and get ready to have a blast on the court! Bring water and paddle.

FOR: Ages 7-10
LOCATION: Granite Knolls Courts
FEES: Resident: \$180 Nonresident: \$216
342-A DATES: **Thursdays, 4:00 pm – 5:00 pm**
(4 classes) September 3rd to September 24th
343-A DATES: **Thursdays, 4:00 pm – 5:00 pm**
(4 classes) October 1st to October 22nd

JUNIOR PICKLEBALL AGES 11-15 - THURSDAYS

Nancy Navarro, *Certified Pickleball Instructor, IPTPA*

Ready to try something new? This beginner pickleball class for ages 11-15 will teach you the fundamentals while building skills through fun drills, games, and match play, no experience necessary. Bring water and paddle.

FOR: Ages 11-15
LOCATION: Granite Knolls Courts
FEES: Resident: \$180 Nonresident: \$216
344-A DATES: **Thursdays, 5:00 pm – 6:00 pm**
(4 classes) September 3rd to September 24th
345-A DATES: **Thursdays, 5:00 pm – 6:00 pm**
(4 classes) October 1st to October 22nd

NEXT LEVEL JUNIOR PICKLEBALL AGES 15 & UNDER - THURSDAYS

Nancy Navarro, *Certified Pickleball Instructor, IPTPA*

Class is designed for junior players who already know the basics and are ready to sharpen their skills. Players will work on advanced techniques, shot selection, and court positioning. Rally harder, play smarter, and level up your game! Bring water and paddle.

FOR: Ages 15 & Under
LOCATION: Granite Knolls Courts
FEES: Resident: \$180 Nonresident: \$216

346-A DATES: **Thursdays, 6:00 pm – 7:00 pm**
(4 classes) September 3rd to September 24th

353-A DATES: **Thursdays, 6:00 pm – 7:00 pm**
(4 classes) October 1st to October 22nd

WINTER CLINICS – AT SPORTIME PICKLEBALL YORKTOWN

BEGINNER CLINICS

Nancy Navarro, *Certified Pickleball Instructor, IPTPA*

4-week clinic designed to get you comfortable on the court and having fun right away. Whether you've never picked up a paddle or just want to build a stronger foundation, this program offers a supportive, low pressure environment to learn and improve. Over 4 weeks, you'll learn the essentials – proper grip, basic strokes (forehand, backhand, serves, and volleys), court positioning, scoring, and game rules. We'll also introduce simple strategies to help you play smarter, not just harder. Each session builds on the last, so you'll gain confidence, consistency, and a better feel for the game.

FOR: Ages 18+
LOCATION: SPORTIME Pickleball Yorktown
FEES: Resident: \$225, Nonresident: \$270

521-A DATES: **Mondays, 6:00 pm – 7:30 pm**
(4 classes) November 2nd to November 23rd

522-A DATES: **Mondays, 6:00 pm – 7:30 pm**
(4 classes) December 7th to December 28th

523-A DATES: **Mondays, 6:00 pm – 7:30 pm**
(4 classes) January 4th to January 25th

524-A DATES: **Mondays, 6:00 pm – 7:30 pm**
(4 classes) February 1st to February 22nd

525-A DATES: **Wednesdays, 10:30 am – 12:00 pm**
(4 classes) November 4th to November 25th

526-A DATES: **Wednesdays, 10:30 am – 12:00 pm**
(4 classes) December 2nd to December 23rd

527-A DATES: **Wednesdays, 10:30 am – 12:00 pm**
(4 classes) January 6th to January 27th

528-A DATES: **Wednesdays, 10:30 am – 12:00 pm**
(4 classes) February 3rd to February 24th

PICKLEBALL CLINICS

ROAD TO 3.5 – THURSDAY MORNINGS

Michael Weiner, Certified Pickleball Instructor, USPTA

Ready to up your game? This 4 week clinic focuses on developing consistent, deep serves and returns, reliably reaching the kitchen line after the return, and mastering the soft game (dinking/resetting) to extend rallies. Work on placing the ball with accuracy rather than using power.

- FOR:** Ages 18+
LOCATION: SPORTIME Pickleball Yorktown
FEES: Resident: \$225, Nonresident: \$270
- 529-A DATES:** **Thursdays, 9:30 am – 11:00 am**
 (4 classes) November 5th to November 26th
- 530-A DATES:** **Thursdays, 9:30 am – 11:00 am**
 (4 classes) December 3rd to December 31st
 (No class 12/24)
- 531-A DATES:** **Thursdays, 9:30 am – 11:00 am**
 (4 classes) January 7th to January 28th
- 532-A DATES:** **Thursdays, 9:30 am – 11:00 am**
 (4 classes) February 4th to February 25th

PICKLEBALL LEAGUES

GK DINKETTES – WOMEN'S PICKLEBALL LEAGUE

Elaine Stahl, Instructor

The GK Dinkettes is a 4-week women's pickleball league held on Monday afternoons at the Granite Knolls courts. **This league is not for beginners – intermediate/advanced women players only.** Available to 2026 Tennis/Pickleball Passholders only.

- FOR:** Ages 18+
LOCATION: Granite Knolls Courts
FEES: Resident: \$65, Nonresident: \$78
- 533-A DATES:** **Mondays 3:30 pm – 5:30 pm**
 (4-classes) September 14th to October 5th
- 534-A DATES:** **Mondays 6:00 pm – 8:00 pm**
 (4-classes) September 14th to October 5th



SENIOR PROGRAMS

Senior Citizens are defined as permanent Yorktown residents ages 60 and over

SENIOR PAINTING

Kathleen Pasquale, Instructor

Come paint with me in acrylics and oils. Two Hour session (A): Classes include a variety of lessons to build and improve technique and skill. One hour Session (B): Open studio time. Participants receive one-on-one guidance as needed. Students must bring their own brushes and canvases, and reference pictures. A sketch book is recommended. Acrylic paints are provided. Students are welcome to bring their own paint if they want to work in oils. Instructor: Kathleen Pasquale

- FOR:** Ages 60+
FEES: 601-A, 620-A Resident: \$55 Nonresident: \$66
601-B, 620-B Resident: \$20 Nonresident: \$30
LOCATION: Sparkle Lake Building
- 601-A DATES:** **Mondays, 9:30 am – 11:30 am**
 (10 classes) September 14th to November 30th
 (No class 10/12, 11/2)
- 601-B DATES:** **Mondays, 10:30 am – 11:30 am**
 (10 classes) September 14th to November 30th
 (No class 10/12, 11/2)
- 620-A DATES:** **Mondays, 9:30 am – 11:30 am**
 (10 classes) January 4th to March 29th
 (No class 1/18, 2/15, 3/22)
- 620-B DATES:** **Mondays, 10:30 am – 11:30 am**
 (10 classes) January 4th to March 29th
 (No class 1/18, 2/15, 3/22)

FOREVER FIT

Stacey Thompson, AFAA Certified Fitness Instructor

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

- FOR:** Ages 60+
LOCATION: AACCCC Gym
- Fall:
FEES: Resident: \$10, Nonresident: \$30
- 602-A DATES:** **Tuesdays, 10:45 am – 11:45 am**
 (10 Classes) September 22nd to December 8th
 (No class 10/27, 11/3)
- 602-B DATES:** **Tuesdays, 11:45 am – 12:45 pm**
 (10 Classes) September 22nd to December 8th
 (No class 10/27, 11/3)
- FEES:** Resident: \$9, Nonresident: \$30
- 603-A DATES:** **Fridays, 7:45 am – 8:45 am**
 (9 Classes) September 25th to December 11th
 (No class 10/30, 11/6, 11/27)
- Winter:
FEES: Resident: \$10, Nonresident: \$30
- 604-A DATES:** **Tuesdays, 10:45 am – 11:45 am**
 (10 Classes) January 5th to March 9th
- 604-B DATES:** **Tuesdays, 11:45 am – 12:45 pm**
 (10 Classes) January 5th to March 9th
- 605-A DATES:** **Fridays, 7:45 am – 8:45 am**
 (10 Classes) January 8th to March 12th

SENIOR PROGRAMS

SENIOR LINE DANCING

Betty Boot, Instructor

Come and join Betty Boot in some fun County-Western Line dancing steps.

FOR: Ages 60+
FEES: Resident: No Fee, Nonresident: \$30
LOCATION: AACCCC Gym
606-A DATES: **Wednesdays, 12:00 pm – 1:00 pm**
September 2nd to December 16th
(No class 10/28, 11/4, 11/11)
619-A DATES: **Wednesdays, 12:00 pm – 1:00 pm**
January 6th to March 24th

SENIOR DANCE & EXERCISE

Cameron Kelly, Instructor

Line dancing with some fitness exercise.

FOR: Ages 60+
FEES: Resident: No fee, Nonresident: \$30
LOCATION: AACCCC Gym (10/23 and 10/30 outside at Downing Park Pavilion)

Fall:

607-A DATES: **Fridays, 10:45 am – 11:45 am**
September 11th to November 13th

Winter:

608-A DATES: **Fridays, 10:45 am – 11:45 am**
January 8th – March 12th

CHAIR YOGA

Justine Yula Potenzo, Certified RYT 500, Instructor

Add'l Certs: Accessible Yoga, Somatic Mindfulness Coach, Trauma Sensitive Yoga, Breathwork

This class is an invitation to tune into your body's inner wisdom as you learn to practice yoga safely in community. Mindfulness is incorporated into the practice to encourage presence so you may connect with sensations as you move through poses that enhance joint mobility, balance, and strength. Yoga has also been shown to increase flexibility, reduce inflammation, improve postural alignment, and enhance emotional stability. Join us as we practice grounding, centering, orienting, and honoring boundaries. You will also learn various diaphragmatic breathing practices to regulate the nervous system, and reduce tension. Some eye yoga is also incorporated, and variations of all postures are presented, including options to stand with support of the chair.

FOR: Ages 60+
FEES: Resident: \$8, Nonresident: \$30
LOCATION: AACCCC Gym
609-A DATES: **Wednesdays, 10:40 am – 11:40 am**
(8 Classes) September 9th to December 2nd
(No class 10/7, 10/14, 10/28, 11/4, 11/11)
610-A DATES: **Thursdays, 10:45 am – 11:45 am**
(8 Classes) September 10th to November 19th
(No class 10/8, 10/15, 10/29)
611-A DATES: **Thursdays, 10:45 am – 11:45 am**
(8 Classes) January 7th to February 25th

FALL PREVENTION & WELLNESS

Laura Librera, PT, MS, Instructor

Identify risk factors for falls. Learn strategies for fall prevention to maintain functional mobility and a healthy, independent lifestyle. Class includes exercises to improve your balance, flexibility, strength, and coordination.

FOR: Ages 60+
FEES: Resident: \$8, Nonresident: \$30.00
LOCATION: AACCCC Room 16
612-A DATES: **Thursdays, 2:00 pm – 3:00 pm**
(8-weeks) September 10th to October 29th
613-A DATES: **Fridays, 1:00 pm – 2:00 pm**
(8-weeks) September 11th to October 30th

SENIOR YOGA – STEADY, STRONG, & SHARP

Marta Shedletsky, C-IAYT, E-RYT 500, RCYT, Instructor

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

FOR: Ages 60+
LOCATION: AACCCC Room 104
FEES: Resident: \$8, Nonresident: \$30
614-A DATES: **Mondays, 1:00 pm – 2:00 pm**
(8 classes) September 14th to November 9th
(No class 10/12)
614-B DATES: **Mondays, 2:00 pm – 3:00 pm**
(8 classes) September 14th to November 9th
(No class 10/12)
FEES: Resident: \$7, Nonresident: \$30
615-A DATES: **Mondays, 1:00 pm – 2:00 pm**
(7 classes) January 11th to March 8th
(No class 1/18, 2/15)
615-B DATES: **Mondays, 2:00 pm – 3:00 pm**
(7 classes) January 11th to March 8th
(No class 1/18, 2/15)

MAH JONGG - INSTRUCTIONAL

Betty Amico, Instructor

If you can play 500 Rummy you can play Mah Jongg! Cards will be provided. This is a partially instructional class. New players MUST attend the first 3 consecutive classes so all participants begin together. A max of 5 new players each session. Call the Rec office to check availability. (914) 245-4650.

One time fee of \$20 for the 12-week instruction. Once you "graduate" the program, you may join the Wednesday club.

FOR: Ages 60+
FEES: Resident: \$20, Nonresident: \$30
LOCATION: AACCCC Room 16
616-A DATES: **Wednesdays, 10:00 am – 12:00 pm**
January 6th to March 24th

SENIOR PROGRAMS

MAH JONGG – DROP-IN

Mah Jongg Drop-in program open to all adults & seniors, experienced players only. Registration required. No instruction. Players must bring own tiles AND cards.

FOR: Ages 18+
FEES: Resident: 60+ FREE, Under 60 \$30
Nonresident: 60+ \$30, Under 60 \$60
LOCATION: AACCCC Room 16
617-A DATES: Fridays, 9:00 am – 11:00 am
September 4th – December 30th
617-B DATES: Fridays, 9:00 am – 11:00 am
January 8th – March 26th

KNITTING CLUB

Free for resident seniors ages 60 and over. Join us each Thursday from 10am-12pm in AACCCC Room 16. Bring your supplies and current project and enjoy a morning of knitting.

FOR: Ages 60+
FEES: Resident: No Fee, Nonresident: \$30
LOCATION: AACCCC Room 16
618-A DATES: Thursdays, 10:00 am – 12:00 pm

YORKTOWN SENIOR ADVISORY COMMITTEE

The Town of Yorktown Senior Advisory Committee is a non-political committee, appointed by the Town Board, representing the senior citizens of Yorktown. Meetings for the Yorktown Senior Advisory Committee are held the third Friday of the month at 1:00pm at the Yorktown Town Hall, 363 Underhill Avenue, Yorktown Heights.

SENIOR NEWSLETTER

The Senior Newsletter is a bi-monthly circular pertaining to Senior Citizens' activities and special events calendars, along with timely articles of interest to Yorktown seniors. Newsletters can be found at Recreation Office, Senior Center, Town Hall, Library or online at www.yorktownny.gov/senior. If you would like to submit any articles or information to the newsletter, please call the Recreation Office at (914) 245-4650.

YORKTOWN SENIOR CENTER

Noreen O'Driscoll, Director 914-962-7447 9:00 am – 2:00 pm
Programs are funded through the
Department of Health & Human Services,
N.Y. State Office of Aging, Westchester County Department
of Senior Programs & Services, and The Town of Yorktown.

HOMEBOUND MEALS

A hot meal is delivered to eligible homebound seniors Monday through Friday. There is a suggested contribution for these services. Call the Senior Center for more information. Monthly Menu can be found online at www.yorktownny.gov/senior

TRANSPORTATION

Yorktown Senior Center provides transportation for seniors:
-Weekdays to and from the Senior Nutrition Program
-On Tuesdays to local supermarkets
There is a suggested contribution for these services. Call the Senior Center for more information and to make a reservation.

YORKTOWN SENIOR CENTER

PROGRAMS

Yorktown Senior Center provides many different and fun activities, programs and events throughout the year. Programs and activities include but not limited to:

Card Games & Bingo – Monday - Friday from 10:00am to 12noon
- Exercise Classes
- Monthly Speakers
- Shopping

NUTRITION PROGRAM

Seniors 60 years and older, join us for lunch at the Yorktown Senior Center. Eat with friends and meet new friends. Hot lunch is served in the Senior Center, Monday - Friday at 12 pm. Reservations are required at least one day in advance by 1:00 pm. Suggested donation is \$3.00. Please contact the Senior Center for more information or to make a reservation. Monthly Menu can be found online at www.yorktownny.gov/senior

TIPS (Telehealth Intervention Programs for Seniors)

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

SENIOR CITIZEN CLUBS

For questions regarding Senior clubs: James Martorano Jr,
Superintendent of Parks & Recreation 914-245-4650

SHRUB OAK SENIORS

President: Bea Perkins, 845-661-5479

LOCATION: Albert A. Capellini Community & Cultural Center, Room 16
DATES: Mondays, 10:00 am – 1:00 pm

AARP CHAPTER #3297– THE AMERICAN ASSOCIATION OF RETIRED PERSONS

President: Julie Nielson (914) 522-0702

LOCATION: Albert A. Capellini Community & Cultural Center, Nutrition Room
DATES: 2nd Wednesday, 2:00 pm

JEFFERSON OWNERS FOUNDATION TRAVEL CLUB

President: Jim Higgins, 914-302-2836

ST. PATRICK'S SENIORS

President: Carol Manse, 914-245-2953

LOCATION: Parish Center
DATES: 3rd Tuesday, 10:00 am

ST. PATRICK'S WIDOWS & WIDOWERS CLUB

President: Jan Wallinger, 914-245-1974

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

AQUATIC PROGRAMS

****Notice** ALL Registration (fall, winter, spring) for swim programs open at the SAME TIME on August 18th 9:30am.**

COMPETITIVE SWIM CLINIC - AGES 8-17

Beth Kear, Instructor

Eligibility: Ages 8-17 (Swimmers under age 8 may participate with coach evaluation at the first session.)

Designed for swimmers who want to **improve their competitive swimming skills**, this clinic provides structured training similar to a swim team practice environment. Participants will develop technique, endurance, speed, and race-specific skills under the guidance of experienced coaches.

Swimmers newer to competitive swimming will focus on refining the four competitive strokes—butterfly, backstroke, breaststroke, and freestyle—while learning proper starts, turns, and race strategies. Experienced swimmers will participate in advanced workouts emphasizing conditioning, strength, speed, and competitive performance.

This program is not a learn-to-swim or beginner swim lesson program.

FEES: Resident: \$160, Nonresident: \$192
LOCATION: CBMS Pool

Fall:

701-A DATES: Saturdays, 8:00 am – 9:30 am
(8-weeks) September 19th to November 14th
(No class 10/10)

Winter:

702-A DATES: Saturdays, 8:00 am – 9:30 am
(8-weeks) January 9th to March 6th (No class 2/20)
Snow Make-up March 13th

Spring:

703-A DATES: Saturdays, 8:00 am – 9:30 am
(8-weeks) March 20th to May 15th (No class 3/27)



TINY TOT SWIM PROGRAM

Beth Kear, Instructor

Parental participation required

FEES: Resident: \$125, Nonresident: \$150
LOCATION: CBMS Pool

Infant/Toddler-6 months-36 months

Fall:

707-A DATES: Saturdays, 11:30 am – 12:00 pm
(8-weeks) September 19th to November 14th
(No class 10/10)

Winter:

708-A DATES: Saturdays, 11:30 am – 12:00 pm
(8-weeks) January 9th to March 6th (No class 2/20)
Snow Make-up March 13th

Spring:

709-A DATES: Saturdays, 11:30 am – 12:00 pm
(8-weeks) March 20th to May 15th (No class 3/27)

Preschool-Ages 3 yrs and older

Fall:

710-A DATES: Saturdays, 12:05 pm – 12:35 pm
(8-weeks) September 19th to November 14th
(No class 10/10)

Winter:

711-A DATES: Saturdays, 12:05 pm – 12:35 pm
(8-weeks) January 9th to March 6th (No class 2/20)
Snow Make-up March 13th

Spring:

712-A DATES: Saturdays, 12:05 pm – 12:35 pm
(8-weeks) March 20th to May 15th (No class 3/27)

BEGINNER SWIM FOR TEENS - AGES 13-17

Beth Kear, Instructor

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

FEES: Resident: \$125, Nonresident: \$150
LOCATION: CBMS Pool

Fall:

704-A DATES: Saturdays, 10:50 am – 11:20 am
(8-weeks) September 19th to November 14th
(No class 10/10)

Winter:

705-A DATES: Saturdays, 10:50 am – 11:20 am
(8-weeks) January 9th to March 6th (No class 2/20)
Snow Make-up March 13th

Spring:

706-A DATES: Saturdays, 10:50 am – 11:20 am
(8-weeks) March 20th to May 15th (No class 3/27)

AQUATIC PROGRAMS

SWIM LESSONS

Beth Kear, Instructor

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

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

Level II-III: Develop foundational aquatic skills. Freestyle, backstroke as well as basic safety skills. Must be able to swim independently. Eligibility: Ages 5-8yrs/Intermediate

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

FEES: Resident: \$125, Nonresident: \$150

LOCATION: CBMS Pool

713-DATES Fall:

(8-weeks) September 19th to November 14th
(No class 10/10)

714-DATES Winter:

(8-weeks) January 9th to March 6th (No class 2/20)
Snow Make-up March 13th

715-DATES Spring:

(8-weeks) March 20th to May 15th (No class 3/27)

Level 1: **713-A, 714-A, 715-A**

DATES: Saturdays, 9:40 am – 10:10 am

Level 2: **713-B, 714-B, 715-B**

DATES: Saturdays, 10:15 am – 10:45 am

Level II-III: **713-C, 714-C, 715-C**

DATES: Saturdays, 12:40 pm – 1:10 pm

Level IV-VI: **713-D, 714-D, 715-D**

DATES: Saturdays, 1:10 pm – 1:45 pm

PRIVATE SWIM LESSONS - ANY AGES

Beth Kear, Instructor

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

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

LOCATION: CBMS Pool

DATES: Saturdays, 30 min sessions

A- 9:30 am – 10:00 am

B- 10:00 am – 10:30 am

C- 10:30 am – 11:00 am

D- 11:00 am – 11:30 am

E- 11:30 am – 12:00 pm

F- 12:00 pm – 12:30 pm

G- 12:30 pm – 1:00 pm

H- 1:00 pm – 1:30 pm

I- 1:30 pm – 2:00 pm

716-DATES Fall:

(8-weeks) September 19th to November 14th
(No class 10/10)

717-DATES Winter:

(8-weeks) January 9th to March 6th (No class 2/20)
Snow Make-up March 13th

718-DATES Spring:

(8-weeks) March 20th to May 15th (No class 3/27)



COOPERATING AGENCIES

THE YORKTOWN TEEN CENTER

The Yorktown Teen Center is a positive safe place where teens come together to have fun and form friendships as they develop their self-esteem and learn to give back to their community. It is located in room 102 in the Albert A Capellini Community and Cultural Center and is open to youth in grades 6 to 12 who reside in the Town of Yorktown. For more information about the center, hours, and upcoming events, visit our website at www.yorktowntc.org or call at 302-2123.

NOR-WEST REGIONAL SPECIAL SERVICES

Special Recreation for Special Populations
Nor-West Regional Special Services is a social service organization that provides community-based therapeutic recreation programs and transportation services to persons ages 8 to adult with differing abilities residing in the northwestern portion of Westchester County. For further information and current program information, visit their website: www.nor-west.org

SPARC – SPECIAL PROGRAM AND RESOURCE CONNECTION

Recreation, Social and Therapeutic services

SPARC is a not-for-profit agency that provides adapted and skill based programs to children, teens and adults. Therapeutic Recreation programs serve participants with developmental disabilities. For more information call (914) 243-0583 or visit the website www.sparcinc.org

NEW YORK-NEW JERSEY TRAIL CONFERENCE

The Trail Conference publishes books and maps that guide public use on trails. In Yorktown, their corps of volunteers maintain trails in Granite Knolls Park, Mohansic Trailway, Rock Hill Park, Sylvan Glen Park Preserve, Turkey Mountain Nature Preserve, Woodlands Legacy Field Park and Yorktown Trailway under a legal agreement with the Town. Westchester Mountain Biking Association (WMBA) volunteers in conjunction with the Trail Conference maintain some trails in Granite Knolls Park and the Yorktown Trailway. WMBA promotes the recreational use of mountain bikes on trails in a safe and environmentally sound manner. For more information about the Trail Conference and WMBA see nynjtc.org and WMBA.org.

YORKTOWN TRAIL TOWN COMMITTEE

The Yorktown Trail Town Committee is a 501c3 volunteer based organization that promotes the recreational, health, social, and economic benefits of Yorktown's extensive trail network. The Committee carries out trail related projects and sponsors events, including guided walks, hikes and cycle rides. For more information, see www.yorktowntrailtown.org, or visit us on social media at www.facebook.com/yorktowntrailtown or www.instagram.com/yttcn.

TOWN OF YORKTOWN MUSEUM

Located Top Floor in the Yorktown Community & Cultural Center. The museum has an extensive Library/Research room that includes genealogical and local history information, along with changing exhibits and a gift shop featuring dollhouses and miniatures. Programs and activities for all ages. Free of charge. Open Monday-Friday 9am-4pm. Contact: (914) 962-2970 or visit the website at - www.yorktownny.gov/recreation-community/yorktown-museum/

Find them on Facebook - www.facebook.com/YorktownNYMuseum/

ALLIANCE FOR SAFE KIDS (ASK)

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



YORKTOWN YOUTH SOCCER CLUB

YYSC specializes in the development of youth soccer for boys and girls ages 4 to 14 (must be 4 as of November 30). For additional information please call Rick Romanski at (914)962-8865 or visit www.yorktownsoccer.org

SHRUB OAK ATHLETIC CLUB

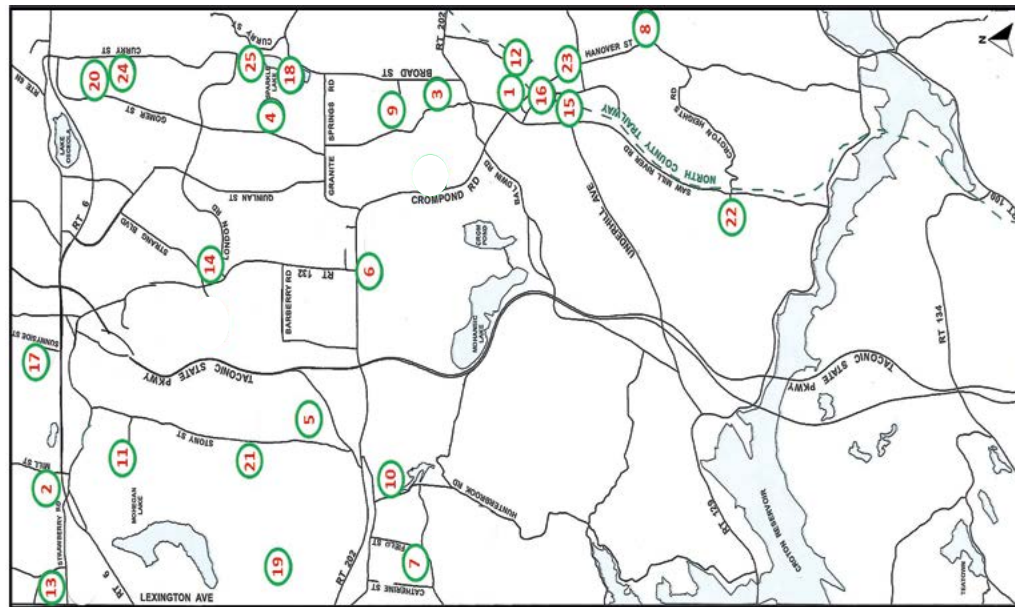
The Shrub Oak Athletic Club is a youth sports organization serving Northern Westchester and Southern Putnam Counties, NY. Our in-house programs focus on the value of teamwork, learning the game, sportsmanship and just having fun. Travel programs are also available. Visit: www.shruboakac.org

YORKTOWN ATHLETIC CLUB

The Yorktown Athletic Club, Inc. provides a variety of organized youth sports. We offer both Recreational and Travel sport programs that are age appropriate and are designed for full participation. Visit: www.yacsports.com

TREE CONSERVATION ADVISORY COMMISSION

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

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

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ECRWSS

TOWN OF YORKTOWN POSTAL PATRON

Save the Dates

Yorktown Grange Fair – September 11th, 12th, 13th

Yorktown Lions Halloween Parade – Saturday, October 17th

Holiday Electric Lights Parade - Saturday, December 5th

Easter Egg Hunt – Saturday, March 20th



SCAN ME

What's Inside

Pre School Programs

Soccer Squirts, Tae Kwon
Do, T-Ball, Music, Swim
Lessons, Crafts...

Youth/Teen Programs

Swim Lessons, Golf,
Pickleball, Tennis, Tae
Kwon Do, Art, Science,
Basketball, Soccer, T-Ball...

Adult Programs

Golf, Tennis, Sports
Leagues, Yoga, Zumba,
Pilates, Kung-Fu, Tai Chi,
Painting, Line Dancing,
Pickleball...

...And Much More!

Town Parades, Contests,
Holiday Break Camps,
Senior Programs



Don't Trash Our Parks!

- Use Designated Trash and Recycling Receptacles When Available
- Carry Out What You Carried In
- Keep it Green, Keep it Clean
- Love Where You Live

2026 SNOWMAN MAKING CONTEST WINNER



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