

# YOUTH PROGRAMS

## Ballet & Jazz

This class is designed for children who want to explore a blend of ballet and jazz movements, rhythms and combinations. Ballet shoes are required.

**Age Group** Grades 1-5  
**Day/Time** Tuesday, 5:00 - 6:00 pm  
 Begins April 20 (6 sessions)  
**Location** Gillie Recreation Room  
**Registration** Ongoing  
**Fee** \$72

## Bronze Dragon Academy Kempo

Chinese Kempo focuses on physical fitness and coordination, as well as self-discipline and self-control. Students will progress through belt ranks, learning new and more advanced material with every successive rank, as well as play games and activities to reinforce their agility and coordination.

**Age Group** Ages 3 - 5 (TINY TIGERS) and Grades 1 - 5 (LITTLE DRAGONS)  
**Day/Time** Fridays, 4:30 - 5:15 pm, (Ages 3 - 5)  
 5:30 - 6:30 pm, (Grades 1 - 5)  
 Begins April 16 (6 sessions)  
**Location** Ebersole Ice Rink  
**Registration** Ongoing  
**Fee** \$100 **Checks payable FAST**

## 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  
 Begins April 20  
**Location** White Plains Community Center  
**Registration** Ongoing  
**Fee:** \$75



## Storytime Ballet

This class teaches the fundamentals of basic ballet, while engaging your child's imagination with the magic of children's stories

**Age Group** 2-4 years with caregiver  
**Day/Time** Tuesday, Begins April 20 (6 sessions)  
 4:30 - 5:15  
**Location** Gillie Recreation Room  
**Registration** Ongoing  
**Fee:** \$72



## 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. Students should wear comfortable clothing.

**Age Group** Grades 1-5  
**Day/Time** Mondays, 4:30 - 5:30 & 5:45 - 6:45 pm  
 Begins April 19 (6 sessions)  
**Location** Gillie Recreation Room  
**Registration** Ongoing  
**Fee:** \$72

## Kidding Around Yoga

This fun and dynamic movement class is designed specifically for elementary aged children and will offer themes that address self-confidence, gratitude, individuality and acceptance of others. By offering relaxation techniques and mindfulness exercises, along with yoga games and music, the child will learn how to incorporate yoga philosophy into their daily life. Children must bring their own mat.

**Age Group** Grades K-5  
**Day/Time** Tuesday, 4:00 - 5:00 pm, 6 sessions  
 Begins April 20  
**Location** Ebersole Ice Rink, Delfino Park  
**Registration** Recreation Office or at Mellow the MindYoga via venmo  
**Fee:** \$125

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# YOUTH PROGRAMS

## Multi Sports - Squirts

Children will have the opportunity to try a variety of different sports including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly fun, fun, fun!

**Age Group:** Ages 3 - 4  
**Day/Time** **SPRING** - Wednesday, 8 sessions, begins April 21  
 2:30 - 3:15 pm  
 Thursday, 8 sessions, begins April 22  
 4:30 - 5:15 pm  
**SUMMER** - Wednesday, 5 sessions, begins June 30  
 2:30 - 3:15 pm  
 Thursday, 5 sessions, begins July 1  
 4:30 - 5:15 pm

**Location** Delfino Park - Spring  
 Gillie Park - Summer

**Registration** Recreation Office or [www.ussportsinstitute.com](http://www.ussportsinstitute.com)

**Fee** \$140 Spring, \$100 Summer  
**Check payable to USA Sport Group**

## 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, 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, 4-5pm, 8 Sessions  
 Begins April 21

**Location** Gillie Recreation Room

**Registration** Ongoing

**Fee** \$90 (supplies included)



## 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 - Thursday,  
 March 29 - April 1  
 9 am - 1:00 pm

**Location** Highlands Middle School  
 Turf Field

**Registration** Recreation Office or  
<http://whiteplainsoccer.sply.com/site/>

**Fee** \$200 (Full day)  
**Check payable to WPYS**

## Soccer Squirts

Participants will learn the fundamental skills of soccer, including dribbling, passing, shooting, stealing, and more. Players will be taught through structured activities, fun games and scrimmages.

**Age Group:** Ages 3 - 4  
**Day/Time** **SPRING** - Wednesday, 8 sessions, begins April 21  
 4:30 - 5:15 pm  
**SUMMER** - Wednesday, 5 sessions, begins June 30  
 4:30 - 5:15 pm

**Location** Delfino Park - Spring  
 Gillie Park - Summer

**Registration** Recreation Office or [www.ussportsinstitute.com](http://www.ussportsinstitute.com)

**Fee** \$140 - Spring  
 \$100 - Summer  
**Check payable to USA Sport Group**



# YOUTH PROGRAMS

## Multi Sports - Senior Squirts

Players will learn key skills through small sided scrimmages in a variety of sports including Lacrosse, Soccer & T-Ball which allows them to develop and progress within the sport.

**Age Group** Ages 5 - 6  
**Day/Time** Wednesday, 5:30 - 6:15pm  
 (Spring & Summer session)  
**SPRING** begins Wednesday, April 21, 8 sessions  
**SUMMER** begins Wednesday, June 30, 5 sessions

**Location** Delfino Park Spring, Gillie Field Summer

**Registration Fee** Recreation Office or [www.ussportsinstitute.com](http://www.ussportsinstitute.com)  
 \$140 - Spring  
 \$100 - Summer  
**Check payable to USA Sport Group**

## 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** Ages 5 - 6  
**Day/Time** **SPRING** Thursday, begins April 22, 8 Sessions  
**SUMMER** Thursday, Begins July 1, 5 sessions  
 5:30 - 6:15pm

**Location** **Delfino Park Spring, Gillie Field Summer**

**Registration Fee** Recreation Office or [www.ussportsinstitute.com](http://www.ussportsinstitute.com)  
 \$140 - Spring  
 \$100 - Summer  
**Check payable to USA Sport Group**



## Teens Fun in the Sun Recreation

Teens can just drop-in; a recreation leader from Backyard Sports will be present in the park to engage youth in sports activities (soccer, Kickball, basketball, Ultimate Frisbee and more) The pool will be available for their use (**Pool Pass Required**)

The program will not be held during inclement weather.

**Grades** 7 - 9, Residents only  
**Day/Time** Mon., July 12-Fri., Aug., 6. Mon, Wed, Fri  
 10:30am - 12:30pm

**Location** Gardella Park

**Registration** No registration required to Drop-in, however, \$25 charge for Seasonal Pool Pass required for swimmers.



## 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 [zumbabyalisa@optonline.net](mailto:zumbabyalisa@optonline.net).

**Age Group** Grades 1 - 5  
**Day/Time** Wednesday, 5:30 - 6:15 pm, 6 sessions  
 Begins April 21

**Location** Turnure Park

**Registration** Ongoing at Recreation office or online at <https://zumbakidsspringsession.cheddarup.com>

**Fee** \$80 (Non- refundable)

## 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 12–November 24, 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 SPORTS PROGRAMS

## 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** **B221S** Begins July 8  
**Location** Kittrell Park, Fisher Ave.  
**Registration** Ongoing (Space Limited) Deadline July 3  
**Fee** \$75

### NBA Ballers

**Age Group** 3rd Grade  
**Day/Time** Thursday, 7:15-8:15pm, 6 Sessions  
**Course** **B321S** Begins July 8  
**Location** Kittrell Park, Fisher Ave  
**Registration** Ongoing (Space Limited) Deadline July 3  
**Fee** \$75

## Basketball Co-Ed League Play

Athletes will have fun, build skills, and develop sportsmanship.

**Age Group** Grades 4-10, 6 Sessions  
**Day/Time** Monday-Wednesday, 6-8:30pm  
**Course** **M0121S** Grades 4 & 5, Monday Begins July 12  
**T0221S** Grades 6 & 7 Tuesday Begins July 6  
**W0321S** Grades 8, 9, 10, Wednesday Begins July 7  
**Location** Kittrell Park, Fisher Ave  
**Registration** Ongoing (Space Limited) Deadline June 30  
**Fee** \$30

## Basketball Travel Program

\*\* FALL TRAVEL BASKETBALL TRY OUTS ARE TENTATIVELY LATE SEPTEMBER & EARLY OCTOBER. For further information and details, please contact [Dvaldes@whiteplainsny.gov](mailto:Dvaldes@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 19 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 [Dvaldes@whiteplainsny.gov](mailto:Dvaldes@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, June 28  
**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 18, SPONSORSHIP ENCOURAGED**  
**Fee** \$300 Resident, \$450 Non Resident, **CASH, CREDIT CARD, AND/OR MONEY ORDER ONLY.**



# YOUTH SPORTS PROGRAMS



## Cricket Clinic (Cricket Clubs of Westchester)

A clinic to introduce young newcomers to the skills needed to play cricket. Players will practice batting, bowling, and fielding skills.

**Age Group:** 7 to 16 years old  
**Day/Time:** Saturdays, Begins July 17  
8am -10am, 6 Sessions  
**Location:** Delfino Park  
**Registration Fee:** Recreation Office  
\$95

## 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 WPFFL is primed to provide young players a fun exciting opportunity to engage in non-contact, continuous action while developing skills. 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 11-June 20  
**Location:** Varies - Loucks Field WPHS, Rye, Greenwich  
**Registration Fee:** On-going [www.whiteplainsflag.com](http://www.whiteplainsflag.com)  
\$195



# YOUTH SPORTS PROGRAMS

## Tennis Quick Start

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.

<b>Age Group</b>	Grades 1-6
<b>Day/ Time</b>	Thursday or Friday, 5-6pm, 6 Sessions
<b>Course</b>	Grades 4-6, Thursday, May 20 Grades 1-3, Friday, May 21
<b>Location</b>	Gillie Park Tennis Courts
<b>Registration</b>	Ongoing
<b>Fee</b>	\$165

## Splash “N” Swim

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

<b>Age Group</b>	Grades K-6
<b>Day/Time</b>	Saturday, July 10, 6 Sessions
<b>Course</b>	<b>G1</b> 11:30am-12:15pm Gardella Pool <b>K1</b> 11:30am-12:15pm Kittrell Pool <b>G2</b> 12:30-1:15pm Gardella Pool <b>K2</b> 12:30-1:15pm Kittrell Pool
<b>Registration</b>	Ongoing, classes are limited to 15 participants
<b>Fee</b>	\$40



## After School Recreation

In this program children will have the opportunity to participate in a variety of recreational sports. Sports will include soccer, kickball, ultimate Frisbee and assorted playground games

<b>Age Group</b>	Boys & Girls Grades 3-8
<b>Day/Time</b>	Tuesdays, Gardella Park, April 27, 3:30-5:15pm 6 Sessions or, Thursdays, Delfino Park, 3:30-5:15pm 6 Sessions
<b>Registration</b>	Ongoing
<b>Fee</b>	\$10



# YOUTH SPORTS PROGRAMS



**PARTICIPANTS MUST WEAR SHIN GUARDS TO EVERY CLASS AND GAME; NO EXPERIENCE NECESSARY AND CLASSES ARE LIMITED. VOLUNTEER COACHES ARE ALWAYS WELCOMED FOR ALL SOCCER PROGRAMS**

**FOR MORE INFORMATION PLEASE CONTACT Matt Quatrano @ 422-1363 for Saturday programs and Ariel Hernandez, 422-1366 for Sunday 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.

### Soccer Pre Kickers

**Age Group** Pre K  
**Day/Time** Begins Saturday, April 17, 6 Sessions  
**Course** **P1** 9am  
**P2** 12:30pm  
**Location** George Washington Elementary School  
**Registration** Ongoing (Space Limited)  
**Fee** \$85

### Kinder Kickers

**Age Group** Grade K  
**Day/Time** Begins Saturday, April 17, 6 Sessions  
**Course** **K1** 10:10am  
**FK** 1:40pm  
**Location** George Washington Elementary School  
**Registration** Ongoing (Space Limited)  
**Fee** \$85

### First Kickers

**Age Group** Grade 1  
**Day/Time** Begins Saturday, April 17, 6 Sessions  
**Course** **F1** 11:20am  
**FK** 1:40pm  
**Location** George Washington Elementary School  
**Registration** Ongoing (Space Limited)  
**Fee** \$85

## Co-ed Soccer Leagues

Our co-ed soccer leagues give players the opportunity to hone their skills and compete in a semi competitive setting. Teams will practice and play a game, all on Saturdays (1.5 hour commitment). Practices/ games will be run by a volunteer coach. Leagues are open to all skill levels. **Players must wear shin guards to every session.**

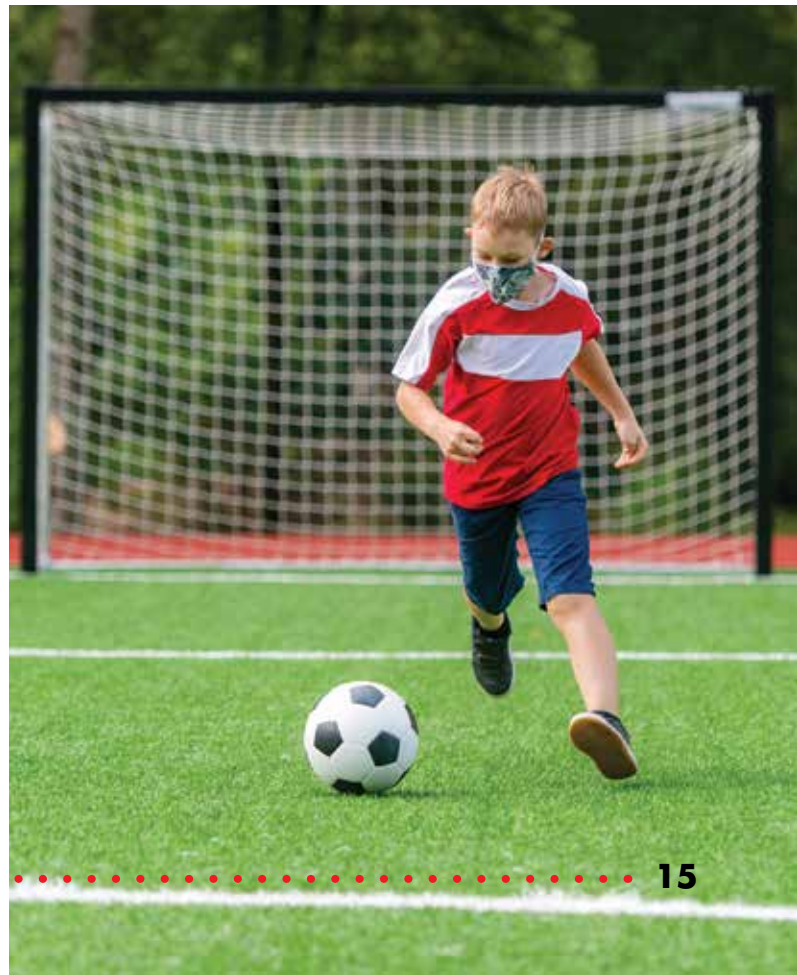
**VOLUNTEER COACHES ARE NEEDED!**

**Age Group** Grades 2-3 & 4-5  
**Day/ Time** Saturdays, Begins April 17, 9am–3pm, 6 Sessions  
**Course** **02** Grade-2-3  
**03** Grades 4-5  
**Location** George Washington Elementary School  
**Registration** Ongoing (**DEADLINE April 12 & SPACE IS LIMITED**)  
**Fee** Resident - \$90, Non-Resident - \$110

## 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 18, 6 Sessions  
**Course** **10:00am** Grades: K-1  
**11:45am** Grades: 2-3, 4-5  
**Location** Ralph Ave Field  
**Registration** Ongoing  
**Fee** \$90





# YOUTH SPORTS PROGRAMS

## 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 backhand 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 4-8  
**Day/ Time** Monday & Tuesday, 5-6pm  
 Session 1 - May 17, 6 Sessions  
 Session 2 - June 21, 6 sessions  
**Location** Gillie Tennis Courts  
**Registration** Ongoing  
**Fee** \$165

## Tennis Summer Instructions

Instructional clinic where participants will sharpen and learn new skills.

**Age Group** Grades 4-8  
**Day/ Time** Monday & Tuesday, 5-6pm  
 July 26th, 6 Sessions  
**Location** Gillie Tennis Courts  
**Registration** Ongoing  
**Fee** \$165

## 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: [mquatrano@whiteplainsny.gov](mailto:mquatrano@whiteplainsny.gov).

**Age Group** Grades 3-8  
**Day/ Time** Monday & Wednesday or Tuesday & Thursday  
 6 - 7pm, 12 Sessions  
**MW** Begins Monday, April 19  
**TT** Begins Tuesday, April 20  
**Location** Highlands MS, Parker Stadium Track Meet near Hartsdale Avenue Entrance on the field.  
**Registration** Ongoing  
**Fee** \$96

## White Plains Youth Hockey -Try outs

**Age Group** U8 - U18  
**Day/Time** TBD  
**Location** Ebersole Ice Rink - All levels  
**Times** TBA Call 422-1366  
**Fee** \$85

## White Plains Youth Soccer -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](mailto:alejo2384@hotmail.com) or visit the website at [www.wpys.org](http://www.wpys.org).

## 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 – 6th Grade** Practices and home games are at WP High School. For more information please visit [www.wptigersyouthfootball.com](http://www.wptigersyouthfootball.com)

## White Plains Bernies Youth Football & Cheer

Teaching the importance of discipline, hard work, respect, sportsmanship, teamwork, and community spirit since 1958. Flag: 1st & 2nd and 3rd & 4th grade, Tackle: 5th & 6th and 7th & 8th grade, Cheer: 1st- 8th grade. More Information and registration, [www.BerniesFootball.com](http://www.BerniesFootball.com)

