

YOUTH PROGRAMS

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)
Grades 1 - 5 (LITTLE DRAGONS)

Day/Time Saturday, 12:30 - 1:15 pm (TINY TIGERS)
1:30 - 2:30 pm (LITTLE DRAGONS)
Spring Session begins April 22 (6 sessions)
Summer Session begins June 10 (6 sessions)

Location Ebersole Ice Rink

Fee \$100



Cheerleading I & II

Learn the techniques and team spirit necessary to be a top cheerleader. Basic stunts are also introduced in this class. This cheerleading experience will help develop your dance skills, work on team building and create an environment for new friendships! Those who have taken cheerleading I can take cheerleading II.

Age Group Cheerleading I: Grades K-2, Tuesday 6 pm - 7pm
Cheerleading II: Grades 3 - 5, Tuesday 7:10 pm - 8:10 pm Begins April 26, 8 sessions

Location Ridgeway School Gymnasium

Fee: \$100



Golf Instruction with US Sports Institute

Come tee it up with the US Sports Institute. This program introduces a wide range of skills including chipping, putting, and driving using the SNAG (Starting New at Golf) equipment. Beginners to intermediate players welcome.

Age Group 5 - 11 years

Day/Time Mondays (Ages 5 - 8) 4:45 - 5:45 pm and (Ages 9 - 11) 6:00 - 7:00 pm, begins April 24, 6 sessions

Location New York Presbyterian Westchester Behavioral Health Center, 21 Bloomingdale Road.

Registration Fee: Recreation office or ussportsinstitute.com, \$140 **Checks payable to US Sports Institute**



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 Monday, 4:30 - 5:30 pm 6 Sessions, begins May 8

Location Gillie Recreation Room

Fee: \$75



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 environment designed to ensure learning and most importantly fun, fun, fun!

Age Group:	Ages 3 - 4
Day/Time	SPRING - Wednesday, begins April 19, 8 sessions, 2:30 - 3:15 pm Thursday, begins April 20, 8 sessions, 4:30 pm - 5:15 pm SUMMER - Wednesday, begins July 5, 6 sessions, 1:30 - 2:15 pm Thursday begins July 6, 6 sessions, 3:30 - 4:15 pm
Location	Delfino Park-Spring, Gillie Field-Summer
Registration Fee	Recreation Office or www.ussportsinstitute.com \$155 Spring, \$125 Summer Check payable to USA Sport Group

My Art Treasure

Children will be able to have fun and learn new art skills while exploring their artistic abilities. They will enjoy and experience different art mediums (painting, drawing,) and build on previous knowledge. They will learn about some popular artists and search for the artist within!

Age Group	Grades 1-4
Day/Time	Wednesday, 4-5pm, 8 Sessions Begins April 27
Location	Gillie Recreation Room
Registration Fee	Ongoing \$100 (supplies included)



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	SPRING begins Wednesday, April 19, 8 sessions, 5:30 - 6:15 pm SUMMER begins Wednesday, July 5, 6 sessions, 4:30 - 5:15 pm
Location	Delfino Park-Spring, Gillie Field-Summer
Registration Fee	Recreation Office or www.ussportsinstitute.com \$155 - Spring \$125 - Summer Check payable to USA Sport Group

Pre-Ballet I

Welcome to a playful introduction to the world of ballet. This program instills in students a love of learning and an ability and desire for the lifelong practice of ballet. Children learn about rhythm, balance & stretching, as well as clean ballet techniques, proper alignment and musicality. There is a strong focus on development of strength and precision. Students can wear leotard, tights, ballet shoes and hair neatly secured in a bun.

Pre-Ballet I	Ages 5 - 6, (children only) Wednesday, 4:45 - 5:30 pm, begins May 10
Location	Gillie Recreation Room
Fee	\$75

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, begins April 19, 8 sessions, 4:30 - 5:15 pm SUMMER - Wednesday, begins July 5, 6 sessions, 4:30 - 5:15 pm
Location	Delfino Park-Spring, Gillie Field-Summer
Registration Fee	Recreation Office or www.ussportsinstitute.com \$155 - Spring \$125 - Summer Check payable to USA Sport Group

YOUTH PROGRAMS

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 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.

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 20, 8 Sessions, 5:30 - 6:15 pm
SUMMER Thursday, Begins July 6, 6 sessions, 4:30 - 5:15 pm

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

Registration Recreation Office or www.ussportsinstitute.com

Fee \$155 - Spring
\$125 - Summer

Check payable to USA Sport Group

Tumbling for Beginners Level 1 & 2

Tumbling Level 1 (Ages 5 - 7) Children will be introduced to the basics of tumbling in a safe and fun environment learning somersaults, handsprings, cartwheels and much more! They will work on proper flexibility and strength exercises while building their stamina, agility, balance & power.

If you are interested in cheerleading, this class is a must!!! No tumbling experience necessary. Please wear socks and comfortable clothing.

Tumbling Level 2 (Ages 8 - 10) This class is geared for the more advanced beginner and the students will perfect the basic moves of the Level 1 Tumbling class. Those students who have taken Tumbling 1 class can enroll in the Level 2 class.

Day/Time Tumbling Level 1 - Thursday, 6 pm - 7 pm
Tumbling Level 2 - Thursday, 7:15 pm - 8:15 pm

Location Begins April 20, 8 sessions
Ridgeway School

Fee \$100

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 3 - 6 (4 sessions)
9:00 am - 1:00 pm

Location Highlands Middle School - Turf Field
Registration Recreation Office or <http://whiteplainsoccer.siplay.com/site/>

Fee \$250 **Check payable to WPYS**



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 zumbabylisa@optonline.net.

Age Group Grades 1 - 5
Day/Time Wednesday, 5:30 - 6:15 pm, 6 sessions
Begins April 19

Location Turnure Park
Registration Recreation office or online
<https://zumbakidsspringsession.cheddarup.com>

Fee \$80 (Non- refundable)

YOUTH & TEEN PROGRAMS

Special Events

Event: **Father - Daughter Dance**
 Date: April 14th
 Time: 7:00 p.m. – 9:00 p.m.
 Location: Westchester Community for Ethical Culture, 7 Saxon Woods Road
 Contact: Gina Covington, 914-422-1378, x6703
gcovington@whiteplainsny.gov

Event: **White Plains Comic Festival**
 Date: May 6th
 Time: 11:00 a.m. – 6:00 p.m.
 Location: Galleria Mall
 Contact: Helena Marra-Marescot,
 914-422-1378, x6704;
ifhw1@whiteplainsny.gov

Event: **Mother - Son Dance**
 Date: May 12th
 Time: 7:00 p.m. – 9:00 p.m.
 Location: Westchester Community for Ethical Culture, 7 Saxon Woods Road
 Contact: Gina Covington, 914-422-1378, x6703
gcovington@whiteplainsny.gov

Event: **Youth Court Law Day**
 Date: May 20th
 Time: 10:00 a.m. – 3:00 p.m.
 Location: PACE University Law School
 Contact: Connie Jones,
cjones@whiteplainsny.gov

Event: **Summer Youth Employment Job Fair**
 Date: June 2023
 Time: TBD
 Location: TBD

Event: **Wellness Festival**
 Date: TBD
 Time: Noon - 5:00pm
 Location: Tibbits Park
 Contact: Helena Marra-Marescot,
 914-422-1378, x6704
ifhw1@whiteplainsny.gov

2023 Summer Employment Opportunities

Summer Internship & Employment:
 Wednesday, July 5th – Friday, August 11th

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

- Applications will be available ONLINE Monday, May 1st, 5:00pm @ www.whiteplainsyouthbureau.org
- Application DEADLINE: EARLY JUNE
- Applications can be submitted at the following locations only:
- Youth Bureau at White Plains High School – H Cafeteria, Monday – Friday, 9:30am - 3:00pm
- Youth Bureau Office, White Plains Community Center, 65 Mitchell Place, Monday – Friday, 3:30pm – 5:00pm
- White Plains residency is required.
- **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.

Job Fair:

Location and Date TBD

Once you have submitted an approved application packet, identification and resume you will be invited to the Job Fair. **You MUST attend the Job Fair to be considered for a summer job.**



YOUTH & TEEN PROGRAMS

School Based Programs

Youth Bureau Before and After School Connection Programs

The **Before School Program** provides before school care on site at each of the five elementary schools in White Plains. The before school program begins at 7:00am until the start of classroom instruction. The programs provide a friendly, safe and enriching quality program complete with breakfast and activities to prepare students for the school day.

The **After School Programs** provides quality after school child care from school dismissal until 6 pm at all five elementary schools, the Eastview 6th Grade Academy, and Highlands Middle School. Programs include; Snacks, Homework Help, Recreation, Art, S.T.E.A.M, Dance, Games, Nature, Gardening and many other special activities.

Age Group Kindergarten – 8th grade (White Plains Residents)
Day/Time Monday – Friday, September 2023 – June 2024
Location Church Street School
Contact Yesenia Ruiz, 914-422-1378, x6723
Yruiz@whiteplainsny.gov

Fee \$TBD ** per week until 6 pm; billed monthly. Extended day until 6:30pm available at an additional \$50 per month (** Fees subject to change, pending Common Council approval) Income based scholarships are available.

Enrichment Activities

Babysitters Training Program

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

Age Group 11 – 16 years of age (White Plains Residents)
Day/Time Tuesday, April 4th; 9:30am – 4:00pm
Location Youth Bureau Office at White Plains Community Center, 65 Mitchell Place
Contact Janet Spencer, 914-422-2617
jmspencer@whiteplainsny.gov

Capoeira

Come learn this Brazilian art form that combines martial arts, gymnastics, dance and drumming! Capoeira is fun and exhilarating.

Age Group 3rd – 12th grade
Day/Time Tuesday 4 – 6pm and Saturday 2-4pm
Location Youth Bureau, 11 Amherst Place
Contact Gina Covington, 914-422-1378, x6703
gcovington@whiteplainsny.gov

Drum Corps

If you've always wanted to play the drums or already enjoy doing so the Drum Corps is for you. Both boys and girls can join the White Plains Youth Bureau Drum Corps. Learn to drum and participate in events and parades. All levels of experience welcome!

Age Group 6th – 12th grade
Day/Time Thursday 4:00pm – 5:30pm and Saturday 1:00pm – 2:30pm
Location White Plains Youth Bureau at Eastview Middle School
Contact Gina Covington, 914-422-1378, x 6703
gcovington@whiteplainsny.gov



Double Dutch Club

Double Dutch is a fun game that gets you moving by using two ropes turning in opposite directions simultaneously. Jump to music, jump in pairs or competitively. We will teach you all you need to know to enjoy yourself!

Age Group 5th – 12th grade
Day/Time Thursday 5:00 – 6:30pm and Saturday TBA
Location Youth Bureau, 11 Amherst Place
Contact Gina Covington, 914-422-1378, x 6703
gcovington@whiteplainsny.gov



YOUTH & TEEN PROGRAMS

Job Bank

Calling all White Plains youth looking for a job! The local business community calls on us to help fill their jobs.

Age Group 14 and up (White Plains Residents)
Day/Time Monday – Friday; 9:00am – 3:00pm
Location Youth Bureau Office at White Plains High School, H Cafeteria
Requirements White Plains Residents
Contact Janet Spencer, 914-422-2617; jmspencer@whiteplainsny.gov

FOR LOCAL BUSINESS OWNERS OR COMMUNITY MEMBERS, who are looking to hire youth to perform odd jobs, fill office & clerical positions, computer trouble shooting, tutoring and more contact Janet Spencer at 914-422-2617 or via email at jmspencer@whiteplainsny.gov to post a job with YES.

Marching Dance Team

Enjoy learning dance routines in this upbeat and fun group. Learn to strut your stuff and accompany the Drum Corps in parades and events. All levels of dance welcome.

Age Group 6th – 12th grade
Day/Time Wednesday 5:00pm – 6:30pm
Location Youth Bureau, 11 Amherst Place
Contact Gina Covington, 914-422-1378, x 6703
gcovington@whiteplainsny.gov

The Youth Bureau Aviation Academy

The YBAA's mission is to introduce the exciting world of aviation to students ages 12-18. YBAA offers hands-on programs that explore numerous aspects of aviation. Participants will cover Aerodynamics, Drone Exploration, Careers in Aviation, and Flight Simulation Instruction. If you're curious about the field of Aviation, then the YBAA is the program for you!

Age Group 7th to 12th grade
Day/Time TBD
Location Youth Bureau, 11 Amherst Place
Contact Eric Rios 914-422-1378, x6717
erios@whiteplainsny.gov



LETS GET READY... SAT and College Prep

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 12th graders (White Plains Residents)
Day/Time June through August 2023; Tuesday & Thursday, 5:45pm – 9:00pm
Location TBD
Contact Jason Roberts, jaroberts1216@yahoo.com or register at www.letsgetready.org

LET'S GET READY

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. Summer training (July 5 - August 11) is required.

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



YOUTH SPORTS PROGRAMS

Summer Ballers Skills/Drills Clinic 1st/2nd graders

Children will be introduced to the game and the various skills needed to play. They will participate in drills, fun games, and mini scrimmages.

Age Group 1st/ 2nd Graders (currently in 1st/2nd grade)
Day/Time Mondays, 6 -7pm, 6 Sessions , Begins June 26
Location Kittrell Park, Fisher Ave.
Registration Ongoing (Space Limited) Deadline June 24
Fee \$75

Summer League Basketball Co-Ed League 3rd – 9th graders

Athletes will have fun, build skills, and develop sportsmanship. Practices begin the week of June 26. Games begin the week of July 10. 30 minutes will be built in before each game for team practice.

Age Group Grades 3-9
Day/Time Tuesday - Thursday, 5:30pm -8:30pm
 Grades 3rd & 4th graders, Tuesdays, begins June 27
 Grades 5th & 6th, Wednesdays, begins June 28
 Grades 7, 8, 9, Thursdays, begins June 29
Location Kittrell Park, Fisher Ave
Registration Ongoing (Space Limited) Deadline June 24
Fee \$30 resident, \$60 non-resident

Basketball Summer 18U League

Competitive league featuring top-notch players and teams. A team representative MUST attend an organizational meeting on Wednesday, May 17 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.**

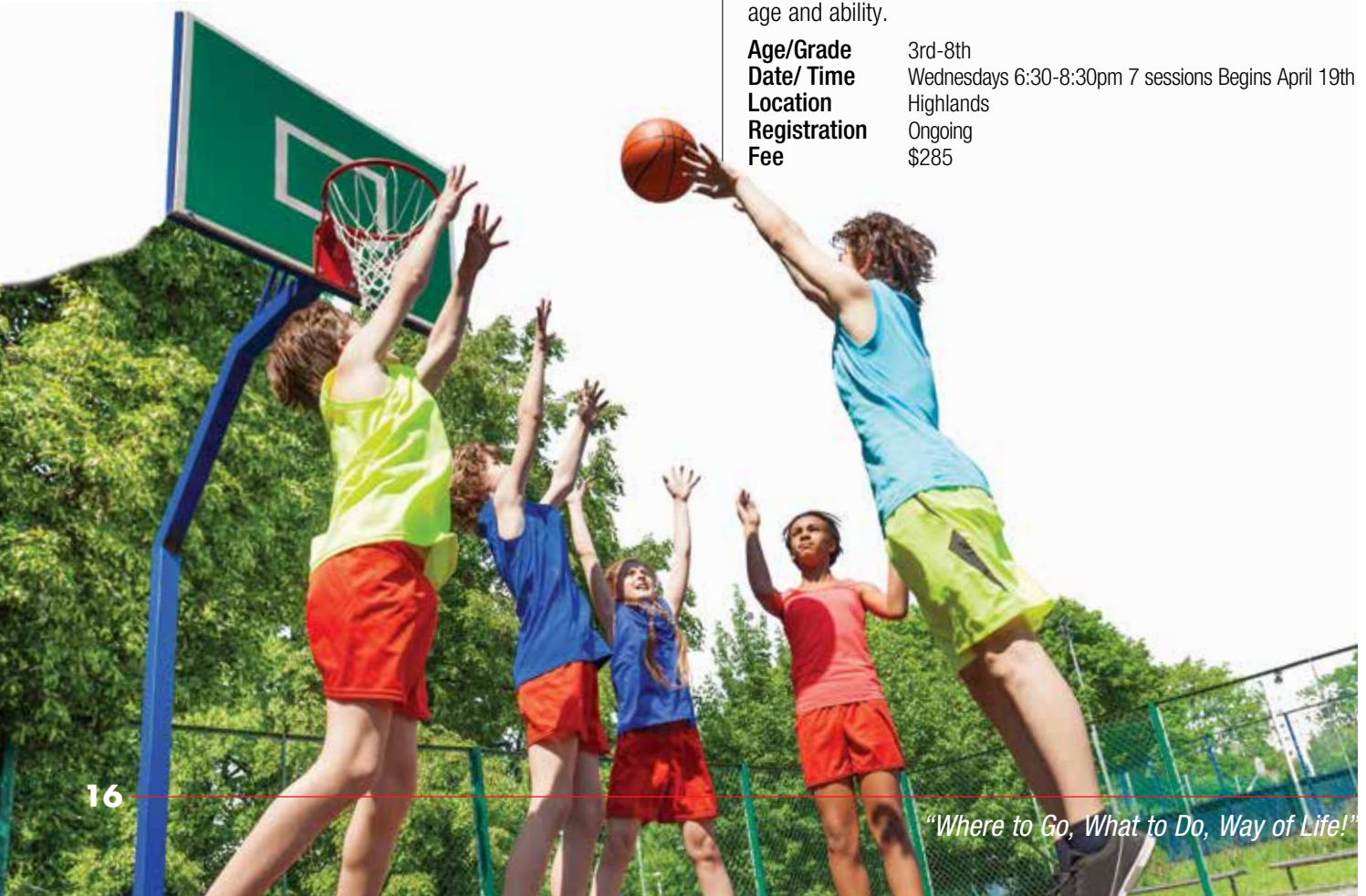
Age Group Grades 9-12, 18 years and under
Day/Time Monday & Wednesday, 6:30, 7:30, 8:30pm
Course Begins Monday, June 26
Location Gardella Park, 175 Ferris Ave
 Additional FREE Parking at 295 Church St.
 Church Street Elementary School

Registration TEAM ONLY TEAM FEES DUE ON OR BEFORE TUESDAY, MAY 16, SPONSORSHIP ENCOURAGED
Fee \$300 Resident teams, \$450 Non Resident teams

Schooled In Hoops

Schooled in Hoops basketball teaches boys and girls how to be well rounded, team oriented players. Participants will benefit from our philosophy of small group instruction, close supervision by coaches, emphasis on skills, quality game play and focus on sportsmanship and teamwork. Children are grouped according to age and ability.

Age/Grade 3rd-8th
Date/ Time Wednesdays 6:30-8:30pm 7 sessions Begins April 19th
Location Highlands
Registration Ongoing
Fee \$285



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 8, 10:00 AM-12:00 PM, 6 Sessions
Location: Battle Hill Park
Fee: \$75

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 and exciting opportunity to engage in non-contact, continuous action while developing skills. Games and practices will be played on Sunday Mornings in 2.5 hour blocks of time. Travel may be required to other local communities for league play.

Age Group: Boys & Girls Ages 5 -14 years
Day/Time: Sundays, 8:30-11 AM Begins April 2
Location: Varies - Loucks Field WPHS, Rye, Greenwich
Registration: On-going www.whiteplainsflag.com
Fee: \$195



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: Monday, 6:30-7:15 PM, 6 Sessions Begins April 17
 Wednesday, 6:30-7:15 PM, 6 Sessions Begins April 19
 Thursdays, 6:30 -7:15pm Begins April 20
 Saturday 12:00-12:45 PM, 6 Sessions Begins April 22
 Saturday 3:00-3:45 PM, 6 Sessions, Begins April 22
Location: White Plains High School Pool
Fee: \$90 Residents only

Swim Instruction-Beginners (Level 3)

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

Level 3: Strokes Development - Designed to improve skills learned in Level 2. Front crawl, Backstrokes and basic Breaststroke. Arms will be introduced.

Age Group: Grades K-8
Day/Time: Wednesday, 7:30-8:15 PM, 6 Sessions Begins April 19
 Saturday 1:00-1:45 PM, 6 Sessions Begins April 22
Location: White Plains High School Pool
Fee: \$90 Residents only



YOUTH SPORTS PROGRAMS

Splash “N” Swim

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

Age Group Grades K-6
Day/Time Saturday, July 8th, 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 \$50 Resident Only

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, Backstroke and Breaststroke. Children must wear goggles.

Level 4: Stroke Improvement: Children will gain confidence, improve their strokes and gain additional aquatic skills. Breaststroke 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 Thursday 7:30-8:15 PM, 6 Sessions Begins April 20
Day/Time Saturday 2:00-2:45 PM, 6 Sessions Begins April 22

Location White Plains High School Pool
Fee \$90 Residents only

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 **M2** Monday 7:30-8:15 PM, 6 Sessions Begins April 17
S5 Saturday 11:00-11:45 PM, 6 Sessions Begins April 22

Location White Plains High School Pool
Fee \$100 Residents only

Swim Team Competitive Summer League

The summer swim team will compete in the Westchester County Association Summer league. Practices will be held at White Plains YWCA. Meets are held at various sites throughout Westchester Country 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 Grades 6-18, Boys and Girls
Day/Time **Tryouts: TBA, May**
Location White Plains YWCA, 514 North Street
Registration Participants must try out and be selected to the team
Fee \$200 upon selection to the team



YOUTH SPORTS PROGRAMS



SOCCER

STARTS HERE!

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 22, 6 Sessions
Course P1 9:00am - 10:00am
P2 12:45pm - 1:45pm
Location George Washington Elementary School
Fee \$90

Kinder Kickers

Age Group Grade K
Day/Time Begins Saturday, April 22, 6 Sessions
Course K1 10:15am - 11:15am
FK 1:45pm - 2:45pm
Location George Washington Elementary School
Fee \$90

First Kickers

Age Group Grade 1
Day/Time Begins Saturday, April 22, 6 Sessions
Course F1 11:30am - 12:30pm
FK 1:45pm - 2:45pm
Location George Washington Elementary School
Fee \$90

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.

Age Group Grade K-6
Day/Time Sunday, April 23, 6 Sessions
10am Grade K-2
11:45am Grade 3-6
Location Davis Ave Field @ Highlands Middle School
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.

Age Group Grades 4-8
Day/ Time Monday & Tuesday, 5:30-6:30pm
Session 1 - May 15, 6 Sessions
Session 2 - June 19, 6 sessions
Location Gillie Tennis Courts
Fee \$165

Tennis Summer Instructions

Instructional clinic where participants will sharpen and learn new skills.

Age Group Grades 4-8
Day/ Time Monday & Tuesday, 5:30-6:30pm
July 24th, 6 Sessions
Location Gillie Tennis Courts
Registration Ongoing
Fee \$165

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.

Age Group Grades 1-3
Day/ Time Thursday, 5:30-6:30pm, 6 Sessions, Begins May 18th
Location Gillie Park Tennis Courts
Fee \$165



YOUTH SPORTS PROGRAMS

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.

Age Group Grades 4-8
Day/ Time Monday & Wednesday or Tuesday & Thursday
 6 - 7pm, 10 Sessions
MW Begins Monday, April 24
TT Begins Tuesday, April 25
Location Highlands MS, Parker Stadium Track Meet near Hartsdale Avenue Entrance on the field.
Registration Ongoing
Fee \$90

White Plains Youth Hockey -Try outs

Age Group U8 - U18
Day/Time Tryouts begin March 21
Location Ebersole Ice Rink - All levels
Registration Call 422-1336 or email Darren Valdes at dvaldes@whiteplainsny.gov
Fee \$85

Junior Rangers Ball Hockey League

Age Group 5 - 10
Day/Time May 10th, Wednesday's 6:30-7:30
 10 Sessions
Location Ebersole Ice Rink - All levels
Fee \$185
 Scholarships - Financially based scholarships are available

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 or visit the website at www.wpys.org.

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



Gaga & More!!

The White Plains Recreation Department and Backyard Sports are hosting a night filled with fast moving and high energy games.

GAGA BALL SOCCER
RELAY RACES
FOOD
MUSIC

Groups will rotate through these 3 activities on a timed schedule.

Age Group 6th Grade
Day/ Time Friday, May 12, 6:30 pm - 8:30 pm
 Please arrive at 6:15 pm to register
Location Ebersole Ice Rink
Registration Online at www.cityofwhiteplains.com or at the Recreation & Parks Office
Fee Space is limited!!!!
 \$15 (This includes all games and a voucher for food-hotdog, hamburger or chicken fingers and french fries and drink.)
 For more information, please call Ellen Albers 914-422-1255

