

YOUTH PROGRAMS

BASKETBALL PROGRAMS

Come in the gym and score your way through the Winter! We offer various basketball programs for children, where young athletes learn about the game, begin skill work and understand the meaning of teamwork and play games. Dribble your way in and join our coaches and staff at the gym and get ready for tip-off!

Basketball Instruction

Our Basketball Instruction program introduces players to the basic fundamentals of basketball. Children practice dribbling, shooting, passing, and defense. No Experience necessary. Sessions are limited to 24 participants per group. **You may register for both sessions at the same time.**

Age Group K-2
Day/Time Saturdays
Session I **FALL**, Begins October 22, 6 Sessions
Course # **220310-F1** Grade K 9-10am
F2 Grade K 10:10-11:10am
F3 Grade 1 11:20-12:20pm
F4 Grade 2 12:30-1:30pm
F5 Grades 1 & 2 1:40-2:40pm
F6 Grades 1 & 2 2:50-3:50pm

No Session 11/12 & 11/26

Location Church Street School, Gymnasium
Fee \$75

Session II **WINTER**, Begins January 14, 6 Sessions
Course # **220310-W1** Grade K 9-10am
W2 Grade K 10:10-11:10am
W3 Grade 1 11:20-12:20pm
W4 Grade 2 12:30-1:30pm
W5 Grades 1 & 2 1:40-2:40pm
W6 Grades 1 & 2 2:50-3:50pm

No Session 2/18 & 2/25

Location Church Street School, Gymnasium
Registration Ongoing
Fee \$75

Basketball Recreation League

Teams practice on weekdays between the hours of 6-9pm in preparation to play in games. Basketball sneakers and shorts without pockets are required. League play is determined by grades and is gender specific. The season ends with an exciting March Madness tournament. **VOLUNTEER COACHES ARE NEEDED.**

If interested, please call 422-1351.

Age Group Grades 3-10
Day/Time Weekday Evenings & Saturdays
 Practices Begin December, Season Begins January

	Boys	Girls
Course #	220310-B1 Gr. 3-4	220310-G1 Gr. 3-4
	B2 Gr. 5-6	G2 Gr. 5-6
	B3 Gr. 7-8	G3 Gr. 7-8
	B4 Gr. 9-10	

Registration Ongoing **DEADLINE November 19**
Fee \$75-Residents only

New Player Evaluation

***All first time players in our league must attend new player evaluations**

Day/Time Monday, 11/21 Girls grades 3-8
 Tuesday, 11/22 Boys grades 3-10
Location Highland Middle School/upper gym, 6-8pm

White Plains Recreation Night with the WESTCHESTER KNICKS

Join your friends and classmates at the Westchester County Center for a night of basketball and entertainment with the Westchester Knicks, an NBA Development League affiliate of the New York Knicks. On this special night, City of White Plains youth will be recognized as we cheer on the Knicks in our own section. Half-time entertainment will include a basketball game featuring select players from White Plains. Food, fun and giveaways will equal a great night of basketball fun.

PURCHASE YOUR TICKETS AT THE RECREATION OFFICE. \$10 per ticket



YOUTH PROGRAMS

Basketball Competitive Travel Teams

High level play for top level players!! All players must tryout to be selected to the team. Tryouts are free. Once selected players receive full uniforms and will compete in league play against top teams from throughout the tri-state area. In addition, players play **FREE** in the WP Recreation League. **For more information, contact George Price, Program Supervisor at 422-1347.**

Ages	Grades 5-8	
Day/Time	Varies, October-March	
Course #	Boys	Girls
	225910-B1 Boys Gr 5	225910-G1 Girls Gr 5
	B2 Boys Gr 6	G2 Girls Gr 6
	B3 Boys Gr 7	G3 Girls Gr 7
	B4 Boys Gr 8	G4 Girls Gr 8
Location	Varies	
Registration:	Ongoing	
Fee	\$275, Due upon Selection to Team.	

FREE TRY OUTS

Boys		
Grade	Dates	Time
8	Oct 17 & 19	6-7:30pm
7	Oct 17 & 19	7:30-9pm
6	Oct 18 & 20	7:30-9:00pm
5	Oct 18 & 20	6:00-7:30pm

Location-Highlands Middle School

Girls		
Grade	Dates	Time
8	Oct 17 & 19	7:30-9:00pm
7	Oct 17 & 19	6:00-7:30pm
6	Oct 18 & 20	7:30-9:00pm
5	Oct 18 & 20	6:00-7:30pm

Location-Church Street School

Team Selection Oct 26-28
Practices Begins Late October/Early November

Cheerleading

Learn the techniques and team spirit necessary to be a top cheerleader. This cheerleading experience will develop your dance skills, work on team building and create an environment for new friendships.

Age Group	Grades 1-5
Day/Time	Monday, 6:15-7:15pm, 8 sessions
Course #	224410-C1 Begins October 17
Location	Ridgeway School Gym
Registration	Ongoing
Fee:	\$80



Friday Night Field Hockey

new

Do you want to play some Field hockey this fall? Delfino Park, under the lights, is the place for you. White Plains Recreation and parks will be offering field hockey skill development and games for girls.

Players are responsible for mouth guards, shin guard and cleats. Limited numbers of sticks are available.

Age Group	Grade 3 - 6
Day/Time	Friday, Begins 9/23 6 Sessions
Course #	221110-FH Grade 3-4, 5:45-7pm GH Grade 5-6, 7:10-8:25pm
Location	Delfino Park
Registration	Ongoing, Deadline 9/19
Fee	\$75

Hip-Hop

Children will have a great time learning how to move to different rhythms and beats while adding their own spice and attitude. Class will focus on upper and lower body coordination. Children will get active, create new friends and learn to dance, all at the same time. Students should wear comfortable clothing. A dance recital will be held in the Spring 2017 for classes starting in January only. Dress rehearsal and recital dates to be announced.

Age Group	Grade 1 - 6
Day/Time	Grade 1-3 Tuesday, 4:30-5:30pm
Course #	225710-HA Tuesday Begins September 20 10 Sessions No Session 10/4, 11/8
Course #	225710-HB Tuesday Begins January 17 12 Sessions No Session 2/21, 4/11
Day/Time	Grades 4-6 Thursday, 4:30-5:30pm
Course #	225710-HF Thursday Begins September 22 10 Sessions No Session 11/24
Course #	225710-HW Thursday Begins January 19 12 Sessions No Session 2/23, 4/13
Location	Gillie Recreation Room
Registration	Ongoing,
Fee	\$110-10 Sessions \$135-12 Sessions, rehearsal & recital



YOUTH PROGRAMS

Lacrosse Association, White Plains

This program teaches beginners and young players the basic skills necessary to play in competitive games.

Age Group Grades 1-8, Girls Grades 3-8
Registration Begins December: Applications are available at www.wplax.com.

My Art Treasure/Creative Explorations

Children will be able to have fun while exploring their artistic abilities. They will enjoy and experience different art mediums (painting, drawing, tie dyeing, clay sculpting and more), build on previous knowledge and learn new art skills. They will also learn about some popular artists and search for the artist within! Children should wear a smock or oversized shirt.

Age Group Grades 1 – 4
Day/Time Wednesday 4:30–5:30pm 10 Sessions
Course # **223010-AF** Begins September 21
No Session 10/12, 11/23
Course # **223010-AW** Begins January 11
No Session 2/22
Location Community Center, 65 Mitchell Place
Registration Ongoing.
Fee \$100 (Supplies Included)

“No-Go-Yell-Tell” Stranger Danger Program

This is a child safety program, designed to give children the skills to remain safe today. Simple and effective strategies against stranger danger are practiced through role playing in a safe, fun, caring environment.

Age Group 6-11 Years
Day/Time Saturday, March 4, 11:30am-12:30pm
Course # **225010-S2**
Location Gillie Recreation Room
Registration Ongoing
Fee \$5 **MUST PRE-REGISTER**



Quick Start Tennis

What makes tennis fun for children is being able to rally a ball back and forth over the net. In cooperation with the USTA, We offer Quick Start Tennis. Quick Start tennis is a program designed to instruct children at the beginner level in the skills needed to play and most of all enjoy the game of tennis. Utilizing smaller tennis courts, foam and oversized tennis balls, the child will learn the game of tennis. All equipment for this program is provided.

Age Group Grades 1-6
Day/Time Thursday, 5-6pm
Course # **221210-01** Begins September 15, 4 Sessions
Location Gillie Park
Registration Ongoing.
Fee \$85



Safe on My Own

This program will provide each child with the essentials needed when they are home without adult supervision. Discussion will cover First Aid, telephone & door answering, activity plans, emergencies & more!

Age Group Grades 5-8
Day/Time Saturday, March 4, 9-11am
Course # **225010-S1**
Location Gillie Recreation Room
Registration Ongoing
Fee \$5 **MUST PRE-REGISTER**

Santa's Mailbox

Write your special holiday list, place it in an envelope addressed to SANTA, NORTH POLE, and place it in the special Santa mail box on the steps of City Hall. Remember to include your return address! No stamp needed.

Day/Time November 21-December 17
Location City Hall Steps

YOUTH PROGRAMS

SOCCER

SOCCER STARTS HERE!

Come on out to the field and kick your way through the Fall! We offer various soccer programs for children, where players will begin to learn the game and various skills, as well as team work. Athletes will develop their skills and learn how to compete in game situations. All athletes will receive awards and a t-shirt. DEADLINE SEPTEMBER 10

VOLUNTEER COACHES ARE NEEDED FOR LEAGUE PLAY. IF YOU ARE INTERESTED PLEASE CALL 914-422-1351.

LITTLE KICKERS INSTRUCTIONAL PROGRAM

Children will be introduced to the game and the various skills needed to play. They will participate in drills, fun games, and mini scrimmages. All players will receive a t-shirt and they must wear shin guards.

Pre Kickers

Age Group Pre K
Day/Time Saturday, Begins September 17, 6 Sessions
Course # 220510-P1 9am
P2 12pm
Location George Washington School
Registration Ongoing, (Space Limited) **Deadline September 10**
Fee \$75

Kinder Kickers

Age Group Grade K
Day/Time Saturday, Begins September 17, 6 Sessions
Course # 220510-K1 10am
Course # K2 1pm
Location George Washington School
Registration Ongoing, (Space Limited) **Deadline September 10**
Fee \$75

First Kickers

Age Group Grade 1
Day/Time Saturday, Begins September 17, 6 Sessions
Course # 220510-1A 11am
Course # 1B 2pm
Location George Washington School
Registration Ongoing, (Space Limited) **Deadline September 10**
Fee \$75

Sunday Stars Instructional Program

Children will be introduced to the game and the various skills needed to play. They will be placed on teams and participate in drills and games. All players will receive a t-shirt and they **MUST** wear shin guards.

Age Group Grades K-6
Day/Time Sunday, Begins September 18, 6 Sessions
Course # 220510-08 Grade K – 2 10am
09 Grade 3 – 6 11:15am
Location Ralph Avenue Field
Registration Ongoing (Space Limited) **Deadline, September 10**
Fee: \$75

Soccer League Play

Athletes will practice during the week and participate in games on Saturdays. Soccer cleats, shin guards, and athletic clothing are required. T-shirts will be provided.

** 2nd Grade will be Co-Ed and the 3rd – 6th Graders will participate in the Travel Recreation League with neighboring towns. Games will be “full field”.

Age Group Grades 2-6
Day/Time Saturday, Begins September 24, 9am–3pm, 7 Sessions
Course # 220510-02 Grade-2, Coed
Boys **Girls**
Course # 220510-03 Gr-3-4 **Course #** 220510-04 Gr-3-4
05 Gr-5-6 **06** Gr-5-6
Location George Washington Elementary School & various local fields
Registration Ongoing (Space Limited) **Deadline September 10**
Fee \$75

Soccer Travel Teams - Coordinated by White Plains Youth Soccer

More information Contact: Alejandro Galeano - (914) 924-7266
alejo2384@hotmail.com U8-U18 boys and girls

StoryWalk™

An exciting initiative that combines a children’s story with a nature walk through our newest park. Children follow each page of the story as they walk the path. StoryWalk™ helps build children’s interest in reading while encouraging healthy outdoor activity for both adults and children. The stories will change every 6-8 weeks.

Where: Bryant – Mamaroneck Park, municipal parking available at the Mamaroneck Ave. Lot, 540 Mamaroneck Ave. (behind Dunkin Donuts)
When: Now – October 31, during normal park hours

Cost: Free

Note: The path in the park is natural and thus could prove to be challenging for some. Please exercise caution whilst walking on the path.



YOUTH PROGRAMS

Superkids Fitness

(By Peter Marino, Fitness Trainer)



This is a super hero themed outdoor fitness program different from any other program out there. Your kids will train in the first half of the session and then use the skills they have learned to play out an action sequence with Nerf guns. Each youth will get to choose an action sequence and play it out. At the last session we will record your child's action scene and send it to you as a keepsake..

Age Group Grades 3-8
Day/Time Tuesday & Friday 5:30–6:20pm. 8 Sessions
 Begins September 13 **No Session 10/4**
Location Kittrell Park (Fisher Ave)
Registration Recreation Office
Fee \$130 **Check payable to Peter Marino**

Swim FREE Family FUN

A free family oriented activity. All children under 13 must be accompanied by an adult, NO SWIM DIAPERS ALLOWED. Each participant 5 years & older MUST have a valid Recreation ID card to participate.

Age Group Grades Pre K-Adult
Day/Time Friday, 7-9pm, 8 Sessions
 Begins September 30
No Session 11/11, 11/25
 Begins January 6
No Session 2/17, 2/24
Location White Plains High School Pool
Registration **On-Site**
Fee Valid Recreation and Parks ID must be presented.

Swim Instruction-Beginners

Children will learn basic water safety skills and will be introduced to swimming. American Red Cross curriculum will be followed. Lessons are 35 minutes and 10 minutes to practice and play. All new participants will be tested on the first day of class and will be placed in their appropriate beginner skill level. No intermediate or advanced swimmers will be allowed in this class.

Age Group Grades K-8
Day/Time Tuesday, 6:45 -7:30pm, 8 Sessions
Course # **220110-T1** Begins September 27
No Session 10/4, 11/8
220110-T3 Begins January 10
No Session 2/21
Day/Time Saturday, 8 sessions
Course # **220110-S1** 12-12:45pm, Begins October 1
S2 1-1:45pm
S4 12-12:45pm, Begins January 7
S5 1-1:45pm
No Session 2/18, 2/25
Location White Plains High School Pool
Registration Ongoing
Fee \$96

Swim Instruction-Intermediate to Advanced Swimmer

This class is designed to refine and enhance stroke development. Children must be able to swim at least two pool laps in 4-5 feet deep water. American Red Cross curriculum will be followed. Lessons are 35 minutes and 10 minutes to practice and play. All new participants will be tested on the first day of class and will be assigned to either intermediate or advanced level. No beginners will be allowed in this class.

Age Group Grades K-8
Day/Time Tuesday, 7:45-8:30pm, 8 Sessions
Course # **220110-T2** Begins September 27
No Session 10/4, 11/8
220110-T4 Begins January 10
No Session 2/21
Day/Time Saturday 2-2:45pm, 8 Sessions
Course # **220110-S3** Begins October 1
S6 Begins January 7
No Session 2/18, 2/25
Location White Plains High School Pool
Registration Ongoing
Fee \$96

Taiko Drumming

Learn the technique and skill of traditional Taiko Masala drumming. Students will get an introduction to this exciting, energetic and unique drumming experience. Drums will be provided. Students will perform at the White Plains Tree Lighting, December 4.

Age Group Grade 1-Adult
Day/Time: Sunday, 10-1pm
Location Gillie Community Room, Gedney Way
Registration Ongoing Call 422-1339 for start date
Fee \$85 Resident, \$100 Non-Resident
Check payable to Niji No Kai

Tap Dance

Students will learn the fundamental steps of Tap dance. In addition to learning steps, class curriculum includes lessons on rhythm, syncopation and weight exchange. Children should wear form-fitting clothing. Tap shoes are required. A dance recital will be held in the Spring 2017 for classes starting in January only. Dress rehearsal and recital dates to be announced.

Age Group Grades 1-5
Day/Time Wednesday, 5:30-6:30pm
Course # **221010-D1** Begins September 21, 10 Sessions
No Session 10/12, 11/23
221010-D2 Begins January 18, 12 Sessions
No Session 2/22, 4/12
Location Gillie Recreation Room
Registration Ongoing
Fee \$110-10 Sessions
 \$135-12 Sessions, Rehearsal & Recital

YOUTH PROGRAMS

T-Ball Senior Squirts

new

This program is offered by US Sports Institute in association with WP Rec & Parks. Players will focus on learning the rules and techniques for hitting and fielding. Each week players will apply what they have learned into a T-Ball game. This class creates an environment which allows players to develop and progress within the sport.

Age Group Grades K-3
Day/Time: Tuesday, 3:30-4:15pm; 4:30-5:15pm
 Begins September 13, 6 Sessions

No Session 10/4

Location Delfino Park
Registration Recreation Office or at
 www.ussportsinstitute.com

Fee \$99 **Check payable to USA Sport Group**

Tennis Instructions

This is an instructional program designed for the beginner as well as the more advanced player. The goals include the following areas of fundamentals, proper grip of racquet, development of a forehand and back hand game, as well as learning the etiquette and rules of the game of tennis. Through development of basic tennis skills an individual can develop a lifelong interest in a healthy activity.



Age Group Grades 4-9
Day/ Time Friday, 5-6pm
Course # **221210-02** Begins September 16, 4 Sessions
Location Gillie Park
Registration Ongoing
Fee \$85

TGA Golf Enrichment

This program is offered by TGA in association with WP Rec & Parks. TGA makes it convenient and fun for your child to learn and play golf. Curriculums ensure that lesson plans are age-appropriate and easy to understand and retain. Students will experience a mix of golf instruction, rules and etiquette lessons, educational components, character development lessons and physical activity. Certified instructors will help your student athlete develop a strong foundation of skills and knowledge as well a passion for the sport.

Age Group Grades K-6
Day/Time Monday & Wednesday, Begins September 7, 8 sessions
 Grades K-3, 4:45-5:45pm
 Grades 4-6, 5:45-6:45pm

No Session 10/3

Location NY Presbyterian Hospital/9-Hole Golf course
Rain date: Friday

Registration Recreation Office or at
 www.playtga.com/southernwestchester

Fee \$200 **Check payable to TGA of Southern Westchester**

TGA Golf Winter Break Camp

new

This program is designed to empower students with the tools to be successful on the course and in life. TGA provides all equipment.

Age Group Grades K-6
Day/Time Tuesday to Thursday, 9:30-12:30pm
 3 sessions, February 21-23

Location Mamaroneck Ave. School Gym
Registration Recreation Office or at
 www.playtga.com/southernwestchester

Fee \$200 **Check payable to TGA of Southern Westchester**

Tumbling and Flexibility - Beginners

Children will be introduced to tumbling and have a great time practicing somersaults and handsprings. They will also enjoy interacting with other children while working on proper flexibility. Children will have fun on tumbling mats.

Age Group Grades 1-6, Children only
Day/Time: Friday 6:45-7:30pm or Saturday 9:45-10:30am
 8 Sessions

Course # **221910-F1** Begins Friday, September 30

No Session 11/11, 11/25

221910-F2 Begins Friday, January 6

No Session 2/17, 2/24

221910-S1 Begins Saturday, October 1

S3 Begins Saturday, January 7

No Session 2/18, 2/25

Location Ridgeway School Gymnasium
Registration Ongoing
Fee \$125

Tumbling and Flexibility - Intermediate

Children will have a great time being physical while working on proper flexibility, practicing somersaults and handsprings. All children must be able to perform backbends to take advantage of and expand their tumbling abilities in our intermediate classes. Participants will have fun on tumbling mats.

Age Group Grades 1-6, Children only
Day/Time: Friday, 7:45-8:30pm, or Saturday, 10:45-11:30am, 8 Sessions

Course # **221910-F3** Begins Friday, September 30

No Session 11/11, 11/25

221910-F4 Begins Friday, January 6

No Session 2/17, 2/24

221910-S2 Begins Saturday, October 1

S4 Begins Saturday, January 7

No Session 2/18, 2/25

Location Ridgeway School Gymnasium
Registration Ongoing
Fee \$125

YOUTH PROGRAMS

Track & Cross Country

Learn the basics of track & cross country. This non-competitive recreational program will introduce participants to the skills necessary for a lifetime of enjoyment, strength training and health from running. Sessions are limited to 30 participants per group. Groups meet twice a week.

Age Group	Grades 3-8
Day/ Time	Monday & Wednesday or Tuesday & Thursday, 5:30-6:30pm
Course #	221110-MW Begins Monday, September 19 10 Sessions No Session 10/3, 10/10, 10/12 TT Begins Tuesday, September 20 10 Sessions No Session 10/4, 10/11
Location	Highlands Middle School Parker Stadium
Registration	Ongoing
Fee	\$80

VOLLEYBALL YOUTH CLINIC

new

Clinic based program, where each class is designed as a practice. Each practice will consist of passing/ball control, setting, hitting, defense, positioning, and end of practice scrimmages.

Age Group	Girls & Boys, Grades 5th – 12th
Day/ Time	Thursdays, November 10 – January 12, 8 Classes
Location	Eastview Middle School, Upper Gym
Fee	\$240, Make checks payable to Westchester Volleyball NY
	For further information please email WESTCHESTERVOLLEYBALLNY@GMAIL.COM

Party Room Ebersole Ice Rink

Are you looking to host an Ice Skating Birthday party, you don't have to look further than Ebersole Ice Rink. The Party room at Ebersole Ice Rink is available for groups up to thirty. There are many party packages available for both the use of the Party room during Public Skating sessions as well for any other occasion you may be planning. Let the staff at Ebersole Ice Rink make that birthday party or other special event happen! For further information you can contact Ebersole Ice Rink at 914 422-1390 or e-mail Matt Hanson at mhanson@whiteplainsny.gov

White Plains Little League

Registration Starts in Early December
Register Online at
www.whiteplainslittleleague.com

Age Group	Boys & Girls, 5-15 Years Scholarships Available!
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Great White Plains Camp Out

Camp Out overnight in your own community. Overnight camping and all activities included in fee. Activities include: nature workshops, hiking, games, magic show, outdoor movie, campfire, ghost stories and leisure fun under the stars.

Age Group	Open to Families and Scout Groups
Day/ Time	Saturday, September 17 check-in after 2pm Checkout by 11am September 18 Rain date September 24
Location	Delfino Park Lake Street
Registration	Deadline September 11
Fee	\$50 per family

White Plains Recreation & Parks Camp Fair

Excitement, fun and friends await your child at summer camp in White Plains. Our camp fair gives you the opportunity to ask questions and get more information about our varied camp options. Meet the Camp Directors. Registration available on-site with current immunization records.

Age Group	Open to All
Day/ Time	Saturday, February 4, 10am – 1pm.
Location	White Plains High School Cafeteria 550 North Street (Use entrance off North Street)
Fee	Free

TEENS ONLY No Parents Allowed

Programs will be exciting, social, lots of fun and well supervised by experienced recreation staff. Come enjoy a night with your friends and make new ones. **SCHOOL ID REQUIRED, RESIDENTS ONLY.**

Back-to-School Video Dance Party, Grades 7 & 8

DJ rocks Delfino Park as we celebrate fall, friends, and back-to-school.

Day/ Time	Friday, September 9, 7:30-10:00pm
Location	Delfino Park, Ebersole Ice Rink. Residents only, School ID required
Fee	\$10

Back-to-School 6th Grade Dance Party

Meet new people, test your skills at volleyball, play music games, sing, dance and enjoy inflatable obstacle course. Concession open.

Day/ Time	Friday, September 16, 7-9:30pm
Location	Delfino Park Residents only, School ID required
Fee	\$10

Ice Skating with DJ

Day/ Time	Saturday, December 10 and Saturday February, 11 8-10pm
Fee	\$10 Skates included

All Skating programs are held at Ebersole Ice Rink

