



City of Yonkers

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

WINTER 2023

Community Recreation



yonkersny.gov
register.communitypass.net/yonkers





MISSION STATEMENT

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

GUIDING PRINCIPLES

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



Mayor Mike Spano

CITY OF YONKERS

YonkersNY.gov

Dear Resident:

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

Ice skating and hockey at Yonkers' E.J. Murray Memorial Skating Center is a Yonkers winter tradition like no other for residents and visitors alike. The rink, located at 348 Tuckahoe Road, offers popular skating lessons, adult and youth hockey and so much more.

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

For outdoor recreation and healthy activities, our Yonkers Parks now include seven fitness areas at O'Boyle, Barton, Columbus, Coyne, Dunn, Stefanik and Singlak-Keehan (at the Nodine Hill Water Tower) Parks with varying degrees of fitness equipment. The accessible equipment at Coyne Park is adjacent to the new outdoor pavilion. War Memorial Field offers a large walking/running track for your enjoyment or you can discover any of our 78 parks located in neighborhoods throughout Yonkers.

Upgrades will be coming this spring to Trevor Park, Lennon Park and to Pitkin Park. Last Fall, the Parks department opened the City's first sensory garden at Grant Park. Look for new plantings and an expansion this Spring as well.

Thanks to the committed Parks Department staff for all their dedication and hard work. Remember, although it's winter, personal fitness and recreation is still important for the mind and body and our city parks and playgrounds are always open for business!

If you ever have a question or concern, please don't hesitate to call the Department of Parks, Recreation & Conservation at 914.377.6450. For urgent concerns, call my 24-hour helpline at 914.377.HELP (4357) or email me personally at mayor@yonkersny.org.

Have a safe and enjoyable winter!

MIKE SPANO
Mayor



message from **MAYOR MIKE SPANO**

Be Part of **YONKERS** THIS WINTER

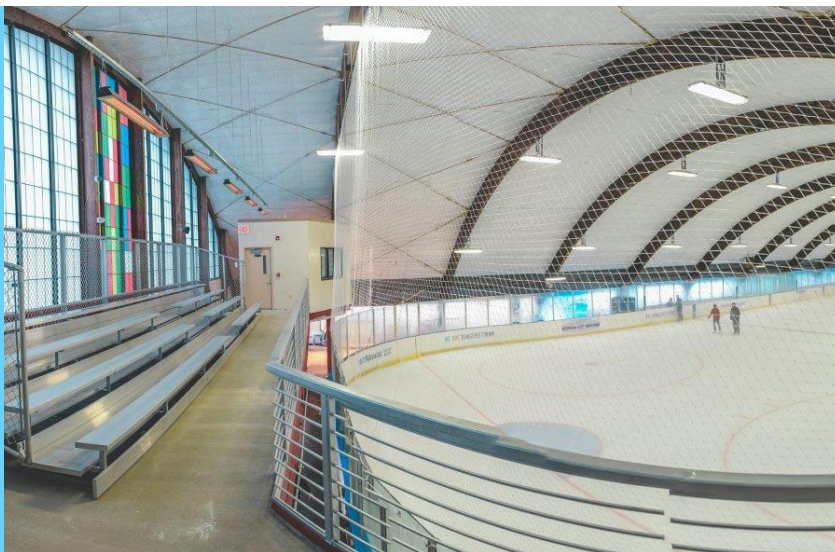


AQUATICS

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

SKATING CENTER

E.J. Murray's Memorial Skating Center is one of the premier winter facilities in Westchester and has undergone \$2.3 million worth of renovations, including a newly created upper mezzanine viewing level. Whether you're a seasoned pro or first-time skater, Murray's is for you!



ANIMAL SHELTER

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



CITY COUNCIL

Lakisha Collins-Bellamy, President
Deana Robinson, 1st District
Corazon Pineda-Isaac, 2nd District
Tasha Diaz, 3rd District
John Rubbo, 4th District
Mike Breen, 5th District
Anthony Merante, 6th District

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YONKERS YOUTH BUREAU

Jennifer Villa - Director of Youth Services

E.J. MURRAY MEMORIAL SKATING CENTER

Eileen Sullivan - Rink Manager
Norbert Chrostowski - Asst. Rink Manager

YONKERS ANIMAL SHELTER

Lauren Talia
Animal Control Officer
Tiago Correia
Deputy Animal Control Officer

COYNE PARK RIFLE RANGE

Christopher Rotolo
Range Officer

General Information

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

Monday - Friday 8:30 AM to 4:30 PM, 914-377-6450

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

PAYMENT OPTIONS: We only accept a Cashier's Check, Money Order, Visa, MasterCard, and Discover Card. No cash is accepted.

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

COVID 19 RESTRICTIONS: All current CDC guidelines must be followed. Masks/face coverings are still recommended indoors for all programs.

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

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

REFUND POLICY: Full refunds will be issued for any program canceled by the Department of Parks, Recreation and Conservation (Parks Department). Full refunds will be issued for a medical reason before a program begins when accompanied by a doctor's note. After a program begins, a pro-rated refund will be issued based on the number of sessions attended, when accompanied by a doctor's note. The Parks Department will grant a refund request if received at least ten (10) business days before the program's first session. Ten dollars (\$10) or ten percent (10%) of the fee, whichever is higher, will be charged for processing refunds that are approved. Please allow several weeks for processing refunds. Bounced checks and credit card charge cancellations will carry a \$35 processing fee.

INCLEMENT WEATHER: The best way to receive quick and accurate information about program cancellations is to call the Parks Department Hotline at 377-6454 or listen to WFAS. Please make sure we have your most updated email address in your Community Pass registration account to receive programming updates and cancellation notices.

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

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

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



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The Parks Department is now offering a limited number of scholarships for our Camp, Little Learners, Skating and Aquatics Programs.

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

ONLINE REGISTRATION BEGINS Tuesday, December 12 at 8:00 PM

Aquatics Registration: Wednesday, December 13 at 8:00 PM

***Swim Placement (Water Testing): Tuesday, December 12, 6:00 – 8:00 PM**
All Aquatic Activities take place at Mark Twain Pool, 160 Woodlawn Avenue

SWIM PLACEMENT REQUIREMENTS: If your child has not participated in our program, and has some water experience, you must bring them to swim placement for correct placement in our swim classes. Swim placement is not necessary if you know your child is a White/Red (Beginner) in Starfish Swim School®, StarBabies™, StarTot™, Swim School for Teens and Swim School for Adults.

- Registration is open for all programs at E.J. Murray Memorial Skating Center
- Project Friendship: to register call (914) 377-6438
- Registration is not required to attend the Teen and Adult Recreation Center or Senior Citizen Centers/Programs

Register Online at

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

Community Pass Registration Service

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

Requirements

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

Setting Up An Account

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

To Add More Family Members

Click on "View Account" under useful links. Then click either "Add Child" or "Add Adult." After you have added your family members, click "Home" at top.

On Registration Day

- STEP 1.** Go to <https://register.communitypass.net/yonkers>. Log in with User Name and Password in the "Existing Users" section at right.
- STEP 2.** Click "Register Now". Select the "Season" of interest to you. Examples: "Community Recreation– Winter 2022"
- STEP 3.** Verify your family information.
- STEP 4.** Select the desired "Group" at left. Select the desired programs. Click "Add to Cart."
- STEP 5.** On the "Select Participants" page, click the box next to the people you are registering, then click "Continue."
- STEP 6.** When the "Shopping Cart" page is complete, click "Continue to Checkout."
- STEP 7.** Make payment with Visa, Mastercard, Discover Credit/Debit Card. CapturePoint/Community Pass will send you an e-mail receipt that will confirm your successful registration.

How to Avoid Cancellations

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

**Limited spots available.*



Permit Division

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

INDOOR PERMITS are required for all Board of Education Facilities and our Community Centers. Board of Education and Indoor Permit applications are available August 1 and due September 30.

For additional information please call 377-6440 for Board of Education facilities or 377-6438 for community centers.

OUTDOOR PERMITS are required for activities or events held at all parks facilities. Permits are required for all tournaments, the turf fields at Fleming and Pelton Fields and the picnic facilities at Redmond Park and the JFK Marina. Spring and Summer outdoor field applications are available on March 1. Spring permit applications are due April 1. Summer permit applications are due on June 1. Fall outdoor applications are available August 1 and due September 1. For additional information please call 377-6440.

MOBILE CONCESSIONS PERMITS are required and obtained through the Parks Department. For additional information on Mobile Concession Permits please call 377-6438.

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

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

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

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

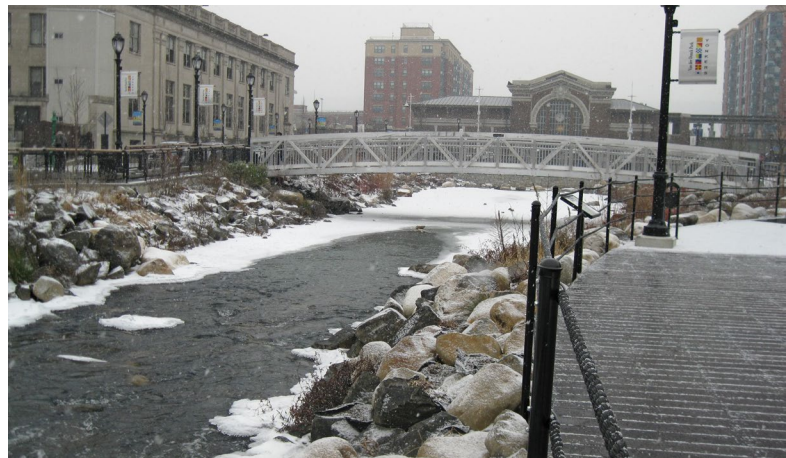
JFK MARINA - ANNUAL AND DAILY PERMITS Daily and annual permits are available at the marina.

Season begins May 1, 2024 till October 1, 2024

The JFK Marina is located off Warburton Avenue on John F. Kennedy Memorial Drive. Boat launching is available by permit from dawn to dusk, seven days a week for an Annual Resident/Non-Resident Fee of \$50/\$100 for Canoe or Kayak, \$150/\$300 for Jet Ski, and \$200/\$400 for Motorized Boats and Watercrafts. Day passes are also available on location for Residents/Non-Residents as follow: \$10/\$20 for Canoe or Kayak, \$20/\$40 for Jet Ski, \$30/\$60 for Motorized Boat or Watercrafts. Parking Fees: Friday – Sunday and holidays. Resident: \$5, Non-Resident: \$25.

Please note that permits do not include parking fees.

For additional information call 377-6427.



COMMUNITY RECREATION \$CHOLARSHIPS

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

Applications accepted as follows:

Camp Rays, Pre-K Camp, Camp Pride and Little Learners
January 1 – March 31, 2024

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

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

SPECIAL RECREATION EVENTS



YONKERS IDOL COMPETITION

Auditions • Registration Required
Spring Auditions Coming Soon



SPECIAL RECREATION EVENTS



YONKERS EASTER EGG HUNT

Saturday, March 30, 2024

War Memorial Field - Copcutt Lane
(behind the Parks Department at 285 Nepperhan Avenue)

Coyne Park - 777 McLean Avenue

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

Children are divided into the following groups for the hunt:

4 years old and under 10:00 AM

5 to 7 years old 10:30 AM

8 to 10 years old 11:00 AM

SPRING TRACK RACES

Boys and Girls, ages 4-14

Saturday & Sunday Mornings in April and May

Held at Roosevelt or Lincoln High School Track



Mayor's Basketball Tournament

February 20 – 23, 2024

Yonkers Middle High School

150 Rockland Avenue | Yonkers, New York 10705

The tournament is open to girls and boys teams in the following divisions:

5th & 6th Grade | 7th & 8th Grade | 9th & 10th Grade

Deadline for rosters is Thursday, February 1, 2024

For more information call 914.377.6440

Spring Dance

SENIOR CITIZEN SPRING DANCE

Thursday, April 11, 2024

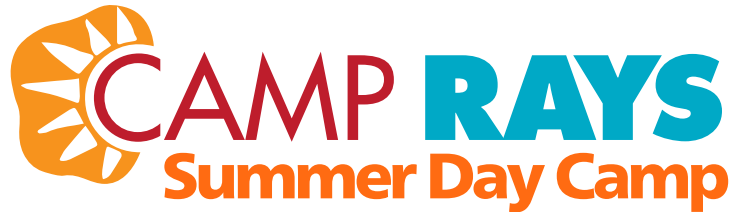
10:00 AM - 2:00 PM

Free admission, entertainment, and surprises!

For more information on the Recreation Events please call 377-6450.

SUMMER CAMP 2024

The City of Yonkers is excited to offer These Summer Camp Programs!



Ages: 5-14 years

Fun for children 5-14 years old; campers must be 6 by December 31, 2024 and entering 1st grade in September. Choose from one of our conveniently located sites. Camp hours are 8:00 AM – 5:00 PM. Campers will enjoy a variety of indoor and outdoor activities plus exciting trips.

Pre-K Summer Camp

Ages: 3-5 years

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

Camp Pride

Ages: 5+

A fun summer experience, for the developmental disabled community members. A full day camp program that will excite campers with numerous on-site and off-site activities. Parents/Guardians can select three or six weeks of camp. Transportation, breakfast, and lunch are provided. All campers must be fully toilet-trained and not need 1 to 1 services. No admission or re-admission to this camp is final until determined by the Parks Department.

*Stay tuned! All specific camp details will be in our Spring/Summer Brochure.
For more information, please call 377-6450.*



PRE-K RECREATION



Little Learners Half Day Pre-K Program Term 1 & 2

Children 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, and social interaction. Requirements: Children must be toilet trained (no diapers or pull-ups). Term 2 begins February 2023.

Registration will begin in July for the new 2023-24 school year. For more information, please call 377-6435.

*Scholarships now available for our
Camp and Little Learners Program!
Please see page 9 for more information.*

Pre-Ballet for Pre-K with Elisa

Instructor: Elisa Bonneau

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns, and express themselves through movement games.

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

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

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

Dates: Saturdays, starting January 13
Wednesdays, starting January 17
Fridays, starting January 19

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

WEDNESDAYS

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 4:00 - 4:45 PM

Ages 4.5 – 5 years | 4:50 - 5:35PM

FRIDAYS

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 4:00 - 4:45 PM

Ages 4.5 – 5 years | 4:50 - 5:35 PM

SATURDAYS

Roosevelt High School

631 Tuckahoe Road

Ages 3 – 4.5 years | 10:00 - 10:45 AM



YOUTH/TEEN RECREATION

Kids Sketch and Paint FUN-dementals 101

Instructor: Diana Capasso

This class offers broad based beginner techniques where Children learn the FUN-dementals of how to create their own unique works of art by using multiple sketch techniques along with watercolor wax transfer and acrylic painting methods. Supply fee: \$20 cash fee due to instructor at first class

Ages: 7-14 years

Dates: Thursdays, starting January 18

Time: 5:00 – 6:15 PM

Location: Bernice Spreckman Community Center
777 McLean Avenue

Fee: \$120 for 10 classes, Non-residents: \$145

Crafty Kids

Instructor: Diana Capasso

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

Age: 5 - 11 years

Dates: Thursdays, starting January 18

Time: 4:00 - 4:50 PM

Location: Bernice Spreckman Community Center
777 McLean Avenue

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

Chess

Instructor: Victor Mairena

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

Ages: 5 -12 years

Dates: Saturdays, starting January 13

Time: Beginner..... 9:00 - 10:00 AM
Intermediate..... 10:00 - 11:00 AM
Advanced 11:00 am -12:00 PM

Location: Roosevelt H.S. • 631 Tuckahoe Road

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

American Safety & Health Institute Certified Baby-Sitting Training 1

Instructor: Tabitha Alston

We recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid, and caring for children will be discussed. A "Course Certification Card" is issued to those who pass the course. All students receive a Baby-Sitter's Handbook. A light snack is permitted. **Requirements:** Students must be 11-15 years of age at time of registration and **MUST pre-register** for this course according to the schedule below. Each student must bring a baby doll. **PARENTS:** Please arrive at 8:45 AM so the class can start on time.

Ages: 11 - 15 years

Dates: December 9, March 2, April 6,
May 4 & June 2

Time: 9:00 am - 1:30 PM

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

Fee: \$47 for everyone

Supply Fee: \$15 for supplies noted above
(cash only, to instructor at class)



YOUTH / TEEN RECREATION

Voice for Beginners

Instructor: Wendy Mitchell

Ever want to sing like your favorite musician? Do you want to audition for Yonkers Idol but you are too nervous to try out? This class will help you learn proper breathing techniques and health sound production for a lifetime of singing. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gift with others. The last class includes a recital for family and friends and a performance at a local nursing home.

Ages: 8 – 12 years

Dates: Thursdays, starting January 18

Time: 4:00 – 5:00 PM

Location: Cola Community Center
946 North Broadway

Fee: \$85 for 10 classes, \$110 Non-Residents
\$5.00 supply fee due at the first class

Voice for Intermediates & Teens

Instructor: Wendy Mitchell

For Students who have taken the Voice for Beginners Class or have other singing experience plus Teens with or without experience. The last class includes a recital for family and friends and a performance at a local nursing home.

Ages: 8 – 17 years

Dates: Thursdays, starting January 18

Time: 5:00 - 6:00 PM

Location: Cola Community Center
946 North Broadway

Fee: \$85 for 10 classes, \$110 Non-Residents
\$5.00 supply fee due at the first class

Teen Stars on the Rise (Theatre)

Instructor: Mary Ann Penzero

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

Ages: 12-17 years

Dates: Saturdays, starting January 13

Time: 10:00 – 11:00 AM

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

Location: Roosevelt High School
631 Tuckahoe Road

Theatre for Kids (Acting)

Instructor: Mary Ann Penzero

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

Ages: 8 -11 years

Dates: Saturdays, starting January 13

Time: 9:00 – 10:00 AM

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

Location: Roosevelt High School
631 Tuckahoe Road

YOUTH / TEEN RECREATION

Theatre for Kids and Pre-teens

Instructor: Mary Ann Penzero

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

Ages: 8 -14 years

Dates: Thursdays, starting January 18

Time: 4:30 – 5:30 PM

Location: Cola Community Center
945 North Broadway

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

Karate

Instructor: Trent Perri

Learn self-defense movements for mental, physical, and emotional control of the body and mind. Students should wear comfortable clothes and must wear sneakers. New students completing this course will be awarded the rank of Orange Belt. Returning students who complete this course will be awarded the higher Yellow Belt rank. **Supply fee:** \$12 cash fee due at the first class is required of all students for belt and certificate.

Age/Time: Beginners, 8 - 12 yrs9:00 - 10:00 AM
Beginners, 5 - 7 yrs 10:00 - 11:00 AM
Returning, 5-12 yrs 11:00 - 12:00 PM

Dates: Saturdays, starting January 13

Location: Roosevelt High School
631 Tuckahoe Road

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

Tennis for Kids & Teens

Instructors: Jon Lee & Max Sanchez

Join our two tennis "Pros" for beginner classes in a comfortable, socially-friendly environment. Basic instruction in proper grip, forehand, backhand, serving, volleying, scoring, rules, and tennis etiquette. Teen class is for teens with or without experience.

Requirements: wear sneakers and bring your tennis racquet

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

Dates: Saturdays, starting January 13

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$85 for 10 classes, Non-residents: \$110
Teen class is now 90 minutes
Fee is \$125 for 10 classes,
Non-residents: \$150

Ballet & Tap

Instructor: Elisa Bonneau

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

Ages: 5-7 years

Dates: Saturdays, starting January 13

Time: 9:00 - 9:45 AM

Location: Roosevelt High School
631 Tuckahoe Road

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



YOUTH/TEEN RECREATION

Ballet, Level 1

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation and vocabulary while building self-esteem. For students with or without experience. **Attire:** Ballet shoes with either leather soles or soles with a leather strip/patch. Girls wear black long or short-sleeve leotard, pink footed tights. No ballet skirts, costumes or jewelry. Hair must be tied or pinned back. Children should **NOT** wear rings, bracelets or necklaces.

Ages: 6-9 years

Dates: Fridays, starting on January 19

Time: 5:45 - 6:45 PM

Location: Yonkers Montessori Academy
160 Woodlawn Avenue

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

Ballet & Tap Dance

Instructor: Elisa Bonneau

Beginners learn the fundamentals of both types of dance merged into one and learn to express themselves through dance. **ATTIRE:** Ballet shoes with either leather soles or soles with a leather strip/patch also tap shoes. Girls wear black long or short-sleeve leotard, pink footed tights. No ballet skirts, costumes or jewelry. Hair must be tied or pinned back. Children should **NOT** wear rings, bracelets or necklaces.

Ages: 8-12 years

Dates: Saturdays, starting January 13

Time: 11:00 – 12:00 PM

Location: Roosevelt High School
631 Tuckahoe Road

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

Youth Salsa

Instructor: Victoria Blige

This beginner friendly class includes fitness and coordination. Learning how to connect our steps to the rhythm and developing fun choreography! Sneakers or jazz shoes preferred.

Ages: 9-14 years

Dates: Tuesdays, starting January 16

Time: 5:30 - 6:30 PM

Location: Lincoln High School, Room 261
375 Kneeland Avenue, main entrance

Fee: \$85 for 10 classes, Non-residents \$120

Street Jazz/Hip-Hop

Instructor: Donna Moynihan

Street Jazz is a mixture of modern hip-hop styles and traditional dance moves. This class works on the dancer's creativity and is often improvisational and social in nature; street jazz dance encourages interaction and contact with other dancers. These styles include breakdancing, popping and locking, and krumping. Attire: Children should NOT wear rings, bracelets or necklaces and dress comfortable, no jeans.

Ages: 5-8 years

Dates: Tuesdays, starting January 16

Time: 5:00 - 6:00 PM

Location: Lincoln High School
375 Kneeland Avenue

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



YOUTH / TEEN RECREATION

Street Jazz/Hip-Hop

Instructor: Donna Moynihan

Street Jazz is a mixture of modern hip-hop styles and traditional dance moves. This class works on the dancer's creativity and is often improvisational and social in nature; street jazz dance encourages interaction and contact with other dancers. These styles include breakdancing, popping and locking, and krumping. **Attire: Children should NOT wear rings, bracelets or necklaces and dress comfortable, no jeans.**

Ages: 8-12 years

Dates: Thursdays, starting January 18

Time: 5:00 - 6:00 PM

Location: Lincoln High School
375 Kneeland Avenue

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

Hip-Hop I for Beginners

Instructor: Elisha Ivory

Learn the latest moves in an energetic, upbeat, but disciplined environment! No experience welcome! Loose clothing and sneakers are required.

Ages: 5-9 years

Dates: Fridays, starting January 19

Time: 5:00 - 6:00 PM

Location: Lincoln High School, Room 261
375 Kneeland Avenue, main entrance

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

Hip-Hop II for Intermediate/Advanced Dancers

Instructor: Elisha Ivory

Learn the latest moves in an energetic, upbeat, but disciplined environment! Some experience welcome, but not necessary! Loose clothing and sneakers are required.

Ages: 10-14 years

Dates: Fridays, starting January 19

Time: 4:00 - 5:00 PM

Location: Lincoln High School, Room 261
375 Kneeland Avenue, main entrance

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

Acoustic Guitar

Instructor: Rob Hall

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

Ages/Times: 9-13 years Beginners, 9:00 - 10:00 AM
10-16 years Beg Plus 10:00 - 11:00 AM

Dates: Saturdays, starting on January 13

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

Location: Roosevelt High School
631 Tuckahoe Road

See registration details on page 7



YOUTH / TEEN RECREATION

Intermediate/Advanced Youth & Teen Guitar

Instructor: Rob Hall

Expand your skills in chords, rhythms, melodies and reading for use in diverse playing styles. Advanced class is for students with more experience and the ability to read music notes. Maximum 10 students.

Requirements: Bring your own guitar. Extra cash fee at second class for new students to purchase instruction book.

Ages: Both classes 12-17 years

Dates: Saturdays, starting January 13

Times: Intermediate, 11:15 AM - 12:15 PM
Advanced, 12:15 - 1:15 PM

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

Location: Roosevelt High School
631 Tuckahoe Road

Little Cooks

Instructor: Brenda J. Freeman

These future chefs will enjoy hands-on food preparation while learning how to read and understand recipes. After school snacks such as English muffin pizza, tuna pinwheel bites, a vegetable fried rice dish, and more will give children an understanding of healthy and fun foods. Chefs ages 10 - 12 will also focus on reading measurements and weights, exploring the effect of different cooking temperatures on foods, and expanding their culinary vocabulary. Maximum 10 students in each class. **Supply fee:** \$20 cash is due at the first class. **Requirements:** Bring an apron, smock or over-sized T-shirt to protect clothing. Hair must be tied or pinned back.

Please call 377-6435 after registering to make us aware of any food allergies your child has. This is a 90 minute class.

Ages: 7-9 years

Dates: Wednesdays, starting on January 31

Time: 4:30 - 6:00 PM

Ages: 10-12 years

Dates: Thursdays, starting on February 1

Time: 4:30 - 6:00 PM

Location: School 16, 759 North Broadway

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

Basketball Skills and Drills

Coaches Stephvon "Boo" Patnelli & George Burton

Youngsters will go through various fun basketball drills that improve their skills on the court. All experience levels welcome. Please dress comfortably!

Ages: 8-15 years

Dates: Mondays, Starting January 22

Fridays, Starting January 19

Time: 5:00 PM

Thursdays, Starting January 18

Time: 6:30 PM

Location: Museum School 25 Gym,
579 Warburton Avenue

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

NEW

Canvas/Wood Painting with Acrylic

Instructor: Jennifer Ruffino

Students will be able to paint 3 different pictures on canvas using acrylic paint on table top easels following the instructor's techniques, along with painting 3 different wooden objects to take home. No experience necessary. **Materials fee:** \$20

Age: 7 and up

Dates: Mondays Starting January 22

Time: 4:30-6:00 PM

Location: School 16
759 North Broadway

Fee: \$75 for 6 classes, Non-Residents: \$100

YOUTH/TEEN RECREATION

NEW

Creative Poetry for Kids: Discovering the Magic of Words

Instructor: Kim Seabrook

Dive into the vibrant world of poetry and let your imagination soar! This fun and interactive course is specially designed to open the door to a universe of rhymes, rhythms, and the pure magic of words. We will play with language, discover the musicality in words, and express ourselves in ways we never thought possible!

Ages: 10 and up

Dates: Tuesdays starting January 16

Time: 5:30-6:30 PM

Location: Cola Community Center
945 North Broadway, Yonkers

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

NEW

Cheerleading 101

Instructor: Erica Saydee

Learn Motions, cheers, jump and stunts in this fun class. Perfect for Children interested in trying cheerleading or getting ready for team tryouts. Athletes learn the fundamentals of cheerleading and dance. Please dress comfortably!

Ages: 7-13 years old

5:30-6:15 PM

14-17 years

6:30-7:15 PM

Dates: Tuesdays starting January 16

Location: School 23
56 Van Cortlandt Park Avenue

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

ROBOTICS

Instructor: Kevin Lawrence

Participants will get hands-on experience using the python programming language to code up solutions to robotics challenges. They will make video game spinners and program audio using the micro bits to make custom video games. The course will close with a team demonstration.

Beginners Only! All students must bring a laptop to participate in the class.

This Class is for Beginners, Advanced, & Intermediate Learners - Students must be able to read and use a standard computer keyboard, mouse and google chrome browser. Students must have access to a valid google email account to use required software. Maximum of 15 students per class. (Please note these are two-hour classes.)

Ages/Time: 9-14, 9:00 AM – 11:00 AM
14-17, 11:00 AM – 1:00 PM

Dates: Saturdays starting January 13

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$140 for 8 Classes

NEW

Step Dance

Instructor: Elisha Ivory

STOMP THE YARD! Want to learn more about the legacy and culture of Step Dancing? Join us for an introductory class into Step Dancing! Step dance is a fun, active and social activity where participants will learn the basic footwork and develop coordination technique and rhythm for Step Dance. Athletic footwear and comfortable clothing required.

Ages: 7 and up

Time: 6:30-7:30 PM

Dates: Fridays Starting January 19

Location: Lincoln High School | 375 Kneeland Avenue

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



YOUTH/TEEN RECREATION



Red Bulls

YOUTH PROGRAMS

Register now for 2024 Red Bulls Soccer Camps

Come be part of a fun and challenging environment where players have the opportunity to learn and grow their passion for the game of soccer.

On-line Registration for Spring and Summer begins January 2024.

ALL CAMPERS RECEIVE

- Adidas soccer ball
- Red Bulls T-Shirt
- Certificate of Achievement
- Complimentary ticket to a Red Bulls home game at Red Bull Arena

Visit www.newyorkredbulls.com/youth/city-yonkers to learn more and register.

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

Ages/Times 4-5 (9:00 AM – 12:00 PM) (Mini Kick)
6-14 (9:00 AM – 12:00 PM) (Half Day)
7-14 (9:00 AM – 3:00 PM) (Full Day)

SPRING BREAK CAMP

One Week: March 25 - March 29
(Regional Development School)

SUMMER CAMP

Week #1: June 24th – 28th (5 Day Camp)

Week #2: July 1st – 3rd (3 Day Camp)

Week #3: July 8th – 12th (5 Day Camp)

Week #4: July 15th – 19th (5 Day Camp)

Week #5: July 22nd – 26th (5 Day Camp)

Week #6: July 29th – August 2nd (5 Day Camp)

Week #7: August 26th – 30th (5 Day Camp)

Location: Fleming Field soccer complex
Fillmore Street, off Prescott Street



YOUTH/TEEN RECREATION

Teen Recreation Centers

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

November 27, 2023 through March 23, 2024

Week Nights: 6:30 - 9:30 PM

Saturdays: 3:00 - 8:00 PM

MONDAY

School 22 - 1408 Nepperhan Avenue

TUESDAY

School 13 - 195 McLean Avenue

WEDNESDAY

School 25 - 579 Warburton Avenue

THURSDAY

Enrico Fermi School - 27 Poplar Street

Hostos School - 75 Morris Street

Cross Hill Academy - 160 Bolmer Avenue

FRIDAY

Hostos School - 75 Morris Street

Enrico Fermi School - 27 Poplar Street

Yonkers H.S. - 150 Rockland Avenue

SATURDAY

School 13 - 195 McLean Avenue

School 25 - 579 Warburton Avenue

Dodson School - 105 Avondale Road

Enrico Fermi School - 27 Poplar Street

For additional information call (914) 377-6444.

ADULT RECREATION

Adult Open Gym Basketball

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

November 27, 2023 through March 23, 2024

Week Nights: 6:30 - 9:30 PM

Saturdays: 3:00 - 8:00 PM

MONDAY

Dodson - 105 Avondale Road

TUESDAY

Yonkers H.S. - 150 Rockland Avenue

WEDNESDAY

Yonkers H.S. - 150 Rockland Avenue

THURSDAY

Yonkers H.S. - 150 Rockland Avenue

FRIDAY

School 13 - 195 McLean Avenue

Cross Hill Academy - 160 Bolmer Avenue

SATURDAY

Hostos School - 75 Morris Street

Barack Obama School - 201 Palisade Avenue

For additional information call (914) 377-6444.



ADULT RECREATION



Poetic Reflections: Journeying Through Life's Verses

Instructor: Kim Seabrook

Embark on a profound journey into the tapestry of your life, weaving memories, experiences, and aspirations into compelling poetry. This course, tailored for adults, offers a sanctuary for introspection and self-expression, allowing participants to delve deep into their personal narratives and shape them into beautiful verses.

Dates: Tuesdays starting January 16, 2024

Time: 6:30-7:30 PM

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes/Non-residents \$125

Monthly Adult Paint Party!

Instructor: Diana Capasso

Enjoy a fantastic Paint Night experience once a month working with a variety of creative and fun mediums. Canvas, Wine Glasses, Flower Pots, Cookie Jars, Wine Bottles and more!

Dates: Last Thursday of the month starting January 25

Time: 7:00-9:00 PM

Location: Cola Community Center
945 North Broadway

Fee: \$30 per Paint Party/Non-residents \$35

Monthly Family Paint Party for All Ages

Instructor: Diana Capasso

Enjoy a family art day painting a new seasonal painting each month!

Dates: Last Saturday of the month starting January 20

Time: 11:30-1:30 PM

Location: Nodine Hill Community Center
140 Fillmore Steet

Fee: \$30 per Paint Party/Non-residents \$35

ADULT RECREATION

SHiNE DANCE FITNESS™

Instructor: Denise Velazquez

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

Dates: Tuesdays, starting January 9

Time: 6:30 - 7:30 PM

Location: Yonkers Montessori Academy
Auditorium

160 Woodlawn Avenue

Fee: \$95 for 10 classes, Non-residents \$125

SlimFit with a touch of Zumba®

Instructor: Lydia Otero

Get Slim, Get Fit with a touch of Zumba, warm up only, and strength training exercises for every part of your body with squats, lunges, crunches, curls, etc. We tone by using Resistance Tubing (provided in class) & Weights (bring your own 2-5 lbs. and a mat or towel). A touch of Zumba is a great way to sample Zumba for the first time. Come join and get SlimFit

Dates: Mondays, starting January 22

Time: 7:00 - 8:00 PM

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes. Non-residents: \$125

Dance Exercise with a touch of Zumba® Fitness

Instructor: Diane Capurso

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

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

Dates: Fridays, starting January 12

Time: 9:30 - 10:30 AM

Location: Cola Center at Untermyer Park
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

NEW

Creative Cakes

Instructor: Clara Barragan

Calling all aspiring bakers, pastry chefs & cake decorators! This class is designed to build confidence in the kitchen while providing a fun outlet to let your aspiring chef's creativity shine.

Learn the foundations of cake decorating and piping techniques. An intro to fondant, you'll learn how to properly crumb coat a cake, and then cover it with fondant to get that smooth, professional looking finish. This class will also cover an overview of how to make different variations of decorations to top your cake. You will also work on techniques for decorating cookies, cupcakes, and layer cakes. At the end of the classes, each student will have their very own creations to take home.

All supplies and materials included. Please provide \$35 cash fee for supplies on the first day.

Dates: 4 Saturdays - Jan. 13, 20, Feb. 10, 17

Time: 9:30 AM-11:00 AM

Location: Roosevelt High School
Tuckahoe Road

Fee: \$ 80 for 4 classes/Non-residents \$110

See registration details on page 7



ADULT RECREATION

Adult Sketch and Paint

Instructor: Diana Capasso

This class offers broad based beginner techniques where you create your own unique works of art by using multiple sketch techniques along with watercolor wax transfer and acrylic painting methods. A \$20 supply fee due first class

Dates: Thursdays, starting January 11

Time: 6:30-7:30 PM

Location: Spreckman Community Center
777 McLean Avenue

Fee: \$95 for 10 classes, Non-residents
\$125

Acoustic Guitar

Instructor: Rob Hall

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

Dates: 10 Mondays, starting on January 22

Time: 6:00 - 7:00 PM Beginner
7:00 - 8:00 PM Beginner Plus/Intermediate

Location: Bronx River Road Community Center
680 Bronx River Road

Fee: \$95 for 10 classes, Non-residents: \$125



Yin and Restorative Yoga

Instructor: Patricia Villate

In this 60 minute class we focus on going within to stretch beyond our limits. This gentle guided class is an ideal way to reset and refocus in order to approach life with more balance and flexibility. Please bring a mat and any props you may need.

Dates: Tuesdays, starting January 9

Time: 7:00-8:00 PM

Location: Bronx River Road Community Center
680 Bronx River Road

Fee: \$95 for 10 classes, Non-residents \$125

Yoga Series

Instructor: Angela Costanzo

MIDWEEK POWER HOUR: Designed to activate, restore, and release. This is a class crafted to encourage movement, sweat, and mind/body alignment and discipline. This is a challenging class, yet designed to be open to all levels, including those new to the yoga asana practice. Come, create your space at your own pace, and build strength every time you step onto your mat in community.

COMMUNITY FLOW is designed for everyone. A gentle, yet active class, Community Flow is grounded in yogic principles, and designed to ease tension in the mind and body, while harnessing the strength and softness of the spirit. This is a community, open-level Vinyasa flow. All bodies are welcome. This class includes pranayama / breathwork, classic asana sequences, mindful movement, and deep relaxation.

Dates: 10 Wednesdays starting January 10

Times: Midweek Power Hour 5:45 - 6:45PM
Community Flow - Open Level
7:00 - 8:15PM

Location: Cola Community Center, 945 North
Broadway

Fee: \$95 for 10 classes/\$15 drop in fee
Non-residents \$125

See registration details on page 7

ADULT RECREATION

Tennis

Instructor: Max Sanchez & Jon Lee

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

Dates: Wednesdays, starting on January 17

Level/Time: Beginner – 7:00 - 8:00 PM
Intermediate – 8:00 - 9:00 PM

Location: Cross Hill Academy
160 Bolmer Avenue
Use rear entrance driveway,
off western end of Odell Avenue

Fee: \$95 for 10 classes, Non-residents \$125

Pickleball

Instructor: Bart Flanagan & Jon Lee

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and Pickleball etiquette. Intermediates learn court strategies and strokes.

Requirements: Wear sneakers, comfortable clothing, and bring a pickleball racquet.

Dates: 4 Thursdays starting March 14

Location: Kinsley Park, Park and Chase Avenues

Time: 5:00 - 6:30 PM

Fee: \$50 for 4 classes, Non-residents \$70

Intro to Salsa

Instructor: Victoria Blidge

Want to have an amazing time while working on your dancing skills? Then this is the perfect class for you! This beginner friendly class will improve your fitness and coordination. Bring your sneakers or you heels and let's have fun!"

Time: Tuesdays 6:30 – 7:30 PM

Dates: starting January 16

Location: Lincoln High School
375 Kneeland Avenue, main entrance

Fee: \$95 for 10 classes, Non-residents \$125



SWING LINDY

Instructor: Paolo Pasta Lana

Beginner Basics – LEVEL OPEN Description: This will be a 6-week series. Explore the original style of swing that was born in Harlem during the late 1920's The Lindy Hop, grandfather of Swing Dance. This introduces you how to partner, how to lead and follow, how to feel the pulse of the dance. Learn standard 6 count rhythms and patterns.

We warm up each session with a Line Dance and/or Footwork patterns. We can turn you into a swing dancer in no time at all if you stick with our methods and practice the exercises.

Advanced Basics – LEVEL 2 (basics experience recommended): The Lindy Hop, grandfather of Swing Dance, will be explored and demonstrated further in this class. Study more varieties of 6 count rhythms and patterns. In addition, we will continue to review lead/follow skills and give you exercises to help make you a better partner.

Topics Include: Tuck Turns & Pivots | Jig Walks & Cuddles
Sugar Pushes & Yo Yo's | Pretzels and Patterns

Dates: 10 Wednesdays starting January 17

Times: Beginner Basics: 6:00 - 7:00 PM
Advanced Basics: 7:00 - 8:00 PM

Location: Lincoln High School Dance Studio, 140 Kneeland Avenue

Fee: \$95 for 10 classes/\$15 drop in fee
Non-residents \$125



AQUATICS

All aquatics activities take place at The Mark Twain Pool, this is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider for Starguard™ & Starfish Swimming™

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

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

ONLINE REGISTRATION: Tues., Dec. 13, 8:00 pm register.communitypass.net/yonkers. Starfish Swim School® for Youth (Ages 5 – 12) Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is selfpaced but challenging. Stages are as follows: White, Red, Yellow, Blue, Green.

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

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

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

WHITE/RED
Mark Twain Pool
Monday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Tuesday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Wednesday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Thursday
W - 6:05 - 6:35 pm
R - 6:35 - 7:05 pm
Saturday
W - 11:00 - 11:30 am
R - 11:30 am - 12:00 pm

YELLOW
Mark Twain Pool
Monday
6:35 - 7:05 pm
Tuesday
6:35 - 7:05 pm
Wednesday
6:35 - 7:05 pm
Thursday
6:35 - 7:05 pm
Saturday
11:30 am - 12:00 pm

BLUE
Mark Twain Pool
Monday
7:05 - 7:50 pm
Tuesday
7:05 - 7:50 pm
Thursday
7:05 - 7:50 pm
Saturday
12:00 - 12:45 pm

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

*Classes start the week of January 2nd. Please look at your receipt for details.
 Limited spots available. Priority registration will be given to the Fall 2023 participants.*



AQUATICS

StarBabies™ & StarTots™

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

(Adult & Infant ages 6 months - 18 months)

Days: 8 Fridays, starting on January 5

Time: 6:15 - 6:45 pm

Fee: \$110, Non-residents: \$140

(Adult and Toddler ages 18 months - 48 months)

Days: 8 Fridays, starting on January 21

Time: 6:45 - 7:15 pm

Fee: \$110, Non-residents: \$140

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

Designed to meet the needs of children ages 3 & 4, this course will develop a high comfort level in the water and a readiness to swim and for those children who are developmentally ready, it will teach functional swim skills. This teaches swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

Days: 8 Mondays, starting on January 8
8 Tuesdays, starting on January 2
8 Wednesdays, starting on January 3
8 Thursdays, starting on January 4
Saturdays, starting on January 6

Time: Monday 6:05 - 6:35 pm
Tuesday 6:05 - 6:35 pm
Wednesday 6:05 - 6:35 pm
Thursday 6:05 - 6:35 pm
Saturday 11:00 - 11:35 am

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



Armed with our Swim Whisperers® toolbox of strategies, Swim Angelfish Certified instructors assist swimmers of all abilities, including those with special needs, overcome obstacles and learn to swim without discomfort. Very limited spots.

Dates: 8 Saturdays starting January 6

Time: 1:00 - 1:30pm

Fee: \$109 Residents, \$139 Non-Residents



AQUATICS

Starfish Stroke School®

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

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

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

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

Starfish Swim Clinic™

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

Days: 8 Saturdays, starting on January 6

Time: 12:00 - 12:45 pm

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

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

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

Days: 8 Saturdays, starting on January 6

Time: Swim School - Sat., 11:00 - 11:45 am
Stroke School - Sat., 12:00 - 12:45 pm

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

<p>White (Freestyle) Red (Backstroke) <i>Must pass ALL swim school benchmarks in order to register</i></p> <p>Monday W/R 6:15 - 7:00 pm</p> <p>Tuesday W/R 6:15 - 7:00 pm</p> <p>Wednesday W/R 6:15 - 7:00 pm</p> <p>Thursday W/R 6:15 - 7:00 pm</p> <p>Saturday W 11:00 - 11:45 am R 11:00 - 11:45 am</p>	<p>Yellow (Butterfly) Blue (Breaststroke) *Green (Endurance) <i>*Must pass W/R/Y/B stroke benchmarks in order to register</i></p> <p>Monday Y 7:05 - 7:50 pm B 7:05 - 7:50 pm</p> <p>Tuesday *G 7:05 - 7:50 pm</p> <p>Wednesday Y/B 7:05 - 7:50 pm</p> <p>Thursday *G 7:05 - 7:50 pm</p> <p>Friday Y 7:00 - 7:45 pm</p> <p>Saturday B 12:00 - 12:45 pm *G 12:00 - 12:45 pm</p>
SPECIALTY COURSES	
Stroke School	Starfish Swim Clinic
<p>If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly</p> <p>SIGN UP FOR STROKE SCHOOL</p>	<p>If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques</p> <p>SIGN UP FOR STARFISH SWIM CLINIC</p>

AQUATICS

HydroRevolution® Total Body Workout

The Hydro Revolution Total Body Workout Program has been designed to take your overall fitness to the next level! Incorporated in the workout are Aqualogix and Aquastrength® Bells and Lower Body Fins. The workout consists of a dynamic flexibility warm up, strength & stability component which targets your total body before finishing off with a dynamic flexibility cool-down. The exercises in this program are very challenging and will completely work your overall stability, balance, coordination and movement patterns. Amazing workout!

For more information visit www.hydrorevolution.com.

Dates: 8 Wednesdays, starting January 3

Time: 8:00 - 8:45 pm

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



Evening Lap Swim

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

Dates: 8 weeks starting on Tuesday, January 2

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

Fee: \$108, Non-residents: \$124

Aqua Body Strong

NEW! A floating class! Balance, strength, and yoga water based fitness class on fitness boards. Total core body workout. Great for all fitness levels. You will be challenged!

Dates: Mondays starting January 8
Saturdays starting January 6

Time: Wed. 8:00- 8:45pm/Sat. 12:00-12:45pm

Fee: \$15 per class Residents
\$25 per class Non-residents

Fit & Fabulous Aqua fit

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

Dates: 8 Saturdays, starting on January 6

Time: 10:00 - 11:00 am

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150
Senior discount at registration



AQUATICS

Starfish Swim School® for Adults (Ages 18+)

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

Dates: 8 Tuesdays starting January 2 or
8 Saturdays starting on January 6

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

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

Starfish Stroke School® for Adults (Ages 18+)

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

Dates: 8 Wednesdays starting January 3

Time: 7:15 - 8:00 pm

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

Aqua Zumba®

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

Dates: 8 Thursdays, starting on January 4

Time: 8:00 - 8:45 pm

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



AQUATICS

Yonkers Masters Swim Club (Ages 18+)

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

Dates: Year-round program

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

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

Recreation Open Swim

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

Dates: 8 Fridays, starting on January 5

Time: 7:45 - 9:30 pm

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

STARGUARD™ Lifeguard Training (Ages 15+)

Starfish Aquatic Institute (SAI) participants must successfully complete lifeguard training, first aid, AED, and CPR. Three class options are available.

February Break Training 2024 – PreTest

Monday February 5, 9:00 - 11:00 am OR
Saturday February 10, 6:30 - 8:00 pm

Class Dates: February 21, 22, 23, 24

Time: 9:00 am - 3:00 pm

Spring Break Training 2024 – PreTest

Monday March 4 & Monday March 11, 6:30 - 8:00 pm

Class Dates: March 25, 26, 27, 28

Time: 9:00 am - 3:00 pm

Fee: \$350

For more information, please call 377-6439

CONDORS SWIM CLUB IN YONKERS



From Beginner to National Level:

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

Contact Us:

Jon Hulbert, Mark Twain Head Coach

Phone: 845-638-4381 Ext. 704

Email: Jon@SwimCondors.org

Mark Twain Pool

Yonkers Montessori Academy
160 Woodlawn Avenue, Yonkers, NY 10704

www.SwimCondors.org



EDWARD J. MURRAY MEMORIAL SKATING CENTER

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

Public Skating Admissions

General Admission \$14.00
Senior Citizen \$3.00
Skate Rental..... \$7.00

Public Skating Sessions

Tuesday, Wednesday & Thursday

10:00 AM – 12:00 PM

Friday

10:00 AM – 12:00 PM & 8:30 PM – 10:30 PM

Saturday

12:00 PM – 2:00 PM & 8:30 PM – 10:30 PM

Sunday

1:00 PM – 3:00 PM

*Please call the rink for holiday hours and closures
Saturday schedule subject to change*

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

Call (914) 377-6469 for details!

Semester I: September 16, 2023 – December 17, 2023

Semester II: January 13, 2024 – April 21, 2024

Classes offered Saturday and Sunday

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

Tot "Trial" Evaluation Class

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

Tot Class

Ages 4 to 6 years - Beginners/Returning Students

Skate Classes/Adult Classes

Ages 7 to 14 years
Skate 1 – Beginners/Skate 2 – Returning Students
Adults – 16 years and older

TOT SKATE CLASS TIMES & FEES

All classes are a half hour in length

Saturdays – 9:45 or 10:15 AM

Sundays – 10:50 AM or 11:20 AM

FEES:

Saturdays - 13 weeks - \$195

Sundays - 13 weeks - \$195

EDWARD J. MURRAY MEMORIAL SKATING CENTER

Alpha and Beta Classes

All classes are 30 minutes in length.
Saturdays 9:15 AM
FEE: \$208 for 13 weeks.

Gamma, Delta Freestyle 1 through 9 Classes

All classes are 45 minutes in length.

GAMMA, DELTA FREESTYLE 1 - 4

Saturdays – 8:30 AM

FREESTYLE 5 THROUGH 9

Saturdays – 7:45 AM

FEE: \$234

ICE RENTAL TIMES AVAILABLE.

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



Junior Rangers Try Hockey for Free (Ages 5-9)

Watch your child hit the ice for the first time with this fun, introductory one-hour session designed for kids with little or no skating experience. It's the first step in our exciting and affordable youth Junior Rangers Rookie Series. Registration is open until program is full. Limited spots available.

Each Session Includes:

- Free loaner equipment
- Rental skates available
- Professional instruction alongside Rangers alumni
- Free Rangers hockey stick for our participants to take home
- Post-skate meet & greet with Rangers alumni

Junior Rangers Rookie Series is also being held at E.J. Murray Memorial Skating Center. Junior Rangers Series includes Try Hockey for Free (as stated above), Learn to Play, and Rookie League.

For more information and to register please visit newyorkrangers.com/rookieseries

Adult Open Hockey

Fee: \$20 per player per session

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

TIME/SCHEDULE:

Saturdays, 10:40 PM - 12:40 AM

Fridays, 10:40 PM - 12:40 AM

TIMES SUBJECT TO CHANGE

STICK TIME

Fee: \$20 per player per session

Sundays, 7:15 AM - 8:15 AM





HOCKEY IS HAPPENING

- JOIN US AT CONVENIENT LOCATIONS ACROSS THE TRI-STATE AREA •
- FREE, NEW EQUIPMENT FOR FIRST TIME PARTICIPANTS • SCHOLARSHIPS AVAILABLE •

LEARN TO PLAY (AGES 5-10)

Get to know the game plus all the gear you need to play. Skating, shooting, handling, passing, and teamwork are just a few of the basics covered in the 10-week program.

- FREE head-to-toe equipment, including skates, for first timers
- Gear fitting
- 10 weeks of ice time
- 1-hour sessions
- Professional instruction alongside NYR Staff and Rangers alumni

ROOKIE LEAGUE (AGES 5-14)

Got the basics covered? Time to add a little friendly competition to the mix. This affordable, age-appropriate league will help kids grow their game and take the fun to the next level.

LIMITED TRAVEL LEAGUE | \$295 INCLUDES:

- Official Junior Rangers team jersey
- 10 Games (5 home, 5 away) coached by NYR Staff
- Close & convenient locations partnered together
- NYR Alumni Appearances

IN-HOUSE PROGRAM (10U) | \$395 INCLUDES:

- Official Junior Rangers team jersey
- 10 Games and 10 Practices led by NYR Staff
- All games hosted at your local rink

Learn more and sign up at newyorkrangers.com/rookies

PROJECT FRIENDSHIP

Project Friendship is a group oriented program for ages 5 and above with developmental disabilities. Please note all participants need to be interviewed by a Recreation Supervisor. We do not offer 1:1 services for participants of the program. If your child needs additional support you are required to attend and interact with them. For all school aged/workshop participants an Individual Evaluation Plan and/or Individual Service Plan is required for acceptance into the program. We encourage all participants to have OPWDD eligibility. The City of Yonkers is a waiver program. All participants must be toilet trained. Please call (914) 377-6438 with any questions. Fees (per participant): Yonkers Residents \$175. Non-residents \$360. Any group home individual \$335. Please note: There will be an additional fee for bowling and some special events planned during the course of the year. Please note - if the participant is on the Medicaid waiver an ISP addendum and an approval letter needs to be submitted. No admission or readmission to this program is final until determined by the Parks Department.

ART THERAPY

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

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 2:00 – 3:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

BOWLING

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

Age: Adults \$9.00 per 2 games

Day: Fridays

Time: 3:30 – 5:30 pm

Location: Paradise Lanes
790 Yonkers Avenue

DELIGHTFUL DINING

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

Age: Children and Teens

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

Time: 2:00 – 3:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

HERO TENNIS

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

Age: Children, Teens, Teens and Adults

Days: Program meets weekly on Saturdays

Time: 11:00 – 12:00 pm

Location: School 30
30 Nevada Place

MUSIC THERAPY

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

Age: Children and Teens

Day: Program meets twice a month every other Saturday

Time: 2:00 – 3:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

SPECIAL OLYMPICS

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

Age: Teens and Adults

Day: Saturdays

Time: 9:00 – 11:00 AM

Location: School 30
30 Nevada Place

STORYTELLING

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

Age: Children and Teens

Day: Saturdays

Time: 12:30 – 1:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

THEATRE WORKSHOP

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

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 12:30 – 1:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

YOUNG ADULTS CLUB

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

Age: Teens and Adults

Day: Tuesdays

Time: 6:00 – 7:30 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

ZUMBA

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

Age: Children and Pre-teens

Day: Program meets twice a month on Fridays

Time: 1:00 – 2:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

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

PLEASE NOTE: Project Friendship programs begin the second week in October, and ends the second week in August.



SENIOR CITIZEN RECREATION

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

For more information on our senior programs, classes, and events call 377-6442.

SENIOR GROUP #2

Grinton I. Will Library - Senator Flynn Room

1500 Central Park Avenue

Phone: 337-1500, press 348

Monday – Friday 12:30 – 4:30 pm

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

SENIOR GROUP #3

Bernice Spreckman Community Center

777 McLean Avenue

Phone: 377-6472

Monday – Friday 12:00 – 4:00 pm

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

SENIOR GROUP #4

Charles Cola Community Center

945 North Broadway

Phone: 377-6483

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

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

SENIOR GROUP #7

Homefield House

911 Saw Mill River Road

Phone: 327-1566

Tuesdays and Fridays 11:30 am – 4:30 pm

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

SENIOR GROUP #8

Runyon Heights Community House

21 Runyon Avenue

Phone: 969-2733

Wednesdays 11:30 am – 4:30 pm

This site offers card playing, Tripoly, exercise, bingo, and parties.

SENIOR GROUP #10

Bronx River Road (Scotti) Community Center

680 Bronx River Road

Mondays – Fridays 11:30 – 3:30 pm

Phone: 377-6486

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

SENIOR GROUP #12

Nodine Hill Community Center

140 Fillmore Street

Phone: 377-6475

Mondays – Fridays 12:00 – 4:00 pm

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

SENIOR GROUP #15

Nepperhan Community Center

342 Warburton Avenue

Phone: 965-0203

Tuesdays and Thursdays 12:00 – 4:00 pm

This site offers Pokeno, Tripoly, exercise and crafts.

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

SENIOR GROUP #16

Our Lady of Fatima

5 Strathmore Road

Phone: 255-4269

Mondays and Tuesdays

12:00 – 4:00 pm

This site offers Mahjong, art, and exercise classes

SENIOR CITIZEN RECREATION



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

TUESDAY

Nodine Hill Community Center

140 Fillmore Street
1:00 PM
377-6475

Homefield House

911 Saw Mill River Road
1:00 PM
327-1566

WEDNESDAY

Nodine Hill Community Center

140 Fillmore Street
12:30 PM
377-6475

Runyon Heights Community House

21 Runyon Avenue
1:00 PM
969-2733

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

THURSDAY

Bernice Spreckman Community Center

777 McLean Avenue
1:00 PM
377-6472

FRIDAY

Bronx River Road Community Center*

680 Bronx River Road
1:00 PM
377-6486

* There is also bingo before the 12:00 noon lunch program. Lunch program available through Yonkers Office for the Aging. For information please call 377-6822.



Coming Soon: Bingo Wednesday – Most Centers



SENIOR CITIZEN RECREATION

HEALTH & WELLNESS CLASSES

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs please call 377-6442.

MONDAYS

ZUMBA

Instructor: Rufus Gibson
9:30 - 10:30 AM, February 5 - March 25
Nodine Hill Community Center
140 Fillmore Street

SHINE FITNESS

Instructor Kathy Schwartz
11:00 - 12:00 PM, February 5 - March 25
Nodine Hill Community Center
140 Fillmore Street

MEDITATION

Instructor: Michael Cuomo
1:00 PM - 2:00 PM, February 5 - March 25
Bernice Spreckman Community Center
777 McLean Avenue

TUESDAYS

EXERCISE

Instructor: Cathy McMahon
11:00 am-12:00 pm, February 6 - March 26
Nepperhan Community Center
342 Warburton Avenue

CHAIR EXERCISE

Instructor: Gabriella Cruz
12:15 - 1:15 PM, February 6 - March 26
Bronx River Community Center
680 Bronx River Road

LATIN DANCING

Instructor: Ike Leong
12:30 - 1:30 PM, February 6 - March 26
Bernice Spreckman Community Center
777 McLean Avenue

CHAIR EXERCISE

Instructor: Gabriella Cruz
1:30 - 2:30 PM, February 6 - March 26
Nodine Hill Community Center
140 Fillmore Street

CHAIR EXERCISE

Instructor: Gabriella Cruz
2:45 - 3:45 PM, February 6 - March 26
Nepperhan Community Center
342 Warburton Avenue

WEDNESDAYS

TAI CHI

Instructor: Alex Lamas
10:00 - 11:00 AM, February 7 - March 27
Nodine Hill Community Center
140 Fillmore Street

ACTIVE HEALTHY HEARTS

Instructor: Kim Caso
12:00 - 1:00 PM, February 7 - March 27
Runyon Heights Community House
21 Runyon Avenue

THURSDAYS

SILVER STARS WALKING AND EXERCISE

Instructor: Keith Fields
8:30 - 9:30 AM, February 8 - March 28 (Weather Permitting)
Tibbetts Brook Park
Meet in Gazebo closest to the entrance parking lot.

EXERCISE

Instructor: Cathy McMahon
12:15 - 1:15 PM, February 8 - March 28
Bernice Spreckman Community Center
777 McLean Avenue

FRIDAYS

TAI CHI

Instructor: Alex Lamas
12:00 - 1:00 PM, February 2 - March 29
Bernice Spreckman Community Center
777 McLean Avenue

SENIOR CITIZEN RECREATION

ARTS AND CRAFTS

Instructor: Joanna Cardilli

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

REGISTRATION: Phone in – call the location of the class and register your name with the Senior Leader. Space is limited. Registration is free. Open to residents 60 years of age and older.

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

Enjoy classes at these locations:

Charles Cola Community Center

945 North Broadway
Mondays 1:00 – 3:00 pm
March 11, 18, 25

Nepperhan Community Center

342 Warburton Avenue
Tuesdays 1:00 – 3:00 pm
February 20, 27

Bernice Spreckman Community Center

777 McLean Avenue
Wednesdays 1:30 – 3:30 pm
February 7, 14, 21

TRIVIA TIME

Instructor: Maryl Turchi

Charles A. Cola Community Center

945 North Broadway
Wednesdays 1:00 – 3:00 PM
February 7 – March 27

Homefield House

911 Saw Mill River Rd
Tuesdays 1:00 - 3:00 pm
February 6 – March 26

ART & SKETCHING

Instructor: Michael Cuomo

All are welcome to experience the joy of creative activity.

Bernice Spreckman Community Center

777 Mclean Avenue
Thursdays 1:00 – 3:00 PM
February 8 – March 28

Homefield House

911 Saw Mill River Road
Fridays 12:00 - 2:00 PM
February 2 – March 29

Inclement weather? Call the City of Yonkers hotline at 377-6454 one hour prior to scheduled class or center opening to confirm if that the class is being held. For more information on Senior Recreation Programs call 377-6442.



SENIOR CITIZEN RECREATION

LINE DANCING

Instructor: Diane Capurso

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs, please call 377-6435.

MONDAYS

Bernice Spreckman Community Center
777 McLean Avenue

Beginners/Intermediate
12:30 - 1:30 PM

Dates: February 26, March 11, 18

FRIDAYS

Charles A. Cola Community Center
945 North Broadway

Intermediate
10:45 – 11:45 AM

Dates: February 2, 16; March 8

Nodine Hill Community Center
140 Fillmore Street

Advanced
12:30 – 1:30 pm

Dates: February 9, March 1, 22



COYNE PARK RIFLE & PISTOL RANGE

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

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

Hours of Operation

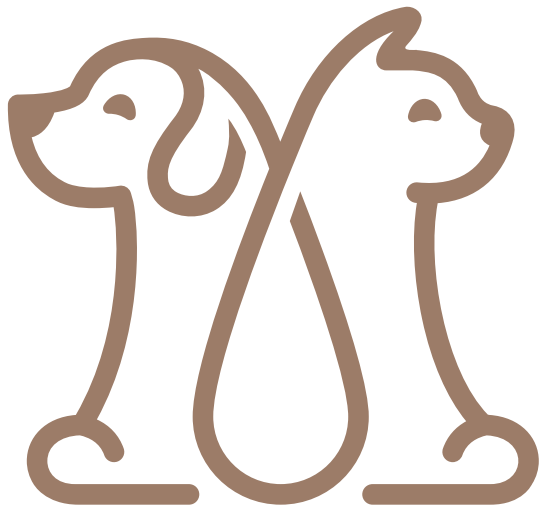
Monday, Wednesday & Thursday: 4:00 - 9:00 pm
Friday: 11:00 am - 9:00 pm
Saturday: 12:00 - 5:00 pm (January 7 - April 1, 2023)
Closed on Tuesday & Sunday
subject to change

Residents \$20 per hour, Non-residents: \$25 per hour
Yearly memberships available, Residents \$300, Non-residents \$375
Eye and Ear Protection: \$3 each
Rifle Rental: \$75 per person plus cost of ammunition,
includes eye and ear protection, instruction, and one hour admission.

NRA First Steps

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





YONKERS ANIMAL SHELTER

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

Hours of Operation

11:00 am to 4:00 pm

Adoption fees: Cats \$65 • Dogs \$80

Interested in adopting?

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

Adoptions include:

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





Yonkers Youth Bureau
285 Nepperhan Avenue | Yonkers, NY 10701

914.377.6443

youthbureau@yonkersny.gov
www.yonkersny.gov/youthbureau



MAYOR MIKE SPANO



The newly reinstated Yonkers Youth Bureau's mission is to serve Yonkers youth and their families through community development, advocacy, and prevention, strengthening the overall community.

The Yonkers Youth Bureau will work to educate youth and their families with a focus on wellness, mental health awareness, career development, and other critical life skills to develop youth into productive members of the community.

Mind Matters Mental Health Series

This series focuses on mental health related programs geared towards the youth and their families. The goal is to provide support and educate the participants on the importance of mental health.

Youth Leadership Academy

(For Youth in Grades 6th - 8th)

Youth Leadership Academy focuses on developing youth into young leaders before they enter high school. The program focuses on respect, enthusiasm, and articulation to help them develop their authentic selves.



Yonkers Social Circus

(For Youth in Grades 5th - 8th)

This unique program connects education, physical art and social development. Participants will learn important life skills through circus arts. Social Circus is more than teaching circus skills: it is a tool for transformation, discipline, creativity and artistic expression.

Workforce Readiness Program

(For Youth in Grades 9th - 12th)

The workforce readiness program supports youth's physical, mental and emotional well-being. This program we will help the youth with resume building, interviewing strategies and other necessary skills needed to compete in the labor market.

For more information, contact the Yonkers Youth Bureau today!

Follow us today:

  [yonkersyouthbureau](https://www.facebook.com/yonkersyouthbureau)

2024

YONKERS

MARATHON, HALF MARATHON & 5K



SAVE THE DATE

SUNDAY, SEPTEMBER 15, 2024



cityofyonkers
mayormikespano



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City of Yonkers
Department of Parks, Recreation & Conservation

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