

YOUTH PROGRAMS

Youth Programs

Acting on The Fly!

We use improv games and formats to create scenes without scripts. Our class is light-hearted and often funny while teaching quick-thinking acting skills. If you enjoyed making things up on the spot, you'll probably like this class.

Age Group Grades 3-5
Day/Time Friday 5 - 6pm. Begins April 12, 6 sessions
Location WP Performing Arts Center
Registration <http://wppac.com/conservatory-theatre/>
Fee: \$90 **Payable to WP Performing Arts Center**

Creative Drama: Acting Through Stories!

A creative and fun introduction to theatre using familiar stories as source material. Students go beyond the story and create new adventures using drama to tie together acting and early literacy skills.

Age Group Grades K-2
Day/Time Friday 4 - 5pm Begins April 12, 6 sessions
Location WP Performing Arts Center
Registration <http://wppac.com/conservatory-theatre/>
Fee: \$90 **Payable to WP Performing Arts Center**



Cheerleading

Learn the techniques and team spirit necessary to be a top cheerleader. Basic stunts are also introduced in this class. 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, 6:30-7:30pm, 6 Sessions
Course # T1 Begins April 29
Location Ridgeway School Gym
Registration Ongoing
Fee: \$70



Funk Dance for Kids (NEW)

new

Groove to the beats of R & B and funk while developing a fusion of jazz and hip-hop techniques. This high-energy class will help you explore funk movements that will strengthen balance, improve posture and increase flexibility. Learn basic turns and jumps, gain a sense of style and most importantly, have fun!!!

Age Group Grades 1 - 5
Day/Time Thursdays, 4:30 - 5:30 pm.
 Begins May 2, 6 sessions
Course # FK
Location Gillie Recreation Room, Gedney Way
Registration Ongoing at Recreation & Parks Office
Fee: \$75



Youth Bureau After School Connection

new

This program provides quality after school child care from school dismissal until 6 pm at all five elementary schools, the Eastview 6th Grade Academy, Highlands Middle School, the DeKalb housing complex and the Thomas Slater Center.

Age Group Kindergarten – 8th grade (White Plains Residents)
Day/Time Monday – Friday, September 2019 – June 2020
Contact Byron Smalls, 914-422-1378, x6720; bsmall@whiteplainsny.gov
Fee \$88.25 ** per week until 6 pm; billed monthly
 Extended day until 6:30 pm available at an additional \$45 per month
 (** Fees subject to change, pending Common Council approval)
 Income based scholarships are available.

YOUTH PROGRAMS

Lifeguard Re-Certification Class, First Aid/ CPR/AED

new

Update your lifeguard skills and learn how to respond to breathing and cardiac emergencies. This class will combine both in person and on-line options. Students who successfully complete this course will receive a certificate.

Age Group 15 years to Adult
Day/Time Friday, 6:30 - 9:30 pm, May 3 & May 10
Course LC
Location White Plains High School Pool
Registration Ongoing
Fee \$236 (includes all fees). Must have own CPR mask.



My Art Treasure

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. Children should wear a smock or oversized shirt.

Age Group Grades 1–4
Day/Time Wednesday, 4:30–5:30 pm, 8 Sessions
Course AS Begins April 24
Location Community Center 65 Mitchell Place
Registration Ongoing
Fee \$90 (supplies included)

Nature Walk

Learn all about the natural wonders in our own local park. This 1 hour, 1/2 mile hike will follow the parks trail and will be led by a naturalist from the Westmoreland Sanctuary.

Age Group Families
Day/Time Saturday, April 27, 11am-12pm
Registration Ongoing at Recreation Office
Fee Free, call 422-1336 for reservation



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 April 15–November 4, 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



POOL PASSES REQUIRED FOR ADMISSION

Poolside fun for you, your family and friends. One of the best kept secrets in White Plains is the refreshing, pristine pools of Gardella Park, Ferris Ave (access & parking from Church Street School) and Kittrell Pool located on Fisher Avenue. **Resident Pool Passes are required for Admission. Youth/Seniors \$15 and Adults \$25 for Season Passes.** Guest Passes are \$6.00 per visit with a valid Adult Pool Pass Holder and can be purchased @ the Recreation Office during business hours. Pools will open Saturday, June 15, Sunday, June 16 and daily from June 21 until August 31 Additional information please call 422-1339

RENEWALS may be done online if you have your 2018 card

YOUTH PROGRAMS

Fridays Beginners Swim Class followed by Open Swim

A safe and supportive environment will be provided for people with little or no previous swimming experience. Treading water, front and back float, front crawl stroke, underwater swimming and water safety skills will be covered. Afterwards, there will be designated time to enjoy the water with friends and family.

Age Group	Pre-K to Adult
Day/Time	Friday, 6:45 –9:00 pm, Begins May 17 (4 sessions)
Course	BF
Location	White Plains High School Pool
Registration	Ongoing
Fee	\$50



Swim Instruction-Beginners (Levels 1 & 2)

Children will be tested on the first day of class and divided accordingly. Children must wear goggles.

Level 1: Introduction to Water Skills- Students learn to feel comfortable in the water and safely enjoy it.

Level 2: Fundamental Aquatic Skills - Students learn basic swimming skills to help them to swim more independently.

Age Group	Grades K-8
Day/Time	Tuesday, 6:45 - 7:30 pm, 6 sessions
Course	T1 Begins April 23
Day/Time	Wednesday, 6:45 - 7:30 pm, 6 sessions
Course	W1 Begins April 24
Day/Time	Saturday, 6 Sessions
Course	S1 12–12:45pm, Begins April 27
	S2 3-3:45pm
Location	White Plains High School Pool
Registration	Ongoing
Fee	\$75

Swim Instruction-Beginners (Level 3)

Children must be comfortable and able to submerge entire body under water. Children must wear goggles.

Level 3: Stroke Development - Designed to improve skills learned in level 2. Front crawl, back stroke and basic breast stroke arm movement will be introduced.

Age Group	Grades K-8
Day/Time	Tuesday, 7:45 - 8:30 pm, 6 sessions
Course	T2 Begins April 23
Day/Time	Saturday, 1 - 1:45 pm, 6 Sessions
Course	S3 Begins April 27
Location	White Plains High School Pool
Registration	Ongoing
Fee	\$75



Swim Instruction-Intermediate to Advanced Swimmer (Level 4 & 5)

Children will be tested on the first day of class and divided accordingly. Participants must be able to swim at least 50 yards in deep water using freestyle, back stroke and breast stroke. Children must wear goggles.

Level 4: Stroke Improvement: Children will gain confidence, improve their stroke and gain additional aquatic skills. Breast stroke-kicking and basic butterfly stroke will be introduced.

Level 5: Stroke Refinement: Children will work on coordinating and refining stroke efficiency, breathing techniques and building endurance.

Age Group	Grades K-8
Day/Time	Monday, 6:45 - 7:30 pm, 6 Sessions
Course	M1 Begins April 29
Day/Time	Wednesday, 7:45 - 8:30 pm, 6 sessions
Course	W2 Begins April 24
Day/Time	Saturday, 2 - 2:45 pm, 6 Sessions
Course	S4 Begins April 27
Registration	Ongoing
Fee	\$75

YOUTH PROGRAMS

Swim Conditioning & Skill Proficiency (Level 6)

This class is designed to refine strokes so students can learn to swim with ease, efficiency, power and smoothness over greater distances. Students will practice flip turns, diving and block starts. Children must wear goggles. Only advanced swimmers will be allowed in this class. Children registering for this level may not register in a lower level class.

Age Group	Grades 3-8
Day/Time	Monday, 7:45 - 8:30 pm, 6 Sessions
Course	M2 Begins April 29
Day/Time	Saturday, 11:00 - 11:45 am, 6 Sessions
Course	S5 Begins April 27
Location	White Plains High School Pool
Registration	Ongoing
Fee	\$95
Fee	\$200 upon selection to the team

Swim Team Competitive Summer League

The summer swim team will compete in the Westchester County Association Summer league. Practices will be held at the White Plains YWCA and Central Westchester. Meets held at various sites throughout Westchester County during weekday mornings and afternoons from late June through early August. Participants must reside in the City of White Plains, or have an active membership with the White Plains YWCA.

Age Group	Ages 6-18 Years, Boys and Girls
Day/Time	Tryouts: TBA - May
Location	White Plains YWCA, 515 North Street
Registration	Participants must try out and be selected to the team
Fee	\$200 upon selection to the team



Splash "N" Swim

Children will learn basic water safety skills, orientation to aquatic environment and fundamentals of swimming.

Age Group	Grades K-6
Day/Time	Saturday, July 6, 6 Sessions
Course	G1 11:30am-12:15pm Gardella Pool K1 11:30am-12:15pm Kittrell Pool G2 12:30-1:15pm Gardella Pool K2 12:30-1:15pm Kittrell Pool
Registration	Ongoing, classes are limited to 15 participants
Fee	\$36

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.

Age Group	1-Adult
Day/Time	Sunday, 10-11am Beginner 11 am Sakura Taiko 1 pm Sakuro Taiko Practice Begins March 17-April 21, 6 Sessions
Location	Gillie Community Room, Gedney Way
Registration	Ongoing
Fee	\$85 Resident, \$100 Non Resident Checks payable to Nijinoki email Chiaki2@optonline.net

WP Youth Soccer Spring Break Camp

Kick your way into the soccer season. Experienced and enthusiastic soccer coaches provide an intensive week long soccer immersion. Age and skill abilities are divided for the optimal experience.

Age Group	Grades Pre-K-8, boys and girls
Day/Time	Monday - Friday, April 15 - 19 9 am - 4:00 pm (full day) 9 am - 12 noon (Half day)
Location	Highlands Middle School Turf Field
Registration	Recreation Office or www.wpys.org
Fee	\$280 (Full day); \$185 (Half day) Check payable to WPYS

Young Rembrandts Cartooning

new

Rejuvenate your child's spark and creativity with a Young Rembrandts Cartooning class! Learning to draw can be fun, especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

Age Group	Ages 6 - 12
Day/Time	Wednesdays, 4:15 - 5:15 pm Begins April 24, 7 sessions
Location	Gillie Recreation Room
Registration	Online @ www.youngrembrandts.comwestchester-putnam-ny
Fee	\$135

YOUTH PROGRAMS

Fun in the Garden

new

Join us for seeding, weeding, composting, and a variety of fun activities and crafts in the gardens. We will also design and create a fairy garden.

Age Group Grade 1-4
Day/Time Wednesdays, 4:00 - 5:00 pm Begins April 24, 6 sessions
Course FG
Location NY-Presbyterian Hospital (21 Bloomingdale Rd.)
Registration Ongoing at the Recreation & Parks Office
Fee \$83 (individual garden kit included)



Holistic Kids

Spark your child's curiosity for trying new foods by creating and maintaining an edible garden. Your child will sample healthy snacks weekly, learn where their food comes from and how to start and tend their compost.

Age Group Grade K-4
Day/Time Friday, 4:30 - 5:30pm, 6 Sessions
Course H1 Begins April 26
Location Gillie Recreation Room
Registration Ongoing
Fee \$75

Healthy & Fit For Life

Youth have access to a fully equipped fitness facility and highly qualified coaches. Fitness activities include Boxing, Personal Training and Karate.

Age Group Karate: 6-11y.o.; Personal Training 6 – 21y.o. (White Plains Residents)
Day/Time Monday - Friday, 3:00 – 8:00pm; School year program
Location Youth Bureau, 11 Amherst Place
Contact Dr. Bhavana Pahwa, 914-422-1378, x6715
bpahwa@whiteplainsny.gov



Youth on Stage Performing Arts Program

Guitar World Students learn the basic techniques and more of playing the guitar.
Age Group 7 – 21 years of age (White Plains Residents)
Day/Time Mid-September - June
Location Youth Bureau, 11 Amherst Place
Contact Adrienne Rivers, 914-422-1378, x6716
arivers@whiteplainsny.gov

Counseling - FREE

Family and individual counseling services provided by licensed therapists (services available in Spanish) addressing behavioral problems, depression, family issues and school related problems. Parenting programs also offered.

Age Group 6 – 21 years of age and families (White Plains Residents)
Day/Time Mid-September – June
 Monday - Friday, 3:00 – 8:00pm;
 Saturdays 1:00 – 8:00pm
Location Youth Bureau, 11 Amherst Place
Contact Dr. Bhavana Pahwa, 914-422-1378, x6715
bpahwa@whiteplainsny.gov

Growing White Plains

Recruiting volunteers for a six week summer assignment with the Growing White Plains program. The program operates two community gardens, one at NY Presbyterian Hospital and one in partnership with Bethel Baptist Church at the corner of Prospect St. and Sterling Ave., as well as a small greenhouse in Delfino Park. The food we grow (using organic methods) goes to feed people in White Plains in need. This is a volunteer effort and the gardens belong to the citizens of White Plains.

Age Group All Ages
Date Late Winter, Spring, Summer, & Fall
Location Youth Bureau, 11 Amherst Place
Registration Ongoing
Contact Martin Rudow, 914-422-1378, x6717
mrudow@whiteplainsny.gov



YOUTH SPORTS PROGRAMS

Yoga for Kids

Come bend, stretch, and play with us. Children learn yoga poses and play games that improve balance, strength, flexibility and self-regulation.

Age Group	Grades K-3
Day/ Time	Monday, 4:30 - 5:30pm, 6 Sessions
Course	Y1 Begins April 29
Location	Gillie Recreation Room
Registration	Ongoing
Fee	\$75

Zumba® Kids

Children will have a chance to be active and jam out to their favorite music. Classes feature kid-friendly routines based on original Zumba® choreography. Great exercise and lots of fun! For more information contact Lisa at zumbabylisha@optonline.net.

Age Group	Grades K-4
Day/ Time	Monday, 5:45 - 6:45pm, 6 Sessions Begins April 1
Location	Gillie Recreation Room
Registration	Ongoing
Fee	\$80 Checks payable to Lisa Bonelli

Little BASKET- Ballers 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.

NCAA Ballers

Age Group	2nd Grade
Day/Time	Thursday, 6-7pm, 6 Sessions
Course	B2 Begins June 27
Location	Kittrell Park, Fisher Ave.
Registration	Ongoing (Space Limited) Deadline June 22
Fee	\$75

NBA Ballers

Age Group	3rd Grade
Day/Time	Thursday, 7:15-8:15pm, 6 Sessions
Course	B3 Begins June 27
Location	Kittrell Park, Fisher Ave
Registration	Ongoing (Space Limited) Deadline June 22
Fee	\$75

Basketball Co-Ed League Play

Rebound from a hectic school year by dribbling your way to a summer filled with basketball fun.

Age Group	Grades 4-10, 6 Sessions
Day/Time	Monday-Wednesday, 6-8:30pm
Course	01 Grades 4 & 5, Monday Begins July 8 02 Grades 6 & 7 Tuesday Begins July 9 03 Grades 8, 9, 10, Wednesday Begins July 10
Location	Kittrell Park, Fisher Ave
Registration	Ongoing (Space Limited) Deadline June 29
Fee	\$25

Basketball Travel Program

**** FALL TRAVEL BASKETBALL TRY OUTS ARE TENTATIVELY LATE SEPTEMBER & EARLY OCTOBER. For further information and details, please contact gprice@whiteplainsny.gov. ****

Basketball Summer 18U League

Competitive league featuring top-notch players and teams. A team representative **MUST** attend an organizational meeting on **Wednesday, May 22 at 6:30pm at Gardella Park Pavilion**. Each team representative **MUST** present a copy of each player's Valid School ID or Birth Certificate with a Valid Picture ID or State ID at this meeting. **Players CANNOT Turn 19 before September 1, or have Any Collegiate Experience.** For further information and details, please contact Gprice@whiteplainsny.gov.

Age Group	Grades 9-12, 18 years and under
Day/Time	Monday & Wednesday, 6:30, 7:30, 8:30pm
Course	05 Begins Monday, July 1
Location	Gardella Park, 175 Ferris Ave Additional FREE Parking at 295 Church St. Church Street Elementary School
Registration	TEAM ONLY TEAM FEES DUE ON OR BEFORE TUESDAY, MAY 22, SPONSORSHIP ENCOURAGED
Fee	\$250 Resident, \$400 Non Resident, CASH, CREDIT CARD, AND/OR MONEY ORDER ONLY.

Flag Football League

The White Plains Flag Football League is a premier youth flag football league for both boys and girls. Powered by NFL Flag and USA Football, the WPPFL is primed to provide young players a fun exciting opportunity to engage in non-contact, continuous action while developing skills and learning lessons in teamwork. Players receive NFL Jerseys, Flag Belts, Monogrammed Shorts & Socks, as well as membership with USA Football. Games and practices will be played on Sunday Mornings in 2.5 hour blocks of time. Travel may be required to other local communities in Rye or Greenwich for league play.

Age Group:	Boys & Girls Ages 5 -14 years
Day/Time	Sundays, 8:30-11 AM Begins April 7-June 16
Location	Loucks Field WPHS
Registration	On-going www.whiteplainsflag.com
Fee	\$185



"Where to Go, What to Do, Way of Life!"

YOUTH SPORTS PROGRAMS

Football Clinic - JF Football Program

Through our Partnership with JF Football Program we will provide this opportunity for youth to develop and improve their football skills in a safe and enjoyable non-contact atmosphere. Local Head Coaches will be joined by former NFL players and the coaching staff from various youth football organizations.

Age Group: Kindergarten-9th grades
Day/Time Saturday, June 15, 9-11am
Course FC
Location Loucks Field WPHS
Registration Call 422-1336 or ON-Site beginning @ 8:15am
Fee Free (space limited)

GOLF Instruction-TGA

Come tee it up with TGA - we bring the golf course to you! Beginner and intermediate players will have a blast building their gold skills, learning about rules and etiquette of the game, and exploring how academic concepts like gravity, spin, and force apply to golf through fun games and activities.

Age Group Grade K-6
Day/Time Begins April 29, 6 sessions
Grades K-3, 4:45-5:45pm
Grades 4-6, 5:45-6:45pm
Location Presbyterian / Westchester Division
Registration Recreation Office or
www.playtga.com/southernwestchester
Fee \$160 **Check payable to TGA of Southern Westchester**



White Plains Youth Hockey -Try outs

Age Group U8 - U18
Day/Time Tuesday April 9, Wednesday April 10 & Thursday April 11
Location Ebersole Ice Rink - All levels
Times TBA Call 422-1366
Fee \$85

Lacrosse Association, White Plains

This program offers programs for athletes 3-14 years of age. Programs are offered during each season and are for beginners and experienced players. Athletes will build a variety of skills such as: passing, catching, scooping, dodging and shooting, all while building their self confidence. Applications are available at the Recreation office. Scholarships are available. **For more information contact Scott Dooley at wplxcoaches@gmail.com 914-907-0343**

Rugby Clinic

Learn basic Rugby skills in a fast-paced, fun environment under the guidance of former college and high school coaches from White Plains Rugby Football Club. Structured scrimmages throughout the program with certified officials. All equipment will be provided, including shorts and jerseys. Soccer/Rugby cleats and fitted mouth guard must be purchased on your own.

Age Group: U10, U12, U14
Day/Time Sundays, 9am-11am, April 7 - June 9 (8 sessions)
Location Battle Hill Park
Registration Recreation Office
Fee \$100 **Make checks payable to White Plains Rugby Football Club**

Soccer Starts Here!

Come on out to the field and kick your way through the spring! 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 a t-shirt and an award. For further information and details, please contact Gprice@whiteplainsny.gov.

**** FALL RECREATION SOCCER REGISTRATION BEGINS May 1st****

VOLUNTEER COACHES ARE NEEDED, for our Coed 2nd Grade, and Boys & Girls 3rd/4th Grade & 5th/6th Grade Divisions. For further information and details, please contact Gprice@whiteplainsny.gov.



YOUTH SPORTS PROGRAMS

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. **They MUST wear shin guards to every session.** For further information and details, please contact gprice@whiteplainsny.gov

Soccer Pre Kickers

Age Group Pre K COED
Day/Time Begins Saturday, April 27, 6 Sessions
Course P1 9am
 P2 12:15pm
Location George Washington Elementary School Field #1
Registration Ongoing (Space Limited) **Registration Deadline April 18**
Fee \$80

Kinder Kickers

Age Group Grade K COED
Day/Time Begins Saturday, April 27, 6 Sessions
Course K1 10:05am
 K2 1:20pm
Location George Washington Elementary School Field #1
Registration Ongoing (Space Limited) **Registration Deadline April 18**
Fee \$80

First Kickers

Age Group Grade 1
Day/Time Begins Saturday, April 27, 6 Sessions
Course 1A 11:10am
 B 2:25pm
Location George Washington Elementary School Field #1
Registration Ongoing (Space Limited) **Registration Deadline April 18**
Fee \$80

Coed Soccer League for 2nd Grade new

This League provides an opportunity to refine skills and compete in a semi-competitive setting. No experience needed. **They MUST wear shin guards to every session.** For further information and details, please contact gprice@whiteplainsny.gov

Age Group Boys & Girls 2nd Grade
Day/ Time Begins Saturday, April 27, 6 Sessions
 Time Varies 9:30-11/11:15-12:30pm
Course 02 Coed Soccer
Location George Washington Elementary School Field #2
Registration Ongoing (Space Limited) **Registration Deadline April 18**
Fee \$85



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, **shin guards are mandatory.**

Age Group Grade K-6
Day/Time Sunday, April 28, 6 Sessions
Course 08 10am Grade K-2
 09 11:30am Grade 3-6
Location Ralph Ave Field
Registration Ongoing (Space Limited) **Registration Deadline April 23**
Fee \$85

Soccer White Plains Youth-Travel

Travel soccer teams for Boys and Girls, 8-19 years of age. Openings on current teams may be limited depending on space. For further information contact Alejandro Galeano @ alejo2384@hotmail.com or visit the website at www.wpys.org.



YOUTH SPORTS PROGRAMS

Tennis Quick Start

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. This program is designed to instruct children at the beginner level in the skills needed to play and most of all enjoy the game. By utilizing smaller tennis courts, foam and oversized tennis balls, the child will learn the game. All equipment for this program is provided.

Age Group Grades 1-6
Day/ Time Thursday & Friday, 5-6pm, 4 Sessions
Course **01** Grades 1-3, Thursday, May 16
03 Grades 4-6, Friday, May 17
Location Gillie Park Tennis Courts
Registration Ongoing
Fee \$100

Tennis Spring Instructions

This instructional program is 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 Wednesday, Begins May 15, 4 Sessions
Course **04** Grades 4-6, 5-6pm
05 Grades 7-9, 6:15-7:15pm
Location Gillie Tennis Courts
Registration Ongoing
Fee \$100



Tennis Summer Clinic

Instructional clinic where participants will sharpen and learn new skills.

Age Group Grades 1-7
Day/Time Monday, 5 - 6pm,
Course **06** July 8, 4 Sessions
Location Gillie Park Tennis Courts
Registration Ongoing
Fee \$100

Track & X Country

Learn the basics of track & X country. This program will introduce participants to the skills necessary for a lifetime of enjoyment, strength training and health from running in an enjoyable non-competitive atmosphere. For further information and details, please contact: Gprice@whiteplainsny.gov.

Age Group Grades 4-8
Day/Time Monday & Wednesday or Tuesday & Thursday
 5:30-6:30pm, 12 Sessions
Course **MW** Begins Wednesday, April 24
TT Begins Tuesday, April 23
Location Highlands MS, Parker Stadium Track
 Meet near Hartsdale Avenue Entrance on the field.
Registration Ongoing
Fee \$96

T-Ball – Senior Squirts

Players will focus on learning the rules and developing their skills in hitting, throwing, base running and fielding. Each session, players will apply what they have learned into a T-Ball scrimmage. Participants must provide their own glove.

Age Group Grades K-2
Day/Time Tuesday, 8 Sessions, 4:30–5:15 pm
 Begins April 23
Location Delfino Park
Registration Recreation Office or www.ussportsinstitute.com
Fee \$129 **Check payable to USA Sport Group**

White Plains Tigers Football League

Teaching the foundation of football and teamwork. Our coaches take great pride in teaching our players many life skills so that they may develop their talents, on and off the field. **FLAG: K-2nd Grade – TACKLE: 3rd – 8th Grade** Practices and home games are at WP High School. For more information please visit www.wptigersyouthfootball.com

White Plains Bernies Football & Cheer

FLAG: K-2nd Grade - TACKLE: 3rd – 8th Grade Teaching White Plains Youth Football Since 1958. www.BerniesFootball.com



YOUTH TEEN PROGRAMS

TEENS ONLY No Parents Allowed

Programs promise to be exciting, fun, social and well supervised by recreation staff. Attend with your old friends and meet new friends at these events. **RESIDENTS ONLY, SCHOOL ID REQUIRED.**

H.I.I.T. Squad Teen Brigade (High Intensity Interval Training) (NEW)

A challenging, fun cardio workout that incorporates strength training, agility training & plyometric training. Get fit and have fun at the same time.

Age Group	Grades 6 – 8
Day/Time	Tuesday, May 7, 4:00 - 5:30 pm, 6 sessions
Location	Gillie Recreation Room
Registration	Recreation Office
Fee	\$60 Checks payable to DVD Blue Collar

Teen Night Pool Party

The pool is a great place to hang with friends, play some group water games and listen to some great music. Kick off your weekend with a fun-filled evening with lots of laughs.

Age Group	Grades 6 - 8 (Residents only. School ID required)
Day/Time	Friday April 26, 6 - 8 pm
Location	White Plains High School Pool
Fee	\$8 (School ID required)

After School Field Day of Outdoor Play

Get outside, collaborate with your peers and participate in challenging and fun activities such as Knock Out, Potato Sack Races, Kickball and Relay Races. Learn the importance of working as a team as you move, play and have fun. Snack Provided

Day/Time	Friday, 3 - 5:30 pm May 3 (6th grade) @ Eastview School Field May 31 (7 and 8 grade) @ Highlands School Field
Fee	\$8 (School ID required)

Back to School Video Dance Party, Grades 6th, 7th and 8th

DJ rocks Delfino Park as we celebrate fall, friends, and back-to-school. Meet new people, dance, sing and enjoy an inflatable obstacle course.

Day/Time	Friday, September 13, 7 - 9:30 pm
Location	Delfino Park, Ebersole Ice Rink
Fee	\$10 (Residents only. School ID required.)

Summer Employment and Volunteer Opportunities

Youth Bureau Summer Employment 2019
Monday, July 1st – Friday, August 9th

The Youth Bureau offers six weeks of summer employment to White Plains youth ages 14-21. Applicants must be available for the entire 6 week program.

1. Applications will be available ONLINE Monday, April 15th @ 5pm @ www.whiteplainsyouth.com
2. Application DEADLINE: Thursday, May 30th by 5PM
3. Applications can be submitted at the following locations only:
 - Youth Bureau at White Plains High School – H Cafeteria, Monday – Friday
 - Youth Bureau Office, White Plains Education Training Ctr., 303 Quarropas Street, Monday – Friday, 9:00am – 5:00pm
4. Proof of White Plains residency is required.
5. SUBMIT APPLICATIONS EARLY! There are a limited number of interview slots per placement. They are 1st come first serve.

Identification

If you are 14-17 you must submit a work permit. If you are 18-21 you must submit photo ID.

Additionally, all applicants will need to submit a 2nd form of ID which could either be a passport, social security card, or birth certificate.

Growing White Plains: SUMMER VOLUNTEERS

Recruiting volunteers for a six week summer assignment with the Growing White Plains program. The program operates two community gardens, one at NY Presbyterian Hospital and one in partnership with Bethel Baptist Church at the corner of Prospect St. and Sterling Ave., as well as a small greenhouse in Delfino Park. The food we grow (using organic methods) goes to feed people in White Plains in need. This is a volunteer effort and the gardens belong to the citizens of White Plains. The summer gardening program operates four days per week; three hours per day.

Age Group	7th – 12th grade (White Plains Residents)
Date	July 1st - August 9th
Location	Youth Bureau, 11 Amherst Place
Requirements	White Plains Residents
Contact	Martin Rudow, 914-422-1378, x6717 mrudow@whiteplainsny.gov



YOUTH TEEN PROGRAMS

This Way Ahead – Training & Paid Summer Internship Program

Are you interested in fashion or sales? This is an exciting opportunity to join one of the nation's premier retail organizations, and participate in a free job training program that allows you to potentially work at local area GAP, Banana Republic or Old Navy retailers once you have successfully completed the training component.

Age Group 11th and 12th grade students
(White Plains Residents)
Day/Time April 2nd-May 30th; Tuesdays & Thursdays
3:00-5:00pm
Location Youth Bureau Office at White Plains High
School H Cafeteria
Contact Janet Spencer, 914-422-1378, x6721
jspencer@whiteplainsny.gov

LETS GET READY ... SAT and College Preparation

This 9 week Summer Program, designed for White Plains students, is administered by Let's Get Ready (LGR) and provides intensive SAT preparation and assistance with all aspects of the college admissions process. Please visit the LGR website (www.letsgetready.org) for additional program information and enrollment criteria. Applications for coaches and students will be available on the Website in May.

Age Group rising 11th and 12 graders (White Plains Residents)
Day/Time Tuesday & Thursday, mid-June through August
5:45pm – 9:00pm
Location Youth Bureau, 11 Amherst Place
Contact Jason Roberts, jroberts1216@yahoo.com
or register at <http://letsgetready.org/signup/>

Babysitters Training Program

Young people focus on leadership, safety, basic care and first aid through our American Red Cross Babysitter Certification class. Applications can be obtained online at www.whiteplainsyouthbureau.org.

Age Group 12 – 18 years of age (White Plains Residents)
Day/Time April 16th; 9:30am – 4:00pm
Location Youth Bureau Office at White Plains Community
Center, 65 Mitchell Place
Contact Janet Spencer, 914-422-1378, x6721
jmspencer@whiteplainsny.gov

Job Bank

Calling all White Plains youth looking for a job! The local business community calls on us to help fill their jobs. Open positions are posted on our website at www.whiteplainsteens.com/current-job-listings.html

Age Group 14 and up (White Plains Residents)
Day/Time Monday – Friday
Location Youth Bureau Office at White Plains High School,
H Cafeteria
Contact Janet Spencer, 914-422-1378, x6721

Toastmasters Youth Leadership & Public Speaking

Develop or improve your public speaking skills while strengthening your leadership and organizational skills in a fun learning environment.

Age Group 11 years and up; Adults (White Plains Residents)
Location Youth Bureau Office at White Plains
Community Center
Day/Time School Year: First and third Wednesday of the
month: Time: 6:15pm – 8:15pm
Contact Adrienne Rivers, 914-422-1378, x6716
arivers@whiteplainsny.gov

TEENS ON THE GO!

A program designed to take teens to places they normally wouldn't go on their own. Experience the riches of living in New York State – join us as we take trips to Liberty Park for paintball or a trip up the Hudson or maybe a special screening of a film at the Jacob Burns Center. We'll take at least one trip a month; some will be free and others will have a nominal cost.

Age Group Middle and High School students
(White Plains Residents)
Day/Time School Year
Location Youth Bureau, 11 Amherst Place
Contact Adrienne Rivers, 914-422-1378, x6716
arivers@whiteplainsny.gov

Youth Court

Great opportunity for high school students to earn community service credit and learn about the workings of the judicial system. Students will meet Judges, Lawyers, and other professionals in the field of law enforcement. Students process real cases under the guidance of Judges.

Age Group 9th – 12th grade students (White Plains Residents)
Day/Time School Year
Location Youth Bureau, 11 Amherst Place
Contact Connie Jones Hairston, 914-422-1378
cjones@whiteplainsny.gov

