

# Adult Programs

## Athletics

### Basketball Summer Open Outdoor League (Pending Approval)

This competitive league is NCAA-certified and will feature top-notch Collegiate, Semi-Pro and Professional players. Call to schedule a try out day before May 1st. **All team representatives MUST attend organizational meeting to be held on Tuesday, May 18, at 6:30pm at Gardella Park Pavilion, 175 Ferris Ave.** For further information and details, please contact Darren Valdes at 914 422-1347 or [Dvaldes@whiteplainsny.gov](mailto:Dvaldes@whiteplainsny.gov).

<b>Age Group</b>	Open
<b>Date/Time</b>	Sunday, Tuesday, & Thursday 6:30, 7:30, & 8:30pm
<b>Course #</b>	<b>01</b> Begins Tuesday, June 15 Championship Game Sunday, August 15
<b>Location</b>	Gardella Park, 175 Ferris Ave. Additional FREE parking at Church St Elementary School 295 Church St
<b>Registration</b>	<b>BY TEAM ONLY. TEAM FEE DUE ON OR BEFORE TUESDAY, MAY 18, SPONSORSHIP ENCOURAGED</b>
<b>Fees</b>	\$800 per team, <b>CASH, CREDIT CARD, AND/OR MONEY ORDER ONLY.</b> \$850 for Sponsor or Team Name

### Cornhole League

6 week league with playoffs. Each team plays at least 1 match a night that consists of best of 5 games. For more information please contact Matt Quatrano, 914 -422- 1363, [mquatrano@whiteplainsny.gov](mailto:mquatrano@whiteplainsny.gov)

<b>Age Group</b>	18+
<b>Date/Time</b>	<b>Spring Session</b> Thursdays starting May 6, 6:30pm, 7:30pm <b>Summer Session</b> Thursdays starting July 8, 6:30pm, 7:30pm
<b>Location</b>	Ebersole Ice Rink
<b>Registration</b>	Recreation office (space limited)
<b>Fees</b>	\$80/team/ session

### Pickle Ball = Tennis + Platform Tennis

Enjoy a game that takes the best components of two popular racket sports: tennis and platform tennis. We have two courts dedicated to open play. Basic instruction in the game of pickle ball along with a limited supply of equipment will be available. Fun, exciting and challenging for all fitness levels.

<b>Age Group</b>	18 and older
<b>Day/Time</b>	Daily 8am-10pm April 15 - October 15
<b>Location</b>	Paddle Ball Courts Delfino Park Lake St.
<b>Fees</b>	Season Pass; Senior \$80, Adult \$110 Guest Coupon 5/\$25 Senior Combo Pass for Pickle Ball and Platform Tennis \$110



# Adult Programs

## Spring/Summer Softball Leagues!

Established leagues of slow pitch softball for all levels of competition.

Please contact League Supervisor, Matt Quatrano [mquatrano@whiteplainsny.gov](mailto:mquatrano@whiteplainsny.gov) for more information.

### Men's Division



**Age Group** Men 18 & Older  
**Day/Time** Weekday Nights, pending on division level, April - August  
**Location** Delfino Park  
**Registration** At Recreation Office (Space Limited) Deadline **Deadline - April 2**  
**Fee** \$1,400 *All fees must be paid before season begins*

### Co-Ed Division



**Age Group** Men & Women 18 & Older  
**Day/Time** Weekday Nights, pending on division level, April - August  
**Location** Delfino Park / Gillie 2  
**Registration** At Recreation Office (Space Limited) **Deadline - April 2**  
**Fee** \$1,400 *All fees must be paid before season begins*

## Tennis Mixer

Meet new people; make new partners on this fun, competitive play evening.

**Day/Time** Friday, June 18, 6:30-8:30pm  
**Location** Gillie Park Tennis Courts  
**Registration** Recreation Office May 6th  
Based on court availability  
**Fee** \$15 per event

## NEW 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 \$25 and Adults \$35 for Season Passes.**

Pools will open daily from Saturday, June 19 until August 29. Additional information please call 422-1339. \*Pool passes require two forms of ID to obtain\*

## Tennis Lessons Spring

Program designed for all levels of tennis players. Learn the basics or improve your game..

**Age Group** 18 & Older  
**Day/Time** Monday & Tuesday 6:30-7:30pm  
6 Classes  
Session 1 - Monday, May 17  
Session 2 - Monday, June 21  
**Location** Gillie Park Tennis Courts  
**Registration** Ongoing, Class sizes limited.  
**Fee** \$215 Resident

## Tennis Lessons Summer

Instructional Program

**Age Group** 18 & Older  
**Day/Time** Monday & Tuesday, July 26th, (6 Sessions) 6:30-7:30pm  
**Location** Gillie Park Tennis Courts  
**Registration** Ongoing, Class sizes limited.  
**Fee** \$215 Resident.

**\*\*Tennis Annual Memberships may be Renewed On-line\***



## Adult and Teen Zumba with Lisa

**Age Group** 15 and older  
**Day/Time** Tuesday, 5:30 – 6:30pm  
Session I begins April 20 (5 sessions)  
Session II begins May 25 (5 sessions)  
**Location** Turnure Park  
**Registration** Ongoing at recreation office or online at <https://adultzumbaspring2021.cheddarup.com>  
**Fee** \$65 (Non- refundable)

# Adult Programs

## Tennis Serve it-Smash it- Win it- Love it

No matter how you play it, tennis is one of the most popular individual sports, yet provides the ability to get competitive if that's your desire. It is a great form of exercise, recreation and offers an opportunity to participate in a lifetime sport.

Gillie Park located at 85 Gedney Way offers residents and non-residents the ability to play on 10 outstanding Har-Tru Courts with free parking. These fabulous courts are open from May until October.

We offer lessons for Youth and Adults, Season Passes, Open Play, Tournaments and an opportunity to make new friends and immerse yourself in this great game.

Registration for all Recreation programs is available in the Administration building in Gillie Park. For Questions & Additional information Call 422-1347 Rain delays and court closings call 422-1398.

**Hourly Fee Youth/senior  
\$10 Adults \$13**



White Plains Recreation has partnered with Tennis Innovators to offer additional limited outside Har-Tru Courts at a new transformed facility, located in Delfino Park, 104 Lake Street.

Season Passes and Guest Coupons will be accepted at this facility from June 1 thru Labor Day. Call 428-2444 for Court hours and closings. Additionally this location offers 2 Seasonal Platform Tennis Courts.

### Season Passes

Youth \$60  
Seniors \$120  
Adults: \$140  
NON-Residents \$300

### Summer Hours (June 1 - Sept 5)

Monday-Friday, 8am-9pm  
Closed for maintenance, 12:30-2:30pm  
Saturday & Sunday 8am-6pm

### Guest Coupons (5 plays) \$60 Holiday Hours:

Memorial Day, July 4th & Labor Day  
hours- 8:00am - 6:00pm

### Fall Hours (Sept 6- Oct 31)

Monday-Friday, 9:30am-9pm  
Closed for maintenance, 12:30-2:30pm  
Saturday & Sunday 8am-6pm

### Spring Hours (May 10- May 30)

Monday-Friday, 8:00am-9pm  
Closed for maintenance 12:30-2:30pm  
Saturday & Sunday 8am-6pm

## Arts & Leisure

### Fine Art Workshop

Instruction will be provided on the following art forms; watercolor, colored pencil, pastels or collage. Students choose an art form they would like to learn and purchase supplies needed. A supply list is provided at the time of registration. Continuing intermediate/advanced students should bring their personal supplies.

<b>Age Group</b>	Monday, 10am –Noon, 8 Sessions
<b>Course #</b>	<b>Spring</b> - Begins April 12, 8 Sessions <b>Summer</b> - Begins June 28, 6 session
<b>Location</b>	Community Center, 65 Mitchell Place
<b>Registration</b>	Recreation Office or Community Center
<b>Fees</b>	\$35- 8 Sessions \$28- 6 Sessions

### Knitting & Crochet for Everyone

All levels of skill welcomed –This instructional program offers the opportunity to learn this fun craft and socialize with friends. Beginners receive basic instruction to start knitting and crocheting. Beginners should bring one skein of yarn and knitting or crochet needles.

<b>Age Group</b>	Thursday, 10am-Noon
<b>Course #</b>	<b>Spring</b> - Begins April 15, 8 Sessions <b>Summer</b> - Begins June 24, 6 Sessions
<b>Location</b>	Community Center, 65 Mitchell Place
<b>Registration</b>	Recreation Office or Community Center
<b>Fees</b>	\$35- 8 Sessions \$28- 6 Sessions



# Adult Programs

## Memoir Writing Workshop

This class will help you communicate your experiences in writing, creating a clear and compelling prose.

**Day/Time** Tuesday, 10:30 – 11:45am  
Begins April 13, 10 sessions  
**Location** Community Center, 65 Mitchell Place  
**Registration** Ongoing  
**Fee** \$5

## Spring Book Discussion Group

A collaboration of White Plains Recreation & Parks and the White Plains Library.

**Author:** Tara Westover **Title:** Educated: A Memoir

Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education. When a brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home.

**How Do I Get the Book?** Participants can pick up a free copy of the book at the Recreation & Parks Main Office, 85 Gedney Way.

**Day/Time** Wednesday, May 5 - 11am - Noon  
**Location** Online- Via Zoom  
**Registration** Call the Library at 422-1400 to register. Participants must have an e-mail address and online access. A zoom link will be sent to all participants.  
**Fee** FREE

## Health & Fitness

### Physical Activity Levels

Health & Fitness classes are defined by the physical skills required to participate in the activity. **REMINDER:** Consult your physician before participating in a fitness program. For comfort and ease of movement, dress warm up clothes and appropriate foot wear.

- Level 1** movement done in a sitting position only
- Level 2** movement done in a sitting position or standing position with support from a chair
- Level 3** movements done in standing position without the chair support
- Level 4** movements done with high level of agility, balance, coordination, able to get up and down from the floor

### Flexible Fitness – Levels 1-2

This exercise routine will keep you flexible and feeling great! Focus on strength and resistance training, stretching and balance.

**Age Group** Wednesday, 10:30 - 11:30am  
**Course #** **Spring** - Begins April 14, 8 sessions  
**Summer** - Begins June 23, 6 sessions  
**Location** White Plains Community Center, 65 Mitchell Place  
**Registration** Ongoing  
**Fees** \$35- 8 Sessions, \$28- 6 Sessions



# Adult Programs

## Gentle Yoga – Level 2

In this instructor led class you can receive the benefits of improved strength, flexibility, mental clarity and pain management. Through meditation and breathing, you can help your body and mind to cope with the pain of an illness or condition.

**Day/Time** Tuesday, 10:30 - 11:30am  
**Course** **Spring** - Begins April 13, 8 sessions  
**Summer** - Begins June 22, 6 sessions  
**Location** White Plains Community Center, 65 Mitchell Place  
**Registration** Ongoing  
**Fee** \$35- 8 Sessions  
\$28- 6 Sessions

## Outdoor MAT Yoga - Level 4

This class will introduce slow and flowing movements to open and center the body and mind. Instructor will offer modifications to make poses more accessible for those who would like to practice in a supported way. Bring your own mat.

**Day/Time** Tuesday, 9-9:45am  
**Course** **Spring** - Begins April 13, 8 sessions  
**Summer** - Begins June 22, 6 sessions  
**Location** Liberty Park, Lake Street  
**Registration** Ongoing  
**Fee** \$35- 8 Sessions  
\$28- 6 Sessions



## Outdoor Tai Chi – Follow Me! Level 3

This Tai Chi class has an easier to learn format. Standing and slowly moving in a slightly bent knee position with easy to follow arm motions. Learn a routine of 12 movements, and more if desired, that can inspire and uplift the body, mind and spirit, as well as promote inner health and feelings of well-being.

**Day/Time** Saturday, 10-11am  
**Course** **Spring** - Begins April 17, 8 sessions  
**Summer** - Begins July 10, 6 sessions  
**Location** Turnure Park, 26 Lake Street  
**Registration** Ongoing  
**Fee** \$35- 8 Sessions  
\$28- 6 Sessions

## ZUMBA Gold Toning - Level 4

In this instructor lead class you will move to international music, world rhythms and get an exciting, effective workout. Unique to this program, routines features cardio training with a combination of weights for toning and sculpting.

**Day/Time** Thursday, 10:30 – 11:30am  
**Course** **Spring** - Begins April 15, 8 sessions  
**Summer** - Begins June 24, 6 Sessions  
**Location** White Plains Community Center, 65 Mitchell Place  
**Registration** Recreation Office or Community Center  
**Fee** \$35- 8 Sessions  
\$28- 6 Sessions

## Nature

### Kayak

Kayak at Liberty Park - Silver Lake

Permits for launching your own kayak at Silver Lake from Liberty Park must be purchased from the Recreation.

Dept. Permits will be granted for the period of May 15 - October 17

**Fee** \$10 for a single day, \$50 for the season

### Kayak at Silver Lake/Liberty Park

City of White Plains is providing Free Kayaks for public use at Liberty Park-Silver Lake on the following dates. All equipment provided.

**Day/Time** Sat/Sun - June 12 & 13, 10am - 1pm  
Sat/Sun - June 19 & 20, 10am - 1pm

**Location** **Liberty Park/Silver Lake**  
Reservations will be taken starting June 1st  
Reservations required by Friday, 3:30pm for each weekend. Call 914- 422-1336  
White Plains residents only - limited to 1 hour only - space limited

