

# NORTH CASTLE

## Recreation & Parks Department



FALL 2014

**NORTH CASTLE RECREATION & PARKS DEPARTMENT**  
**40 Maple Avenue, Armonk, NY 10504**  
**(914) 273-3325 fax (914) 273-2139**  
**www.NorthCastleNY.com**

**MAIL-IN REGISTRATION Begins Monday 8/25**  
**WALK-IN REGISTRATION Begins Tuesday 9/2**

**MISSION STATEMENT**

North Castle Recreation & Parks is dedicated to providing superior quality recreation programs and services to all residents of the Town regardless of age, economic or social status. Through our programs, we seek to strengthen families, promote wellness, build self-esteem and enhance the quality of life for all of the participants in our community. As stewards of our park system, we are committed to preserving the nearly 350 acres of parkland for future generations to behold and enjoy. We will strive to maintain and improve all of our facilities to keep them safe and enjoyable for all, as well as preserve and promote the appreciation of our historic and natural resources. The people who provide our services are our greatest resource. North Castle Recreation strives to employ the best qualified staff and support their promotion and development through in-service and other professional training opportunities.

**HOME DELIVERED MEALS**

Volunteers are needed to help reach out to homebound neighbors and friends. Our Home Delivered Meals program, offered Monday through Friday, is always looking for drivers who will pick up the meals at the Senior Center in Pleasantville and deliver them in the Armonk/Bedford/North White Plains area. If you can help, please call Kathy Lynch at 273-3325 x8.

If you are someone, or know of someone who can benefit from this service, please call Lisa Larsen at 273-3325 x3 for information.

**RECREATION HOTLINE**

**273-3325 x1**

**Information, Special Announcements  
and/or Program Cancellations**

**NORTH EAST WESTCHESTER  
SPECIAL RECREATION**

North East is a community-based therapeutic recreation agency which coordinates recreation services for children and adults with varying developmental disabilities. North Castle is part of the consortium that supports North East and its programs. If you have any questions, call their office at 347-4409 or visit their website at **www.NorthEastSpecialRec.org**. Additionally, North East welcomes volunteers, students looking to fulfill community service projects, and qualified people looking for part-time employment. If you are interested, please call the above number as well.

**RECREATION & PARKS  
DEPARTMENT STAFF**

Recreation Supervisor/  
Acting Superintendent.....Matt Trainor - M.S., C.P.R.P.

Sr. Recreation Leader.....Jerry Stroud  
Sr. Recreation Leader/Seniors.....Liz Thomas  
Sr. Account Clerk.....Mimi Flanagan

Office Assistant.....Lisa Larsen  
Secretary/Part-time.....Kathy Lynch

Parks Foreman.....Don Brandes  
Parks Groundsman.....Gregory Wilson  
Parks Groundsman.....Kevin Foley  
Parks Groundsman.....Roger Zepp  
Parks Laborer.....Evan Cicale  
Parks Laborer.....Tino Valente



## REGISTRATION INFORMATION

This brochure provides a description of programs, facilities and special events offered by the Town of North Castle Recreation & Parks Department. Most classes have limited enrollment and are offered on a first-come, first-served basis. Programs may be cancelled due to insufficient registration; therefore, early registration is encouraged.

**Registration by mail** will begin Monday 8/25. Please do not mail any registrations before 8/25; registrations postmarked earlier than 8/25 will be held and will be processed at the end of the 2<sup>nd</sup> day of registration, reducing your chances of getting into the program of your choice.

**Registration in person** will begin Tuesday 9/2 between the hours of 8:30am and 4:30pm at the Hergenhan Recreation Center, 40 Maple Avenue, Armonk. No phone-in registrations will be accepted. Use one registration card per person, per program. Payment in full must accompany registrations, with separate checks for each program registration. Make checks payable to

North Castle Recreation. We do not currently accept credit cards. Program fees will not be prorated, and program registrations are not transferable to another person.

**Town residents** are those who live within the hamlets of Banksville, Armonk and North White Plains and pay taxes to the Town. The programs of North Castle Recreation are also made available to those residing within the Byram Hills School District, yet outside Town boundaries. In many cases, School District residents are required to pay a slightly higher “non-resident” fee than Town residents; although they are given equal priority in the registration process. If there are still openings in programs after Town and School District residents have had an opportunity to register, the Department will consider non-resident applications, at a higher fee on a per program basis.

**Senior residents** are any Town residents age 60 years or older. Senior residents can register for most Adult programs at roughly a 20% reduced rate.

### ONLINE REGISTRATION IS EXPECTED FOR SEPTEMBER 2014 More Details To Follow

Please sign up to receive Recreation News by visiting  
[www.northcastleny.com](http://www.northcastleny.com),  
click on ‘E-Services’, and then click on ‘Sign Up For E-News’.

**Notification** of acceptance into a program will be made by email. If the registrant does not have an email address on file, notification will be by regular mail. Incomplete registrations will be “tagged” and the participant called. Places on rosters will be held for 48 hours only. **If you believe you’ve received no notification by the start of the program, please call our office.**

**Transportation** to and from recreation programs is the responsibility of the participant or parent/guardian unless otherwise noted. For after school programs, children in grades 1 and above may ride the Activity Bus available by the Byram Hills School District to programs

in Armonk, and children in Valhalla Schools can ride the school bus which stops at the North Castle Community Center in North White Plains for Kidz Club. Busing arrangements are made with the Valhalla School District. North Castle Recreation DOES NOT organize the buses. Byram Hills Activity Bus permission forms are found on the school website, Town website or at the Hergenhan Recreation Center and must be returned to the Recreation Department prior to the start of any program. No child may ride the Activity Bus without having this form on file with the Recreation Department. The parent/guardian must call the Recreation Department if their child(ren) will not be attending their program on a given day that they are registered.

## HOW TO WATCH A GOOD PROGRAM BE ELIMINATED

Nothing eliminates a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. **PLEASE REGISTER EARLY!**

## CONSTANT CONTACT EMAIL

You can sign up to receive Recreation News by visiting [www.northcastleny.com](http://www.northcastleny.com), click on 'E-Services', and then click on 'Sign Up For E-News'.

## WEATHER CANCELLATION POLICY

**In the case of a two hour delay at the Byram Hills Schools**, pre-school, youth and adult recreation programs held prior to 12 noon at Hergenhan Recreation Center and other locations in Armonk will be cancelled. Similarly, in the case of a two hour delay at Valhalla Schools, pre-school, youth and adult recreation programs held prior to 12 noon at the North Castle Community Center in North White Plains will be cancelled.

**If Byram Hills Schools are closed for the day**, all pre-school, youth and adult programs throughout the day in Armonk will be cancelled. **When Valhalla Schools are closed for the day**, pre-school, youth and adult programs at North Castle Community Center in North White Plains will be cancelled **except possibly for Open Gym in the evenings at North Castle Community Center**. If we are able to get sidewalks and the parking lot cleared and a staff person to work, we will have regularly scheduled Open Gym time. Information will be recorded on our cancellation Recreation Hotline at 273-3325 x1.

**Furthermore, if any non-Town program or group reserved a space** at Hergenhan Recreation Center or North Castle Community Center and the respective school districts are closed as above, those scheduled meetings or functions will also be cancelled under the same terms as above. We will gladly work with you to reschedule your function at another mutually convenient time.

**For senior citizen drop-in activities** at Hergenhan Recreation Center and North Castle Community Center, our policy is different. The Recreation staff will make a decision each Monday and Thursday morning regarding Hergenhan and each Wednesday and Friday morning regarding North Castle Community Center. **Senior Director, Liz Thomas, will deliver a phone message for all seniors on our contact list indicating if the drop-in center is closed and transportation is cancelled.**

Everyone else should call the senior citizen office phone, 273-2944, for a recorded message. Should it begin to snow and stick during the day, seniors will be driven home early and the drop-in center will close.

**On weekends**, there will be a recorded message on our **Hotline after 8:00am, 273-3325 x1**, indicating if programs are cancelled.

## REFUND POLICY

The Recreation Department does not issue refunds unless a program has been cancelled due to insufficient registration. Registrants assume full responsibility for any changes in their personal life, which may affect their ability to participate. In certain cases there may be extenuating circumstances for which a refund is warranted. The Recreation Supervisor may review these cases individually and make a determination based on the scenario at hand.

- The Recreation Department reserves the right to issue refunds as credit on account when appropriate.
- All claims for refunds must be requested in writing.
- A \$15 processing fee will be retained by the Town in all cases that refunds, partial refunds or program section transfers are granted.
- Refunds will be prorated based on the time attended the class.
- There is an additional charge of \$25 cash on all returned checks.

## MEDICAL INSURANCE

As an applicant for participation in recreation programs sponsored by the Town of North Castle, it is extremely important that you are aware that the Town **does not** provide medical insurance in such programs. If you do not have a personal medical insurance policy, we urge that you secure one prior to enrolling in any programs. **Persons participate at their own risk and should make certain they have their own insurance.**

## PARK & RECREATION FACILITY RESERVATION & RENTAL

Park facilities are available to Town residents and local businesses for recreational purposes only. Certain facilities such as a picnic pavilion, ball field or gazebo may be reserved by a particular group on an occasion for a fee. Groups with less than 60% residents pay a non-resident rate. Any organization or individual looking to use park property for the purpose of conducting its business must contact the Recreation Supervisor for special permission and arrangements.

The use of the Hergenhan Recreation Center and North Castle Community Center is open to any group, organization and business located within the Town. Groups with less than 60% residents pay a non-resident rate. The Hergenhan Recreation Center and North Castle Community Center may not be used for any commercial purposes\*; political meetings with the exception of debates; religious service functions; or fundraising events, with the exception of activities conducted by the Town; or by any other organization whose proposed activities are consistent with the Town's mission and benefits the residents of the Town of North Castle. \*Any organization or individual looking to use a recreation facility for commercial purposes must contact the Recreation Supervisor for special permission and arrangements. The Recreation Department reserves the right to co-sponsor profitable events with a portion of the proceeds going to the Town.

Specific reservation forms, listing reservation fees, rules and policies can be found on the Town website. You can also pick up a reservation form at our office or call us and we will email you a form. **Please contact Jerry Stroud with questions at 273-3325 x5 or [jstroud@northcastleny.com](mailto:jstroud@northcastleny.com).**

**In all cases of desiring to reserve a park or recreation facility, reservations will not be held until payment is received and application form is complete.** In many cases, a damage deposit will be required. In some cases, a certificate of liability insurance listing the Town of North Castle as additionally insured will be required as well. The only groups exempt from a rental fee are Town Departments, Boards & Committees and groups co-sponsored by the Recreation Department.

## BIRTHDAY PARTY INFORMATION

### NORTH WHITE PLAINS BIRTHDAY PARTY RENTAL INFORMATION

**Facility Location:** North Castle Community Center  
10 Clove Road  
North White Plains

**Party Hours:** Saturdays Only, 4:00 - 6:00pm  
(based on availability)

**Party Options:** Facility Rental Only  
\$150 (2 hour max)  
Sports Party  
\$250 (includes rental, gym,  
party room, sports specialist)

*Additional theme parties available at Hergenhan Recreation Center.*

### HERGENHAN RECREATION CENTER BIRTHDAY PARTY RENTAL INFORMATION

**Facility Location:** 40 Maple Avenue, Armonk

**Party Hours:** Saturday 10:00am - 1:00pm OR  
2:00 - 5:00pm  
Sunday 1:00 - 4:00pm

All parties will include a separate room rental fee of \$150. Payments will be made to North Castle Recreation. An additional check will be payable to the contracted party supplier. **Party dates and times must be arranged by the contracted party supplier and the party planner.** You should have a few dates available when looking to finalize the booking in the Hergenhan Recreation Center.

**Mad Science Party** - Contact Jon 914-948-8319 or [jonc@madsciencenyc.com](mailto:jonc@madsciencenyc.com).

Party Packages - Bronze \$325; Silver \$400; Gold \$525; additional charges for more than 20 kids. Program lasts approximately 1 hour. More information can be found at [westchester.madscience.org](http://westchester.madscience.org).

**Magic Dave Party** - Contact Magic Dave 914-649-4246 or [magicdave@aol.com](mailto:magicdave@aol.com).

Party price ranges from \$350 and up. Program will last 45 minutes to 1 hour. No limit to the number of guests.

**Gourmet Cooking Party** - Contact Amy Ahlert 914-527-6234 or [ahlert1@verizon.net](mailto:ahlert1@verizon.net). Party price is \$150 for kitchen rental plus \$215 payable to the instructor up to 8 children; \$15 additional per child over 8.

**Lego Fun Party** - Contact Eugene Riordan 917-723-9630 or [eugene@play-well.org](mailto:eugene@play-well.org). Ages 5 years and up, \$450 up to 15 guests. One hour for 5 & 6 years olds; one hour fifteen minutes for 7 to 12 year olds.

**Hobby Quest Party** - Model Airplanes - Contact Jessica 201-385-9302 or [jpiegaro@thehobbyquest.com](mailto:jpiegaro@thehobbyquest.com). \$275 for 1 ½ hours, up to 13 children grades K-5; additional charges for more than 13 children.

**Musical Munchkins Party** - Contact Eileen Oddo 914-771-7000 or [eileenoddo@aol.com](mailto:eileenoddo@aol.com). \$375 for 45 minutes, pre-school and up, up to 15 children.

**Art Parties** - Contact Sarah Glickman 914-330-7661 or [www.sarahglickman.com](http://www.sarahglickman.com).

- **Painting Parties** - 1.5 hours, \$300 for 10 guests. Each additional guest is \$30 pp. Price includes 1 hour art project; abstract painting on stretched canvas. Super fun to create and looks amazing hung on the walls!
- **Candle Making Parties** - 1.5 hours, \$300 for 10 guests. Each additional guest is \$30 pp. Price includes 1 hour art project; Gel Fish Bowl Candle. Create a very cool aquarium candle to take home!
- **Mirror Decorating Parties** - 1.5 hours, \$300 for 10 guests. Each additional guest is \$30 pp. Price includes 1 hour art project; Personalized Mirror. The kids will have fun decorating and personalizing their own take home mirror!
- **Wood Working** - Door Plaque Parties - 1.5 hours, \$300 for 10 guests. Each additional guest is \$30 pp. Price includes 1 hour art project; Door Plaque. Sand/paint, wood burn a personalized door plaque that will look great in any room!

**Bits, Bytes & Beyond Parties** - Contact Vivian Tai 914-218-8175 or [www.bbbparties.com](http://www.bbbparties.com). 1.5 to 2 hours, \$395 for up to 8 children, and then \$20 for each additional child.

- **Robot Sumo Party** - Children will build and program their LEGO® Mindstorms NXT robots to battle head to head on our Sumo Battle board. CAUTION: Robot battles can be exciting and inspiring. Be prepared to an extraordinary amount of screaming and laughter! Ages 6 and older.
- **Brickfilms Movie Making Party** - Lights...Camera...Action! Using LEGO® characters, stop-motion animation and digital editing, students create brickfilms movies. At the end, we will have a "Movie Premiere" showing off all the movies that the children made. The host will have a copy of all the movies. Ages 7 and older.



**For more information or to  
book a party date, please  
contact Jerry Stroud at  
273-3325 x5 or  
[jstroud@northcastleny.com](mailto:jstroud@northcastleny.com).**

## SPECIAL HAPPENINGS

### THE SMALL TOWN THEATRE COMPANY

Co-sponsored by North Castle Recreation

The Small Town Theatre Company will be producing staged play readings and full play productions this fall and winter at both the Hergenhan Center and Whippoorwill Hall Theatre.

Visit [www.SmallTownTheatre.com](http://www.SmallTownTheatre.com) for our upcoming programs.

### FAMILY BINGO NIGHT

By Adrienne Errigo

A fun-filled night out with the family! Small round robin, large round robin, full card, etc... Play Bingo and win some cool prizes. Don't miss out on the action.

**Date:** Fridays 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19 (dates subject to change)  
**Time:** 6:30 - 8:30pm  
**Where:** North Castle Community Center  
10 Clove Road, North White Plains  
**Fee:** \$2 per board

### FROSTY DAY

Frosty the Snowman will be back again on Saturday 11/29 with another fun-filled, family day in Armonk. As in years past, the day will feature children's activities beginning at noon, a parade down Main Street to welcome Frosty home, followed by a gala holiday lighting in Wampus Brook Park. Please save the date - and make plans to be a part of this year's Frosty Day!

More information will follow in September.  
For any questions, please call Ed Woodyard at 273-3756.

### SPOOKTACULAR HALLOWEEN EVENT

Kindergarten to 5<sup>th</sup> Grade

**Come In Costume**  
**Entertainment, Games, Prizes & Candy**  
**Friday 10/24 from 7:00 - 9:00pm at**

**North Castle Community Center**  
**10 Clove Road, North White Plains**

### MARCH MADNESS 3 ON 3 BASKETBALL TOURNAMENT

North Castle Recreation is bringing back an old favorite! The extremely popular and always well attended 3 on 3 basketball tournament is back, and better than ever! This is an opportunity for both boys and girls in grades 3 through 8 to get together and participate in a local basketball tournament. If you're the type that has friends, this is a perfect opportunity to have fun and make some memories. Remember, in this tournament the players are in control. You are your own players; no parent coaches; design your own uniforms; the possibilities are endless. Register your team and join in the fun. Enjoy a day of basketball with officiated games, friends, family, food and prizes! Program #522231A.

**Date:** Sunday 3/22  
**Time:** 10:00am  
**Where:** Byram Hills School District Gyms  
**Fee:** \$40 per player

### ARTMONK STUDIOS ANNUAL STUDENT ART SHOW

Saturday 11/15 through Tuesday 11/25

OPENING RECEPTION Saturday 11/15  
11:00am - 2:00pm  
Hergenhan Recreation Center  
40 Maple Avenue, Armonk

- Student artwork drop-off dates, 11/12, 11/13, 11/14 between the hours of 9:00am and 4:00pm at Hergenhan Recreation Center.
- Student artwork pick-up dates, 11/24, 11/25, between the hours of 9:00am and 4:00pm at Hergenhan Recreation Center.

A full scholarship will be awarded to the first place winners!

## AARP DEFENSIVE DRIVING

By Jeanne Troiano

This 6 hour class is a refresher on the principles of safe driving for adults age 50 and older. Upon completion of the course you will receive a 30% discount on your auto insurance over 3 years. Participants must bring their driver's license and, if you are an AARP member, please bring your membership card to class. Also, bring lunch, a snack, a beverage and a pen with you. Please make your check (no cash) payable to AARP and mail it to: Liz Thomas, Senior Recreation Leader, Town of North Castle, 40 Maple Avenue, Armonk, NY 10504. If you are an AARP member, write your membership number on the check. Enrollment is limited, register early!

**Date:** Tuesday 10/7  
**Time:** 8:45am - 3:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** AARP Member \$20  
Non-Member \$25



**CHECKS ONLY - NO CASH WILL BE ACCEPTED.**

## PRE-SCHOOL PROGRAMS

### Monday

#### TOT TENNIS (3 - 5 year olds)

N.O.W. Tennis

N.O.W. Tennis brings you the love of tennis in a safe, fun and encouraging environment. Our goal is to introduce the game to children using scaled-to-size equipment and a creative curriculum that will teach each child the fundamentals of tennis and build confidence while having a great time! Each 45 minute session will be a mixture of skill development and games-based play. Participants must wear sneakers; racquets and all equipment will be provided.  
Program #111290 A or A1.

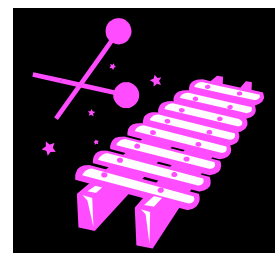
**Date:** Mondays 9/8, 9/15, 9/22, 9/29,  
10/6, 10/20  
No class 10/13  
**Time:** "A" 1:00 - 1:45pm  
"A1" 2:00 - 2:45pm  
**Where:** Lombardi Park  
85 Cox Avenue, Armonk  
**Fee:** Resident \$150 for 6 sessions  
Non-Resident \$165 for 6 sessions

#### SOUNDS OF MUSIC (3 - 5 year olds)

By Amadeus Conservatory of Music

The Amadeus Conservatory of Music offers a fun and unique music education program for young children. In these classes, young children have the opportunity to play real instruments in child-sized versions, such as 1/8<sup>th</sup> violins, small accordion, ukuleles, recorders, bongo drums, xylophones, keyboard, and other percussion instruments. These classes offer a hands-on experience in which young children learn to play multiple instruments in each class. In addition, active music and movement activities are incorporated into each class.  
Program #112748A.

**Date:** Mondays 9/29, 10/6, 10/20, 10/27,  
11/3, 11/10, 11/17, 11/24  
No class 10/13  
**Time:** 1:45 - 2:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$280 for 8 sessions  
Non-Resident \$308 for 8 sessions





## Tuesday

### TOT-PLUS-ONE TENNIS (2 - 3 year olds WITH adult)

By N.O.W. Tennis

Grownups, join your young ones as we introduce them to the game of tennis! Have a great time together in a class that teaches movement, hand/eye coordination, racquet skills and fun tennis activities. Balloons, beach balls, foam balls and scaled-to-size equipment will be used. This is the perfect first class for your future tennis player. Program #121290A.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21,  
10/28, 11/18  
No class 11/4, 11/11

**Time:** 1:00 - 1:45pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$120 for 6 sessions  
Non-Resident \$132 for 6 sessions



### CLAY CREATURES (3 - 5 year olds)

By Phyllis Schwartz

A wonderful introduction to the magical properties of clay. Children will use their imagination to create special creatures and useful objects d'art. Beginning techniques will be taught and work will be glazed and fired. Program #121154A.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21,  
10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11

**Time:** 1:00 - 1:45pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$105 for 8 sessions  
Non-Resident \$115 for 8 sessions

### OUTER SPACE ART

(3 - 5 year olds)

By Phyllis Schwartz

Rocket ships, Stars, Planets, Space and more! Explore outer space through art projects using poems and stories to take us on our voyage! Many types of materials will be used. Program #121148A.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21,  
10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11

**Time:** 2:15 - 3:00pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$105 for 8 sessions  
Non-Resident \$115 for 8 sessions

### LITTLE CHEFS

(3 - 5 year olds)

*Please let the instructor know of any food allergies your children may have prior to the first class.*

By Amy Ahlert

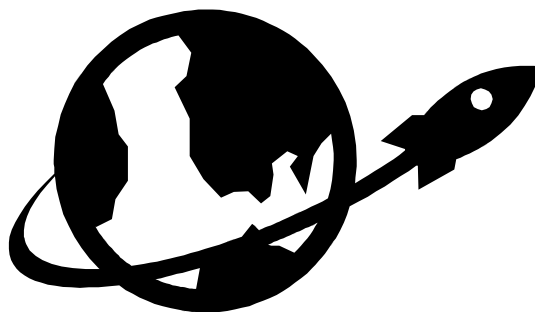
Preschoolers will be introduced to the art of preparing simple fun recipes. Emphasis will be on easy to follow instruction, tasty creations and group participation; a show and tell class for the youngest aspiring culinary artists. Samplings at end of class. Program #121771 A or B.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21,  
10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11

**Time:** "A" 1:30 - 2:15pm  
"B" 2:45 - 3:30pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$106 for 8 sessions  
Non-Resident \$116 for 8 sessions



**YOGA PLAYDATE (3 months - 2 years)****No previous yoga experience needed.**

By Barbara Scott, Certified Yoga Teacher

**YOU ARE YOUR BABY'S ENVIRONMENT!!**

Learn to create a calm and relaxed energy...

Join your little one in a unique blend of yoga postures helping to unite baby and parent in 8 minute sequences. Some of the benefits of baby yoga are improved sleeping patterns, aid in digestion, and relief of gas and colic. This class offers a great way for both parent and child to strengthen their bodies, relax, and enjoy the friendship and support of their community. Come join us as we experience the joys of yoga together...then take home the tools to recreate this wonderful energy. Program #121836 A or A1.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11

**Time:** "A" Crawlers to Walkers  
8 months - 2 years  
11:00 - 11:45am

"A1" Babies to Pre-Crawlers  
3 months - 7 months  
12:00 noon - 12:45pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$106 for 8 sessions  
Non-Resident \$116 for 8 sessions

**YOGA PLAYDATE (3 - 5 years)****Caregivers welcome. No previous yoga experience needed.**

By Barbara Scott, Certified Yoga Teacher

For the toddler or pre-school participant, this class can help tame tantrums, encourage better sleep, improve digestion, develop self-esteem, cultivate self-expression, provide relaxation techniques and develop a healthy and physically fit lifestyle. Parents who take this class with their child notice a deeper parent/child bond, happier days, more restful nights, and a greater confidence in their parenting skills, which leads to less stress and anxiety. Enjoy the fun of yoga with your child in this special yoga class! Program #121836B.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2

No class 11/4, 11/11

**Time:** 1:00 - 1:45pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$106 for 8 sessions  
Non-Resident \$116 for 8 sessions

**Wednesday****MUSICAL MUNCHKINS (4 - 40 months)**

Teacher: Robin Sneider

Musical Munchkins is a fun-filled, early childhood approach to musical education via parental participation. You are your child's best role model. This belief is what inspired our creatively designed curriculum in which parent/caretaker and child joyfully engage together in musical activity using songs, instruments, puppets, props, books, rhythmic movement and games. Parents and/or caretakers...put on your dancin' shoes and bring your singing voice. You are guaranteed to enjoy 45 minutes of uninterrupted musical fun with your little one! Enroll in the age specific class that applies to your child. Program #121116 A, B or C.

**Date:** Wednesdays 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3  
No class 11/26

**Time:** "A" 14 - 23 months  
9:30 - 10:15am

"B" 24 - 40 months  
10:30 - 11:15am

"C" 4 - 13 months  
11:45am - 12:30pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$188 for 10 sessions  
Non-Resident \$207 for 10 sessions



**LITTLE CHEFS (3 - 5 year olds)**

*Please let the instructor know of any food allergies your children may have prior to the first class.*

By Amy Ahlert

Class Description: See Tuesday Pre-School Programs  
Program #121771 C or D

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22,  
10/29, 11/5, 11/12, 11/19  
**Time:** "C" 1:30 - 2:15pm  
"D" 2:45 - 3:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$106 for 8 sessions  
Non-Resident \$116 for 8 sessions

## Thursday

**TOT TENNIS (3 - 5 year olds)**

By N.O.W. Tennis

Class Description: See Monday Pre-School Programs  
Program #111290B

**Date:** Thursdays 9/11, 9/18, 10/2, 10/9,  
10/16, 10/23  
No class 9/25  
**Time:** 1:00 - 1:45pm  
**Where:** Lombardi Park  
85 Cox Avenue, Armonk  
**Fee:** Resident \$150 for 6 sessions  
Non-Resident \$165 for 6 sessions

**SOCCER SQUIRTS (3 - 5 year olds)**

By US Sports Institute

Often Imitated, Never Duplicated. US Sports Institute's Soccer Squirts program provides an introduction to the beautiful game in a fun-filled, safe environment. The program includes enjoyable and imaginative games and scrimmages. Soccer Squirts is designed to develop motor skills, balance and coordination within a low pressure social environment. The Soccer Squirts schedule includes a range of games based upon short passing, dribbling, turning and of course shooting, as well as not forgetting the most important aspect...Fun, Fun, Fun! Program #111280D.

**Date:** Thursdays 9/18, 10/2, 10/9, 10/16,  
10/23, 10/30  
No class 9/25

**Time:** 3:45 - 4:30pm  
**Where:** North Castle Community Center  
10 Clove Road, North White Plains  
**Fee:** Resident \$95 for 6 sessions  
Non-Resident \$105 for 6 sessions

## Friday

**GOLF (3 - 5 year olds)**

By TGA-Premier Golf

TGA-Premier Junior Golf is the only national at-school junior golf enrichment program. The TGA curriculum utilizes drills and language that make it fun to learn golf. As students advance through the 5-level program, they will learn basics and fundamentals of the sport, all the while being prepared to play on the golf course. All new students begin in the yellow level and can advance all the way to the black level. TGA provides all equipment and a great experience students will remember for a lifetime. Keep Swinging! Program # 121291A.

**Date:** Fridays 10/3, 10/10, 10/17, 10/24, 11/7,  
11/14, 11/21, 12/12  
No class 10/31, 11/28, 12/5  
**Time:** 2:45 - 3:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$160 for 8 sessions  
Non-Resident \$176 for 8 sessions

**LITTLE DANCE PRE-SCHOOL 1 (3 year olds turning 4)**

By Little Dance Co.

Program includes pre-ballet, tap and creative movement blended with developmentally appropriate educational concepts. Recommended attire: pink leotards and tights, pink ballet shoes and black tap shoes. All tap shoes must have elastic close, Velcro or tap buttons. Recital performance in May. This is a drop off program and parents do not stay in the dance room. Program #121120A1.

**Date:** Fridays 9/19, 10/3, 10/10, 10/17, 10/24,  
11/7, 11/14, 11/21, 12/5  
No class 9/26, 10/31, 11/28  
**Time:** 1:45 - 2:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$ 147 for 9 sessions  
Non-Resident \$ 162 for 9 sessions

### LITTLE DANCE PRE-SCHOOL 2 (4 year olds turning 5)

By Little Dance Co.

Class Description: See Friday Pre-School Programs  
Program #121120A

**Date:** Fridays 9/19, 10/3, 10/10, 10/17, 10/24,  
11/7, 11/14, 11/21, 12/5  
No class 9/26, 10/31, 11/28  
**Time:** 2:45 - 3:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$147 for 9 sessions  
Non-Resident \$162 for 9 sessions

### PIANO FOR LITTLE FINGERS

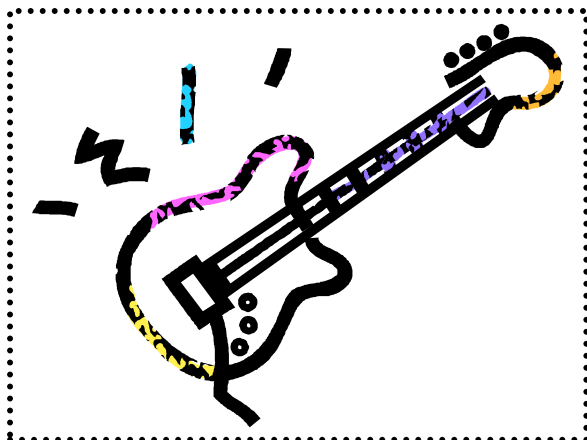
(3 - 5 year olds PLUS parent/caregiver)

This is a "mommy & me" class.

By Musical Associates

Musical Associates combines its two early childhood programs; one, a 20 minute class that introduces children to the world of music, listening and exploring works by Vivaldi, Miles Davis and Taylor Swift, among others. Children learn conducting patterns to make the rhythm concrete. This is immediately followed by a 20 minute class teaching the children piano the letters of the alphabet instead of notes. Children learn about the instruments, as well as simple melodies, like Brother John and Twinkle Twinkle. Program #121749A.

**Date:** Fridays 9/19, 10/3, 10/10, 10/17, 10/24,  
10/31, 11/7, 11/14, 11/21, 12/5  
No class 9/26, 11/28  
**Time:** 11:00 - 11:45am  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$256 for 10 sessions  
Non-Resident \$282 for 10 sessions



### GUITAR FOR LITTLE FINGERS

(3 - 5 year olds PLUS parent/caregiver)

This is a "mommy & me" class.

By Musical Associates

Musical Associates combines its two early childhood programs; one, a 20 minute class that introduces children to the world of music, listening and exploring works by Vivaldi, Miles Davis and Taylor Swift, among others. Children learn conducting patterns to make the rhythm concrete. This is immediately followed by a 20 minute class teaching the children guitar using a system called tablature, numbers instead of notes. Children learn about the instrument as well as simple melodies like Brother John and Twinkle Twinkle. Program #121749B.

**Date:** Fridays 9/19, 10/3, 10/10, 10/17, 10/24,  
10/31, 11/7, 11/14, 11/21, 12/5  
No class 9/26, 11/28  
**Time:** 12:00 noon - 12:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$256 for 10 sessions  
Non-Resident \$282 for 10 sessions

## Saturday

### SOCCER SQUIRTS

(3 - 5 year olds)

By US Sports Institute

Class Description: See Thursday Pre-School Programs  
Program #121280 A, B or B1

**Date:** Saturdays 9/20, 9/27, 10/4, 10/11,  
10/18, 10/25  
**Time:** "A" 9:15 - 10:00am  
"B" 10:15 - 11:00am  
"B1" 11:15 am - 12:00 noon  
**Where:** Community Park  
205 Business Park Drive, Armonk  
**Fee:** Resident \$105 for 6 sessions  
Non-Resident \$116 for 6 sessions



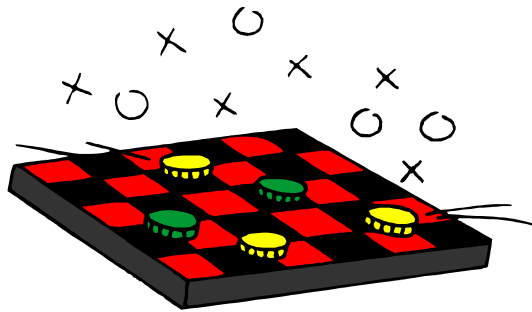
## **PARENT & ME SOCCER SQUIRTS (2 - 3 year olds)**

By US Sports Institute

US Sports Institute's Parent & Me Soccer Squirts classes are a fun and positive introduction to soccer. With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program of structured activities, fun-based games and scrimmages. Each session will focus on maximizing participation and learning through a variety of fun games designed to stimulate a child's imagination and develop motor skills. US Sports Institute's Parent & Me classes will provide an excellent opportunity for you to

spend quality time easing your child into social situations with the support and direction from our coaches. Program #121280C.

**Date:** Saturdays 9/20, 9/27, 10/4, 10/11, 10/18, 10/25  
**Time:** 12:15 - 1:00pm  
**Where:** Community Park  
205 Business Park Drive, Armonk  
**Fee:** Resident \$105 for 6 sessions  
Non-Resident \$116 for 6 sessions



## **KIDZ CLUB AFTER SCHOOL PROGRAM**

(Grades K - 5)

The KIDZ CLUB is an ongoing, fun-filled and well supervised after school program designed to give kids a safe place to have fun and do homework. Participants will play sports such as whiffle ball and basketball and engage in traditional board games such as checkers, chess and connect four, intermingled with arts & crafts, music and outdoor play. Snack is provided daily. Register for one, two, three, four or all five days per week each month. **Parents must arrange for bus transportation with the Valhalla School District. North Castle Recreation does NOT organize the buses!** Program #512224.

**Date:** Mondays through Fridays, excluding school half days, holidays and early dismissals based on the Valhalla School district calendar.  
**Time:** 3:15 - 5:30pm  
**Where:** North Castle Community Center  
10 Clove Road, North White Plains  
**Fee:** Resident \$10 per day  
Non-Resident \$12 per day

**Pre-registration is required.** In order for Kidz Club to operate, a family must commit for the FULL SCHOOL YEAR to the days that the child is registered for. With advance notice given to the Recreation Department, a family can add days or change specific days if necessary. Families are charged the full amount for the days registered within a month, **whether or not the child attends.** FEES ARE NOT CHARGED FOR SCHOOL VACATION / HALF DAYS WHEN KIDZ CLUB IS NOT IN SESSION. Registration is for the entire school year, yet billing is done on a monthly basis. Payment must be made in full two weeks prior to the 1<sup>st</sup> of each month. A late fee of \$20 will be incurred after the 10<sup>th</sup> of the month. Make checks payable to *North Castle Recreation* and mail to 40 Maple Avenue, Armonk. Monthly fees will not be prorated. Enrollment is limited. For information, call Matt Trainor at 273-3325 x4.

## YOUTH PROGRAMS

### Monday

#### AFTER SCHOOL HOOPS (Boys & Girls, Grades 3 - 5)

By Teaches Basketball Camps, LLC

Teaches Basketball Camps has been providing youth programs for 20 years. Our main focus is on fundamentals and participation. Our experienced staff and positive format create a great learning atmosphere. We hope you can scorch the nets with us. Each participant will receive a Teaches basketball, shirt and bag. Program #122272B.

**Date:** Mondays 9/29, 10/6, 10/20, 10/27,  
11/3, 11/10  
No class 10/13  
**Time:** 3:15 - 4:45pm  
**Where:** Wampus School  
41 Wampus Avenue, Armonk  
**Fee:** Resident/School District  
\$185 for 6 sessions

#### KARATE (Grades K - 12)

By Kip Sophos

A program for beginners, as well as advanced students, designed to teach kids focus, discipline and self-control in a safe, fun environment. Program #112201A.

**Date:** Mondays 9/15, 9/22, 9/29, 10/6, 10/20,  
10/27, 11/3, 11/10, 11/17, 11/24, 12/1  
No class 10/13  
**Time:** 6:00 - 7:00pm  
**Where:** North Castle Community Center  
10 Clove Road, North White Plains  
**Fee:** Resident \$124 for 11 sessions  
Non-Resident \$136 for 11 sessions

#### TENNIS (Grades K - 2)

By Staff

Racquets available if needed. Excellent teacher to student ratio. Learn and improve skills while having fun. Program #122290A.

**Date:** Mondays 9/8, 9/15, 9/22, 9/29, 10/6,  
10/20  
No class 10/13  
**Time:** 3:45 - 4:30pm

**Where:** Lombardi Park  
85 Cox Avenue, Armonk  
**Fee:** Resident \$150 for 6 sessions  
Non-Resident \$165 for 6 sessions

#### DRAWING & PAINTING (Grades 3 - 5)

By Lorraine Pleska

Students will be inspired to draw from a collection of pictures. They will be encouraged to add touches of their own to make the piece theirs, before painting with watercolors. Program #122160A.

**Date:** Mondays 9/29, 10/6, 10/20, 10/27,  
11/3, 11/10, 11/17, 11/24  
No class 10/13  
**Time:** 3:00 - 5:00pm  
**Where:** Wampus School  
41 Wampus Avenue, Armonk  
**Fee:** Resident/School District  
\$160 for 8 sessions



#### PING PONG (Grades 3 - 8)

By Jerry Stroud

Students will learn and play the fast paced and exciting game of ping pong. Practice and tournament play will be set up weekly. Program #122195A.

**Date:** Mondays 9/29, 10/6, 10/20, 10/27,  
11/3, 11/10, 11/17, 11/24  
No class 10/13  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$85 for 8 sessions  
Non-Resident \$95 for 8 sessions

### **GOURMET COOKING FOR KIDS (Grades 3 - 7)**

*Please let the instructor know of any food allergies your children may have prior to the first class.*

By Amy Ahlert

If kids learn by doing, they will try a wide variety of foods. This class will teach basic and fun methods of fine cuisine. They chop, dice, grate, sauté, bake and learn how to choose nutrition and taste. With an eye for color and a palate for great taste, kids are given recipes to follow that include appetizers, pastas, risotto, panini, meats, vegetable dishes, salads and desserts. Sample tastings at end of each class. Program #122771A.

**Date:** Mondays 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24  
No class 10/13  
**Time:** 3:45 - 5:15pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$216 for 8 sessions  
Non-Resident \$238 for 8 sessions

**\$95 SEPARATE FEE PAYABLE TO INSTRUCTOR ON FIRST DAY.**

### **CREATIVE CLAY ART (Grades 1 - 2)**

By Sally Ng

Students will have a lot of fun as they explore the many facets of clay, utilizing hand building techniques such as mold, coil, pinch and slab. Each class is designed to further their pottery skills while having fun in creating a textured bowl, plate, car, a whimsical animal or more. Students will be encouraged to explore their own ideas and creations. All materials and firing included. Program #122155A.

**Date:** Mondays 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24  
No class 10/13  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$156 for 8 sessions  
Non-Resident \$172 for 8 sessions

### **KARATE (Grades 1 - 12)**

By Kip Sophos

A program for beginners, as well as advanced students, designed to teach kids focus, discipline and self-control in a safe, fun environment. Program #122201A.

**Date:** Mondays 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1  
No class 10/13  
**Time:** 3:45 - 5:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$254 for 11 sessions  
Non-Resident \$279 for 11 sessions

### **SAFE ON MY OWN (Grades 3 - 5)**

By Diane Stonis

This is a Red Cross certified program designed to teach children safety when home alone. They will learn what to do when a stranger knocks at the door, how to answer the phone, etc... Program #122706A.

**Date:** Monday 9/29  
**Time:** 3:15 - 5:15pm  
**Where:** Wampus School  
41 Wampus Avenue, Armonk  
**Fee:** Resident/School District \$25

### **ARTMONK STUDIOS DRAWING & PAINTING**

**(Grades K - 8)**

By Joann Artale

Students will be drawing with pastel (soft & oil) or painting with acrylic paint. Students learn line drawing, light, color, form and composition all from observing an arrangement of objects/landscapes. Intermediate and advanced students will study portraits, figure drawing, famous artists and can choose other mediums, such as watercolor with instructor's approval. Program #122185A.

**Date:** Mondays 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24  
No class 10/13  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** \$280 for 8 sessions

- **\$20 SUPPLY FEE PAYABLE TO INSTRUCTOR AT FIRST CLASS.**
- If classes are not full, late registrations are prorated.
- Crittenden students walk to Wampus for Activity Bus.

**PIANO (Grades 1 - 5)**

By Dirck Mitchell of Musical Associates

Small group...class size will be 6...introduction to the keyboard, note reading and simple accompaniments; a great way for your child to explore piano and music. Keyboard included. Program #122749A1.

**Date:** Mondays 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24  
No class 10/13  
**Time:** 3:45 - 4:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$205 for 8 sessions  
Non-Resident \$226 for 8 sessions

**CHESS (Grades K - 2)**

By Felix Lopez

Come and enjoy the challenging and fun world of chess. Learn from a Master Instructor who will guide you through each step of this popular and fun-filled game. Chess boards provided. Make your move! Program #122784C.

**Date:** Mondays 9/15, 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1  
No class 10/13  
**Time:** 3:15 - 4:15pm  
**Where:** Coman Hill School  
558 Bedford Road, Armonk  
**Fee:** Resident/School District  
\$193 for 11 sessions

**WIZARDLY WONDERS (Grades K - 5)**

By Hobby Quest

Abracadabra, hocus pocus, this fall make MAGIC your focus!

Aspiring young magicians will learn all the tricks of the trade in this fun-filled foray into the wondrous world of magic. You'll learn to perform illustrious illusions such as the ANTI-GRAVITY CARD LEVITATION, where you'll cause a card to rise straight up from your hand with nothing more than a few magic words. You will also master the art of making things disappear and reappear again with the DISAPPEARING DECK, causing a deck of

cards to vanish and return right before your audience's eyes. And in case you like mysteries, you'll also solve the MYSTERY OF THE MISSING SOCK. Using only a sheet of paper, you will make missing socks appear out of nowhere with just the snap of your fingers!

Each week you'll learn these and many other fabulous feats of illusion to take home and show off to your friends and family. In fact, you will learn so many tricks you'll have the "hide" them up both your sleeves (and maybe even your shorts too)! Program #122152B.

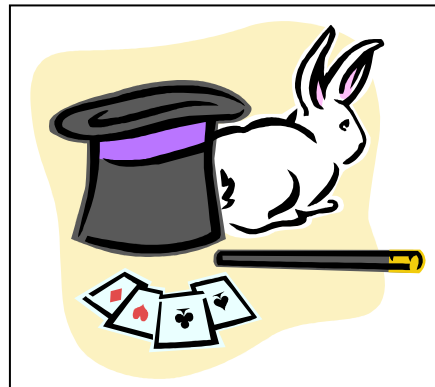
**Date:** Mondays 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 11/24  
No class 10/13  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$155 for 8 sessions  
Non-Resident \$170 for 8 sessions

**Tuesday****TANGLE ART (Grades 3 - 5)**

By Lorraine Pleska

Tangle drawings are like sophisticated doodles. It is easy to learn, relaxing and a fun way to create beautiful images by drawing repetitive patterns with endless possibilities. The only tools needed: white paper, black pen and your imagination. Program #122160B.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11  
**Time:** 3:00 - 5:00pm  
**Where:** Wampus School  
41 Wampus Avenue, Armonk  
**Fee:** Resident/School District  
\$160 for 8 sessions





**TENNIS (Grades 3 - 5, Beginner & Intermediate)**

By Staff

Racquets available if needed. Excellent teacher to student ratio. Learn and improve skills while having fun. Program #122290B.

**Date:** Tuesdays 9/9, 9/16, 9/23, 9/30, 10/7, 10/14  
**Time:** 3:30 - 4:30pm  
**Where:** Lombardi Park  
 85 Cox Avenue, Armonk  
**Fee:** Resident \$150 for 6 sessions  
 Non-Resident \$165 for 6 sessions

**SING LIKE A STAR (Grades K - 6)**

By Amy Ahlert

A very popular class for the budding pop star! Great for both boys and girls! This course gives each child the opportunity to perform in an ensemble and take a solo turn while performing the latest hits in contemporary pop. Breathing, vocal exercises and lyric stylizing are taught. Performance for an audience on last day of class. Program #122770A.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2  
 No class 11/4, 11/11  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
 40 Maple Avenue, Armonk  
**Fee:** Resident \$130 for 8 sessions  
 Non-Resident \$143 for 8 sessions

**\$10 MATERIAL FEE PAYABLE TO INSTRUCTOR ON FIRST DAY.**

**FASHIONISTAS (Grades 2 - 6)**

By Hobby Quest

Designing one-of-a-kind outfits will seem easy after taking this hands-on fashion design class! You'll learn the ins and outs of fashion design from top to bottom, head to toe - the possibilities are endless as you learn how to tap your creative genius.

You'll create an entire ensemble, including shirt/blouse and skirt/shorts to show off. And because no look is complete without a bit of flair, you'll make some fun accessories such as belts, scarves and hair pieces. You will be guided through every step of the process; from construction to final fitting. And since every young

designer deserves their day on the runway, you'll celebrate the end of the season with a fashion show for friends and family!

So when the kids back at school ask you where you got that fabulous outfit you can smile and say "Oh this thing? It's just a little something I made myself." Program #122152C.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2  
 No class 11/4, 11/11  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
 40 Maple Avenue, Armonk  
**Fee:** Resident \$155 for 8 sessions  
 Non-Resident \$170 for 8 sessions

**BEGINNING KARATE (Grades K - 2)**

By Kip Sophos

This class is an introduction to martial arts through physical and mental focus and through discipline in a fun, safe environment. Program #122201B1.

**Date:** Tuesdays 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 11/18, 11/25, 12/2  
 No class 10/28, 11/4, 11/11  
**Time:** 3:15 - 4:30pm  
**Where:** Coman Hill School  
 558 Bedford Road, Armonk  
**Fee:** Resident/School District  
 \$140 for 9 sessions

**KARATE II (Grades K - 12)**

***Prerequisite: Students must have completed one prior session of Beginning Karate.***

By Kip Sophos

Continued training for returning students in a fun, yet more disciplined setting. **New students Grade 2 and up are okay.** Program #122201B2.

**Date:** Tuesdays 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 11/18, 11/25, 12/2  
 No class 10/28, 11/4, 11/11  
**Time:** 4:30 - 6:00pm  
**Where:** Coman Hill School  
 558 Bedford Road, Armonk  
**Fee:** Resident/School District  
 \$140 for 9 sessions

**CREATIVE CLAY ART** (Grades 1 - 2)

By Sally Ng

Class Description: See Monday Youth Programs  
Program #122155B

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21,  
10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$156 for 8 sessions  
Non-Resident \$172 for 8 sessions

**ARCHITECTURE** (Grades 3 - 6)

By Phyllis Schwartz

A chance to learn about building design through the ages. Create and build your own constructions using cardboard, wood and found objects. Bring photo of student's home to first class. Program #122191A.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21,  
10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$115 for 8 sessions  
Non-Resident \$127 for 8 sessions

**GUITAR** (Grades 1 - 5)

By Jeffrey Crawl of Musical Associates

Small group...class size will be 6...introduction to note reading, tablature, chords, songs and simple accompaniments will be taught; a great way for your child to explore guitar and music. Program #122749B1.

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21,  
10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11  
**Time:** 3:45 - 4:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$205 for 8 sessions  
Non-Resident \$226 for 8 sessions

**ARTMONK STUDIOS DRAWING & PAINTING**

(Grades K - 8)

By Joann Artale

Class Description: See Monday Youth Programs  
Program #122185B

**Date:** Tuesdays 9/30, 10/7, 10/14, 10/21,  
10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** \$280 for 8 sessions

- **\$20 SUPPLY FEE PAYABLE TO INSTRUCTOR AT FIRST CLASS.**
- If classes are not full, late registrations are prorated.
- Crittenden students walk to Wampus for Activity Bus.

**Wednesday****CREATIVE CLAY ART** (Grades K - 2)

By Sally Ng

Class Description: See Monday Youth Programs  
Program #122155C

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22,  
10/29, 11/5, 11/12, 11/19  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$156 for 8 sessions  
Non-Resident \$172 for 8 sessions

**SING LIKE A STAR** (Grades K - 6)

By Amy Ahlert

Class Description: See Tuesday Youth Programs  
Program #122770B

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22,  
10/29, 11/5, 11/12, 11/19  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$130 for 8 sessions  
Non-Resident \$143 for 8 sessions

**\$10 MATERIAL FEE PAYABLE TO INSTRUCTOR ON FIRST DAY.**

### **CRAZY CHEMWORKS** (Grades 3 - 5)

By Mad Science

Come and spark imaginative learning with some Mad chemistry. Watch as we combine elements and make them fizz, crackle and change color! We'll delve into molecules and chemical reactions that produce light, gas and even slime. Some of the weekly topics in this session include: Lab Works, Junior Reactors, p.H. Phactor, Slime Time, The Glow Show, Dry Ice Capades, Icky Sticky Stuff, Chemistry Corner, The Mystery of Chem and Kitchen Chemistry. Program #122758A.

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19  
**Time:** 3:15 - 4:15pm  
**Where:** Wampus School  
41 Wampus Avenue, Armonk  
**Fee:** Resident/School District  
\$175 for 8 sessions

### **FLYING MACHINES** (Grades K - 5)

By Hobby Quest

Time to take off - build, fly and take home your very own furious flying machines!

Take an exciting trip into the world of aviation as you build your very own aircraft and watch them soar overhead. This innovative program is an engaging and exciting foray into the world of aviation, and with a diverse array of models to build and take home each class will leave you flying high like your airplanes. You'll tackle a few large models such as the UFO. This unusual looking plane sports a wind-up propeller and its round wings resemble a flying saucer. But don't be fooled - it's capable of taking off straight from the ground just like the big jets! And to prove a great plane doesn't always need a propeller, you'll also build the SHREK 2, a classic all-wooden glider. This plane is great for performing loops and stunt tricks and launches with its own special slingshot. You'll also explore the world of motorized craft with THE DRAGONFLY. Featuring an electric motor and a wide wing span, this plane is great for long flights on windy fall days.

With these and so many more exciting models to build, you will be busy flying outside all autumn long. In fact, you may catch yourself saying, "It's a bird, it's a plane, it's...no wait, it's my airplane. Program #122152A.

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$155 for 8 sessions  
Non-Resident \$170 for 8 sessions

### **AFTER SCHOOL HOOPS** (Boys & Girls, Grades K - 2)

By Teaches Basketball Camps, LLC

Teaches Basketball Camps has been providing youth programs for 20 years. Our main focus has been on fundamentals and participation. Our experienced staff and positive format create a great learning atmosphere. We hope you can scorch the nets with us. Each participant will receive a Teaches basketball, shirt and bag. Program #122272A.

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22, 11/5, 11/12  
No class 10/29  
**Time:** 3:15 - 4:45pm  
**Where:** Coman Hill School  
558 Bedford Road, Armonk  
**Fee:** Resident/School District  
\$185 for 6 sessions

### **RED CROSS BABYSITTING TRAINING**

**(11 - 15 year olds)**

*Participants must be 11 years old by the 1<sup>st</sup> day of class.*

By Diane Stonis

The Babysitter's Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to care for children and infants; be good leaders and role models; make good decisions and solve problems; keep the children they babysit and themselves safe; handle emergencies such as injuries, illnesses and household accidents. Program #122705A.

**Date:** Wednesdays 10/29, 11/5, 11/12  
**Time:** 2:45 - 5:00pm  
**Where:** Crittenden School  
10 MacDonald Avenue, Armonk  
**Fee:** Resident/School District  
\$80 for 3 sessions

## **ARTMONK STUDIOS DRAWING & PAINTING**

**(Grades K - 8)**

By Joann Artale

Class Description: See Monday Youth Programs  
Program #122185C

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22,  
10/29, 11/5, 11/12, 11/19  
No class 11/26  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** \$280 for 8 sessions

- **\$20 SUPPLY FEE PAYABLE TO INSTRUCTOR AT FIRST CLASS.**
- If classes are not full, late registrations are prorated.
- Crittenden students walk to Wampus for Activity Bus.

## **COMPUTER VIDEO GAME CREATION - PACMAN**

**(Grades 3 - 6)**

*Prerequisite: Experience with computers.*

*Students take home a CD with the GameMaker software, resource files and students' games at the end of the class.*

By Bits, Bytes & Bots

Students will create maze games that will focus on the strategies for good quality games for the appropriate age and difficulty level. In addition to implementing strategies and learning the basic software skills of GameMaker®, students will learn about designing a splash page, changing sprite during the game, reversing directions, moving to new room/level based on scores. Program #122791A.

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22,  
10/29, 11/5  
**Time:** 3:45 - 5:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$205 for 6 sessions  
Non-Resident \$246 for 6 sessions

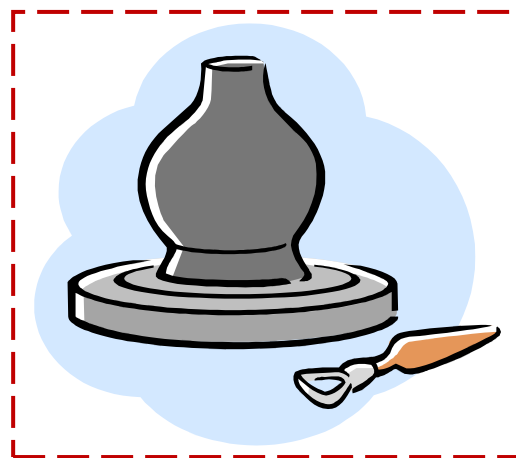
## **TENNIS**

**(Grades K - 2)**

By Staff

Racquets available if needed. Excellent teacher to student ratio. Learn and improve skills while having fun. Program #122290C.

**Date:** Wednesdays 9/10, 9/17, 9/24, 10/1,  
10/8, 10/15  
**Time:** 3:45 - 4:30pm  
**Where:** Lombardi Park  
85 Cox Avenue, Armonk  
**Fee:** Resident \$150 for 6 sessions  
Non-Resident \$165 for 6 sessions



## **Thursday**

### **YOUNG POTTER**

**(Grades 3 - 4)**

By Sally Ng

This fun, hands-on class has been designed for beginner and for those with basic clay experience. Topics will include pinching, coiling, slab building, trimming and decorating techniques. Each class is designed to further their pottery skills while having fun in creating functional pottery, sculptural animals, or building and more. Students will be encouraged to explore their own ideas and creations. All materials and firing included. Program #122155B1.

**Date:** Thursdays 10/2, 10/9, 10/23, 10/30,  
11/6, 11/13, 11/20, 12/4  
No class 10/16, 11/27  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$156 for 8 sessions  
Non-Resident \$172 for 8 sessions



### **FABRIC FUN** (Grades 3 - 6)

By Phyllis Schwartz

Glue, paint and stitch projects for your room using fabric to create a pillow, wall hanging, mini quilt, stuffed animal and more. No prior sewing experience needed. Program #122191B.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$115 for 8 sessions  
Non-Resident \$127 for 8 sessions

### **CARTOONING** (Grades 4 - 6)

By Luis F. Perez

This course is open to children who are willing to work hard, learn and produce high end art. Emphasis will be placed on "seeing", simplification, drawing, emotional expression and creativity. It will be theme driven: Holiday and/or Storybook characters (no TV, comic book or super hero figures). The children will be driven to "think out of the box" and create well known characters with a twist, a different look, different feel and yet to keep it recognizable. Students are responsible for all materials. Materials list will be available upon registration. **Cell phone usage is strictly prohibited during class time.** Program #122145A.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4  
No class 11/27  
**Time:** 3:45 - 5:15pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$147 for 9 sessions  
Non-Resident \$162 for 9 sessions

### **YOUNG SCIENTISTS** (Grades K - 2)

By The Nature of Things

Students will have the opportunity to explore the natural world and their inhabitants from the worlds of insects, reptiles, amphibians, mammals and birds. Live animals and appropriate activities accompany each theme presented each week. Program #122745A.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20  
**Time:** 3:15 - 4:15pm

**Where:** Coman Hill School  
558 Bedford Road, Armonk  
**Fee:** Resident/School District  
\$130 for 8 sessions

### **ARTMONK STUDIOS DRAWING & PAINTING**

(Grades K - 8)

By Joann Artale

Class Description: See Monday Youth Programs  
Program #122185D

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20  
No class 11/27  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** \$280 for 8 sessions

- **\$20 SUPPLY FEE PAYABLE TO INSTRUCTOR AT FIRST CLASS.**
- If classes are not full, late registrations are prorated.
- Crittenden students walk to Wampus for Activity Bus.

### **STOP-MOTION ANIMATED MOVIE MAKING**

(Grades 3 - 6)

***Prerequisite: None; students can take this class as many times as they like.***

***Students take home a CD with their movies and resource files at the end of the class.***

By Bits, Bytes & Bots

Lights...Camera...Action! Students dream of having their favorite LEGO® characters come to life become a reality in our movie making class. Using stop-motion animation and digital post-production editing, students produce LEGO® brickfilms much like the ones viewed on YouTube. Students learn about developing creative storytelling techniques, incorporating visual and audio special effects. This is a great class to take with friends. Program #122791B.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6  
**Time:** 3:45 - 5:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$205 for 6 sessions  
Non-Resident \$246 for 6 sessions

## **YOGA FOR KIDS** (Grades 3 - 6)

By Barbara Scott, Certified Yoga Teacher

A snack and a chat start our yoga class as we begin to relax from our busy school day. Having fun as we explore our body, mind and heart through yoga poses, we will discover the secret of concentration and confidence and the comfort both give us to try things we thought we never could! We will CELEBRATE THE WONDERFULNESS OF OURSELVES through special breathing, chanting, drawing, even creating our own yoga poses and fables. The good weather brings yoga outside with fun props, like hula hoops, juggling, partner and whole group poses...these are all but a few of the highlights of this practice. Recharged, we are ready for whatever the rest of the night brings. Program #122836A.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4  
No class 11/27  
**Time:** 3:45 - 5:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$145 for 9 sessions  
Non-Resident \$160 for 9 sessions

## **LITTLE DANCE** (Grade K)

By Little Dance Co.

Program includes ballet, jazz and tap dancing taught in a developmentally appropriate curriculum that is fun and non-competitive. Recommended attire: pink leotards and tights, pink ballet shoes and black tap shoes. All tap shoes must have elastic close, Velcro or tap buttons. Recital performance in May. Children will meet in the gym after school and be supervised prior to dance class starting. Program #122120C.

**Date:** Thursdays 9/18, 10/2, 10/9, 10/16, 10/23, 11/6, 11/13, 11/20, 12/4  
No class 9/25, 10/30, 11/27  
**Time:** 3:15 - 4:30pm  
**Where:** Coman Hill School  
558 Bedford Road, Armonk  
**Fee:** Resident/School District  
\$158 for 9 sessions

## **KARATE** (Grades K - 12)

By Kip Sophos

A program for beginners, as well as advanced students, designed to teach kids focus, discipline and self-control in a safe, fun environment. Program #122202A.

**Date:** Thursdays 9/18, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4  
No class 9/25, 11/27  
**Time:** 3:45 - 5:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$231 for 10 sessions  
Non-Resident \$254 for 10 sessions

## **AFTER SCHOOL LACROSSE**

(Boys & Girls, Grades K – 2)

By Teaches Camps, LLC

Teaches Camps has been providing youth programs for 20 years. Our main focus has been on fundamentals and participation. Our experienced staff and positive format create a great learning environment. We hope you can score some goals with us. This program is an introduction to lacrosse. Each participant will receive a Teaches lacrosse t-shirt and bag! **Please bring your own stick!** Program #122272F1.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 11/6, 11/13  
No class 10/30  
**Time:** 3:15 - 4:45pm  
**Where:** Coman Hill School  
558 Bedford Road, Armonk  
**Fee:** Resident/School District  
\$185 for 6 sessions



**TENNIS (Grades K - 2)**

By Staff

Racquets available if needed. Excellent teacher to student ratio. Learn and improve skills while having fun. Program #122290D.

**Date:** Thursdays 9/11, 9/18, 10/2, 10/9, 10/16, 10/23  
No class 9/25  
**Time:** 3:45 - 4:30pm  
**Where:** Lombardi Park  
85 Cox Avenue, Armonk  
**Fee:** Resident \$150 for 6 sessions  
Non-Resident \$165 for 6 sessions

**Friday****LEGO® WE DO ROBOTS - FUN CREATIONS****(Grades 1 - 2)**

*Prerequisite: None; this class is complementary to We Do Robots - Animals as different projects will be introduced.*

*Students will not take home the robots. The robots and the software can be purchased from LEGO®.*

By Bits, Bytes &amp; Bots

Our activities provide the opportunity for students to work together to build complex models with working motors and sensors. Some of the amazing models are airplane, sailboats, jumping rabbit, happy bull, butterfly, frogs, sea lion, etc... Transforming the 2D instructions into building the 3D models will increase student spatial cognition and visualization abilities. The programming component will encourage students to think logically to produce a specific behavior. Program #122791C.

**Date:** Fridays 10/3, 10/10, 10/17, 10/24, 11/7, 11/14  
No class 10/31  
**Time:** 3:45 - 5:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$205 for 6 sessions  
Non-Resident \$246 for 6 sessions

**CHESS (Grades 3 - 8)**

By Felix Lopez

Come and enjoy the challenging and fun world of chess. Learn from a Master instructor who will guide you through each step of this popular and fun-filled game. Chess boards provided. Make your move! Program #122784A.

**Date:** Fridays 9/12, 9/19, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5  
No class 9/26, 10/31, 11/28  
**Time:** 3:15 - 4:15pm  
**Where:** Wampus School  
41 Wampus Avenue, Armonk  
**Fee:** Resident/School District  
\$175 for 10 sessions

**OPEN GYM (Grades 6 - 12)**

By Jim Volpe

Drop-in program for basketball, floor hockey, stickball, etc... Supervised informal play during the school year. All participants must complete a registration card each season and must sign in each time they participate. Staff reserves the right to limit the amount of participation.

**Date:** Ongoing Fridays beginning 9/12 and running through 12/19  
**Time:** 6:00 - 8:30pm  
**Where:** North Castle Community Center  
10 Clove Road, North White Plains  
**Fee:** Resident  
Free with proof of residency.  
Non-Resident  
\$2 per class

**REGISTER EARLY**  
**Some Programs**  
**Have Limited Space!**

**GOLF (Grades K - 5)**

By TGA-Premier Golf

TGA-Premier Junior Golf is the only national at-school junior golf enrichment program. The TGA curriculum utilizes drills and language that make it fun to learn golf. As students advance through the 5-level program, they will learn basics and fundamentals of the sport, all the while being prepared to play on the golf course. All new students begin in the yellow level and can advance all the way to the black level. TGA provides all equipment and a great experience students will remember for a lifetime. Keep Swinging! Program #122291A.

**Date:** Fridays 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/12  
No class 10/31, 11/28, 12/5

**Time:** 3:45 - 4:45pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$200 for 8 sessions  
Non-Resident \$220 for 8 sessions

**FAMILY BINGO NIGHT**

By Adrienne Errigo

A fun-filled night out with the family! Small round robin, large round robin, full card, etc... Play Bingo and win some cool prizes. Don't miss out on the action.

**Date:** Fridays 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19 (dates subject to change)

**Time:** 6:30 - 8:30pm

**Where:** North Castle Community Center  
10 Clove Road, North White Plains

**Fee:** \$2 per board

**CRAZY CHEMWORKS (Grades K - 2)**

By Mad Science

Class Description: See Wednesday Youth Programs  
Program #122758B

**Date:** Fridays 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5  
No class 10/31, 11/28

**Time:** 3:15 - 4:15pm

**Where:** Coman Hill School  
558 Bedford Road, Armonk

**Fee:** Resident/School District  
\$175 for 8 sessions

**SING LIKE A STAR****(Grades K - 6)**

By Amy Ahlert

Class Description: See Tuesday Youth Programs  
Program #122770C

**Date:** Fridays 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5 (1<sup>st</sup> Floor Large Room)  
No class 10/31, 11/28

**Time:** 3:45 - 4:45pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$130 for 8 sessions  
Non-Resident \$143 for 8 sessions

**\$10 MATERIAL FEE PAYABLE TO INSTRUCTOR ON FIRST DAY.**

**TENNIS (Grades 3 - 5, Beginner & Intermediate)**

By Staff

Racquets available if needed. Excellent teacher to student ratio. Learn and improve skills while having fun.  
Program #122290E.

**Date:** Fridays 9/12, 9/19, 10/3, 10/10, 10/17, 10/24  
No class 9/26

**Time:** 3:30 - 4:30pm

**Where:** Lombardi Park  
85 Cox Avenue, Armonk

**Fee:** Resident \$150 for 6 sessions  
Non-Resident \$165 for 6 sessions

**ARTMONK STUDIOS DRAWING & PAINTING****(Grades K - 8)**

By Joann Artale

Class Description: See Monday Youth Programs  
Program #122185E

**Date:** Fridays 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5  
No class 10/31, 11/28

**Time:** 3:45 - 4:45pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** \$280 for 8 sessions

- **\$20 SUPPLY FEE PAYABLE TO INSTRUCTOR AT FIRST CLASS.**
- If classes are not full, late registrations are prorated.
- Crittenden students walk to Wampus for Activity Bus.



## LITTLE DANCE (Grade 1)

By Little Dance Co.

Class Description: See Thursday Youth Programs  
Program #122120A

**Date:** Fridays 9/19, 10/3, 10/10, 10/17, 11/7,  
11/14, 11/21, 12/5  
No class 9/26, 10/24, 10/31, 11/28  
**Time:** 3:15 - 4:30pm  
**Where:** Coman Hill School  
558 Bedford Road, Armonk  
**Fee:** Resident/School District  
\$140 for 8 sessions

## LITTLE DANCE (Grades 2 - 3)

By Little Dance Co.

Program includes ballet, jazz and tap dancing taught in a developmentally appropriate curriculum that is fun and builds on skills that this age group should already know. Recommended attire: pink leotards and tights, pink ballet shoes and black tap shoes. All tap shoes must have elastic close, Velcro or tap buttons. Recital performance in May. Children should take the Activity Bus to the Hergenhan Center for class. Program #122120B.

**Date:** Fridays 9/19, 10/3, 10/10, 10/17, 10/24,  
11/7, 11/14, 11/21, 12/5  
No class 9/26, 10/31, 11/28  
**Time:** 3:45 - 4:45pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$158 for 9 sessions  
Non-Resident \$174 for 9 sessions



## Saturday

### RED CROSS BABYSITTING TRAINING

(11 - 15 year olds)

*Participants must be 11 years old by the 1<sup>st</sup> day of class.*

By Diane Stonis

The Babysitter's Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to care for children and infants; be good leaders and role models; make good decisions and solve problems; keep the children they babysit and themselves safe; handle emergencies such as injuries, illnesses and household accidents. Program #122705A1.

**Date:** Saturday 11/1  
**Time:** 9:00am - 5:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident/School District \$85  
Non-Resident \$94

### PARENT & CHILD DRAWING & PAINTING

(Grades 1 - 8 plus parent)

By Ann Zucconi

An exciting program designed for children and their parents to explore the "creative process" together. Perspective, drawing, design and painting techniques will be covered while rendering the landscape outdoors or the still-life indoors. Bring a sketchbook and charcoal pencil to first class. Program #122164A.

**Date:** Saturdays 10/4, 10/11, 10/18, 10/25,  
11/1, 11/8, 11/15, 11/22  
**Time:** 10:00 - 11:30am  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$250 for 8 sessions  
Non-Resident \$275 for 8 sessions

**ADVANCED DRAWING & PAINTING (Grades 5 - 12)**

By Ann Zucconi

Explore the "creative process" with Mrs. "Z" in this new and exciting program. This is an individualized class. Bring a sketchbook and charcoal pencil to first class. Students may use watercolors, acrylics, watercolor pencils, charcoal, pastels and pen and ink to express themselves. They may also choose fashion design and architecture. Program #122164C.

**Date:** Saturdays 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22  
**Time:** 11:30am - 1:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$200 for 8 sessions  
Non-Resident \$220 for 8 sessions

**OPEN GYM (Grades K - 8)**

By Staff

Drop-in program for basketball, floor hockey, stickball, etc... Supervised informal play during the school year. All participants must complete a registration card each season and must sign in each time they participate. Staff reserves the right to limit the amount of participation.

**Date:** Ongoing Saturdays beginning 9/13 and running through 12/20  
**Time:** Grades K - 2 12:30 - 1:30pm  
Grades 3 - 5 1:30 - 2:30pm  
Grades 6 - 8 2:30 - 3:30pm  
**Where:** North Castle Community Center  
10 Clove Road, North White Plains  
**Fee:** Resident  
Free with proof of residency.  
Non-Resident  
\$2 per class

**ARTS 'N CRAFTS DU JOUR (All Ages)**

By Adrienne Errigo

A new craft project each week. Class designed to develop motor skills and self-esteem in a fun-filled environment. Please note that all participants must register with the recreation department before going to the class. Program #112277A.

**Date:** Ongoing Saturdays beginning 9/13 and running through 12/20  
**Time:** 1:00 - 2:00pm  
**Where:** North Castle Community Center  
10 Clove Road, North White Plains

**Fee:** Resident  
Free with proof of residency.

Non-Resident  
\$2 per class

**BOARD GAMES (All Ages)**

By Adrienne Errigo

Are you Bored? Get on board and bring a GameBoard! Bring a friend and your favorite game and enjoy a fun-filled afternoon with us. Also, we can provide many different great games. Please note that all participants must register with the recreation department before going to the class. Program #112277B.

**Date:** Ongoing Saturdays beginning 9/13 and running through 12/20  
**Time:** 2:00 - 3:00pm  
**Where:** North Castle Community Center  
10 Clove Road, North White Plains

**Fee:** Resident  
Free with proof of residency.

Non-Resident  
\$2 per class

**GIRLS PEE WEE BASKETBALL (Grades 1 - 2)**

By Staff

Program focuses on team building, group interaction, sportsmanship, morale building, life-long skills and a whole lot of fun by teaching the FUNdamentals. Pee Wee basketball will include instruction and game play. Program #122233C.

**Date:** Begins Saturday 11/1 and runs through 2/28  
No class 11/29, 12/20, 12/27, 1/3, 2/14, 2/21  
**Time:** 11:00am - 12:00 noon  
**Where:** Coman Hill School  
558 Bedford Road, Armonk  
**Fee:** Resident/School District \$125  
Non-Resident \$138

**GIRLS BASKETBALL (Grades 3 - 4)**

By Staff

Program focuses on team building, group interaction, sportsmanship, morale building, life-long skills and a whole lot of fun by teaching the FUNdamentals.

Emphasis will be on instruction and skill building, with some scrimmage play. Program #122232F.

**Date:** Begins Saturday 11/1 and runs through 2/28  
No class 11/29, 12/20, 12/27, 1/3, 2/14, 2/21

**Time:** 12:00 noon - 1:00pm

**Where:** Coman Hill School  
558 Bedford Road, Armonk

**Fee:** Resident/School District \$125  
Non-Resident \$138

**GIRLS BASKETBALL (Grades 5 - 7)**

By Staff

Initial sessions will be devoted to instruction and skill development. Depending on registration numbers, teams will be formed and games will be played with neighboring communities. Emphasis throughout this program will be on teamwork, participation, effort and improvement. More details will follow... Program #122232G.

**Date:** Begins Saturday 11/1 and runs through 2/28  
No class 11/29, 12/20, 12/27, 1/3, 2/14, 2/21

**Time:** 1:00 - 2:00pm

**Where:** Coman Hill School  
558 Bedford Road, Armonk

**Fee:** Resident/School District \$125  
Non-Resident \$138

**BOYS PEE WEE BASKETBALL (Grades 1 - 2)**

By Staff

Program focuses on team building, group interaction, sportsmanship, morale building, life-long skills and a whole lot of fun by teaching the FUNdamentals. Pee Wee basketball will include instruction and game play. Depending on registration numbers, sections may be combined to form one group. Program #122234 A or B.

**Date:** Begins Saturday 11/1 and runs through 2/28  
No class 11/29, 12/20, 12/27, 1/3, 2/14, 2/21

**Time:** "A" 9:00 - 10:00am  
"B" 10:00 - 11:00am

**Where:** Coman Hill School  
558 Bedford Road, Armonk

**Fee:** Resident/School District \$125  
Non-Resident \$138

**BOYS BASKETBALL (Grades 5 - 8)*****Northern Westchester Inter-Community League******CYO & Tri-County Players Welcome!***

By Matt Trainor

Initial sessions devoted to skill development and player evaluations. Balanced teams will be formed for inter-community play with Mt. Kisco, Bedford and Pound Ridge elementary schools. Emphasis is on team play, participation, effort and improvement. Some games will be played at Fox Lane Middle School and Pound Ridge Elementary School. Players should sign up knowing that they are expected to attend games and participate in practices when scheduled. Program #122232 C, D or E.

Dates and times are subject to change based on registration and other factors out of our control. Program runs through the middle of March, excluding school holidays. Games will be played starting in January. Starting times may vary depending on registration and school availability.

**Date:** Begins Saturday 11/1 and runs through the middle of March.  
No class 11/29, 12/20, 12/27, 1/3, 2/14, 2/21

**Time:** "C" Grade 5 9:00 - 10:30am  
"D" Grade 6 9:00 - 10:30am  
"E" Grade 7/8 10:30am - 12:00 noon

**Please note that once games begin in January, start times will vary between 9:00am and 1:00pm.**

**Where:** Crittenden School  
10 MacDonald Avenue, Armonk

**Fee:** Resident/School District \$150  
Non-Resident \$165

## **BOYS BASKETBALL (Grades 3 - 4)**

By Jerry Stroud

Program includes six weeks of basic instruction. Players will be instructed on dribbling, shooting and ball handling. Teams will be created during the holiday break and games will be played after the new year. Program #122232 A or B.

**Date:** Begins Saturday 11/1 and runs through the middle of March.  
No class 11/29, 12/20, 12/27, 1/3, 2/14, 2/21

**Time:** "A" Grade 3 8:30 - 9:45am  
"B" Grade 4 9:45 - 11:00am

**Where:** Wampus School  
41 Wampus Avenue, Armonk

**Fee:** Resident/School District \$135  
Non-Resident \$150

## **Sunday**

### **MARCH MADNESS 3 ON 3 BASKETBALL TOURNAMENT** **(Boys & Girls, Grades 3 - 8)**

By Staff

North Castle Recreation is bringing back an old favorite! The extremely popular and always well attended 3 on 3 basketball tournament is back, and better than ever! This is an opportunity for both boys and girls in grades 3 through 8 to get together and participate in a local basketball tournament. If you're the type that has friends, this is a perfect opportunity to have fun and make some memories. Remember, in this tournament the players are in control. You are your own players; no parent coaches; design your own uniforms; the possibilities are endless. Register your team and join in the fun. Enjoy a day of basketball with officiated games, friends, family, food and prizes! Program #522231A.

**Date:** Sunday 3/22  
**Time:** 10:00am  
**Where:** Byram Hills School District Gyms  
**Fee:** \$40 per player

## **ADULT PROGRAMS**

### **Monday**

#### **TENNIS**

By Staff

For beginner and intermediate players. Players will be grouped according to ability. Good student to teacher ratio. Program #124290A.

**Date:** Mondays 9/8, 9/15, 9/22, 9/29, 10/6  
**Time:** 9:30 - 11:00am  
**Where:** Lombardi Park  
85 Cox Avenue, Armonk

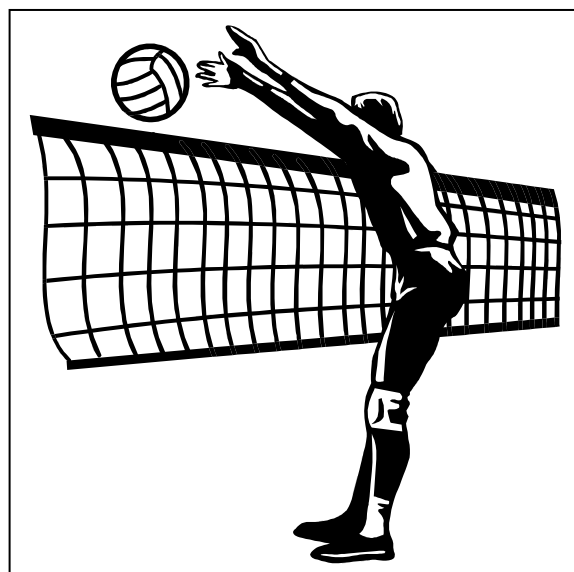
**Fee:** Resident \$150 for 5 sessions  
Senior Resident \$120 for 5 sessions  
Non-Resident \$165 for 5 sessions

#### **CO-REC VOLLEYBALL**

By Eric Raskin & Eric Richelson

Drop-in open volleyball for men and women 18 years and up. Enjoy this fun and exciting sport. Town and Byram Hills School District residents only. Program #124272B.

**Date:** Ongoing Mondays beginning 9/22 and running through 12/15. Please contact Jerry Stroud for blackout dates, 273-3325 x5.  
**Time:** 7:30 - 9:30pm  
**Where:** Crittenden School  
10 MacDonald Avenue, Armonk  
**Fee:** Free, but registration is required.



## **OPEN BASKETBALL**

By Jim Volpe

Open basketball and pick-up games for those 25 years and up. Sneakers a must. Resident participants must provide proof of residency. A valid driver's license and a utility bill must be presented upon registration. All participants must complete a registration card each season and must sign in each time they participate. Gym space limited; residents given priority.

**Date:** Ongoing Mondays & Thursdays  
beginning 9/8 and running through  
12/18.

**Time:** 7:30 - 9:30pm

**Where:** North Castle Community Center  
10 Clove Road, North White Plains

**Fee:** Resident  
Free with proof of residency

Non-Resident                      \$40 for 1 night  
   \$75 for 2 nights

## **BALLROOM / LATIN SOCIAL DANCING**

**(High School, Adult, Senior)**

By Richard Barnett

Social dancing is fun and gives you the opportunity to develop friendships, gain confidence and enjoy the physical and mental health benefits attributed to dancing. The ability to dance is present in everyone and you will have the opportunity to realize your dream by learning the dances which are the most popular at weddings and parties like the foxtrot, waltz, swing, cha cha, and Merengue. While the caliber of dancing on 'Dancing With The Stars' is impressive, they began right where you are now, so let's get started. Partners are encouraged but not required. Program #114121A.

**Date:** Mondays 10/6, 10/20, 10/27, 11/3,  
11/17, 11/24, 12/1, 12/8  
No class 10/13, 11/10

**Time:** 7:00 - 8:00pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident                      \$100 for 8 sessions  
Non-Resident                      \$110 for 8 sessions

## **OPEN STUDIO**

By Luis F. Perez

Regardless of your skill level, medium or artistic interests, we invite you to an open and welcoming atmosphere where you can connect with your creativity while making and sharing your art with others. Bring your own project or we can create and develop one together. If you would like to experiment and try something new or different, this will be a great place and time to do it. You can work with graphite, watercolor, acrylics, pastels, charcoal, collage, pen and ink. It's your choice - your creative expression. Students must purchase their own supplies. Program #124111D.

**Date:** Mondays 9/22, 9/29, 10/6, 10/20,  
10/27, 11/3, 11/10, 11/17, 11/24, 12/1  
No class 10/13

**Time:** 10:00am - 1:00pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident                      \$250 for 10 sessions  
Senior Resident                      \$200 for 10 sessions  
Non-Resident                      \$275 for 10 sessions

## **PILATES**

**(Co-Rec)**

By Jean Sheff, Certified Pilates Instructor

Pilates is a form of exercise which strengthens and stretches core abdominal muscles and key back muscles in order to inspire a strong yet lean and flexible body, as well as a deeper mind/body connection. Please bring a mat to class. Program #124837A.

**Date:** Mondays 9/15, 9/22, 9/29, 10/6, 10/20,  
10/27, 11/3, 11/10, 11/17, 11/24, 12/1  
No class 10/13

**Time:** 9:30 - 10:30am

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident                      \$172 for 11 sessions  
Senior Resident                      \$138 for 11 sessions  
Non-Resident                      \$189 for 11 sessions



## Tuesday

### PILATES PLUS (Co-Rec; appropriate for ages 14 & up)

By Jean Sheff, Certified Pilates Instructor

The use of the stability ball, weights and bands are employed to develop core strength, balance, coordination and flexibility. The class includes Pilates exercises and stretching and resistance movements to help tone the deepest layers of the abdominal muscles as well as the arms, legs, back and hips. Please bring mat to class. Program #124837D.

**Date:** Tuesdays 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11  
**Time:** 6:00 - 7:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$156 for 10 sessions  
Senior Resident \$125 for 10 sessions  
Non-Resident \$172 for 10 sessions

### OPEN BASKETBALL

By Joe Grillo

Pick-up games for 18 years and older. Town and Byram Hills School District residents only. Program #124272C.

**Date:** Ongoing Tuesdays beginning 9/23 and running through 12/16. Please contact Jerry Stroud for blackout dates, 273-3325 x5.  
**Time:** 8:00 - 10:00pm  
**Where:** Crittenden School  
10 MacDonald Avenue, Armonk  
**Fee:** Free, but registration is required.

### BEGINNER / INTERMEDIATE LINE DANCE CLASS

(High School - Adult)

By Richard Barnett

Line Dancing helps with coordination and balance, exercises the brain, and is a great way to have fun while working out. A mix of classic and current dances will be taught. Some line dance experience is required. Please wear shoes that swivel on a wooden floor. Program #114121B.

**Date:** Tuesdays 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2, 12/9  
No class 11/4, 11/11

**Time:** 7:00 - 8:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$100 for 8 sessions  
Non-Resident \$110 for 8 sessions

### INTRODUCTION TO WATERCOLORS

By Luis F. Perez

This course is designed for the "artist to be" to learn real basic watercolor techniques. You will learn about watercolor paper weight/stock; stretching paper; different brushes; how to paint continuous tone(s)/color(s); different techniques to attain specific results/effect; using salt, sugar, coffee, plastic wrap, watercolor tape, masking fluid, blades, stencils, etc...; introduction to color theory. You will/must create/paint your own color table. For those with basic experience, you will be encouraged to apply the various techniques learned on very specific assignments. Students must purchase their own supplies. Program #124111B.

**Date:** Tuesdays 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11  
**Time:** 10:00am - 1:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$250 for 10 sessions  
Senior Resident \$200 for 10 sessions  
Non-Resident \$275 for 10 sessions

### YOGA FOR EVERYONE

By Donna Beauchamp, Certified Yoga Instructor

Are you interested in yoga and don't know where to begin? Do you want a safe and welcoming environment to explore the basics? Come experience for yourself the amazing range of benefits that simple beginner yoga, meditation, pranayama (breathing techniques), and deep relaxation techniques can offer. **Bring yoga mat and beach towel to class.** Program #124836B.

**Date:** Tuesdays 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/18, 11/25, 12/2  
No class 11/4, 11/11  
**Time:** 10:45am - 12:00 noon  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$146 for 10 sessions  
Senior Resident \$117 for 10 sessions  
Non-Resident \$161 for 10 sessions

## Wednesday

### TENNIS

By Staff

For beginner and intermediate players. Players will be grouped according to ability. Good student to teacher ratio. Program #124290B.

**Date:** Wednesdays 9/10, 9/17, 9/24, 10/1, 10/8  
**Time:** 9:30 - 11:00am  
**Where:** Lombardi Park  
85 Cox Avenue, Armonk  
**Fee:** Resident \$150 for 5 sessions  
Senior Resident \$120 for 5 sessions  
Non-Resident \$165 for 5 sessions

### MADE IN CLAY FORM & TEXTURE:

#### SHAPING YOUR CREATION (All Levels)

By Sally Ng

What makes a handmade pot special? Express your personal creative vision using a diverse range of hand building techniques to create functional pots, vessels, sculpture. With an emphasis on and attention to details, a creative approach to glazing, texturing and decorating will be demonstrated and discussed. The small class size and lively group discussions will allow every student to grow at their own pace and develop their creative voice. Cone 6 fire. All materials and firing included. Program #124141A.

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19  
**Time:** 10:00am - 12:00 noon  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$280 for 8 sessions  
Non-Resident \$308 for 8 sessions

### ARTMONK STUDIOS INTERMEDIATE/ADVANCED

#### WATERCOLOR & ACRYLIC PAINTING

By Joann Artale

Come with a spirit of discovery and adventure to begin a lifetime hobby of watercoloring or acrylics. Adult watercolor and acrylic instruction begins with drawing and detailed guidance to develop your skills. There are so many techniques and "tools of the art" to learn. Two hours are devoted to painting instructions plus one hour studio time. Program #124185A.

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19  
**Time:** 10:00am - 1:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident/Non-Resident  
\$320 for 8 sessions

### PRENATAL YOGA

***This class is appropriate at any time during a pregnancy.***

By Barbara Scott, Certified Yoga Teacher

Strengthen mind, body and spirit in preparation for labor and delivery with a class designed to help expectant mothers deepen their experience and enjoyment of pregnancy. Class includes yoga poses to address and relieve the common discomforts of pregnancy; relaxation techniques and breathing exercises to relieve fear and anxiety; abdominal and pelvis floor toning to enhance postnatal recovery. Pregnancy is a special time of change...we believe that having a good support system is as important as being in good physical and mental shape. Program #124836C.

**Date:** Wednesdays 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19  
**Time:** 1:00 - 2:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$129 for 8 sessions  
Non-Resident \$142 for 8 sessions

**REGISTER EARLY**  
**Some Programs Have**  
**Limited Space!**

## Thursday

### YOGA FOR EVERY BODY - MIX & MATCH CLASS

***Dumbbells are optional.***

By Barbara Scott, Certified Yoga Teacher

Yoga is already set up so that each person can participate at their own body's level no matter what your age or yoga expertise. Come join us in experiencing this great discipline in all its variations. The class is broken up into 3 parts; the first 20 minutes we center, stretch and bring ourselves into our yoga practice; next we continue with flowing yoga with dumbbell routine to build strength, double your calorie burn and decompress; single and balancing poses for another 20; then 15 minutes of wonderful relaxation. Concentrating on movement frees your mind of distractions, leaving you feeling peaceful and relaxed! Program #124836A1.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4  
No class 11/27

**Time:** 7:00 - 8:15pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$145 for 9 sessions  
Senior Resident \$116 for 9 sessions  
Non-Resident \$160 for 9 sessions

### INTERMEDIATE & ADVANCE WATERCOLORS

***Must have a basic knowledge of the medium and samples of watercolor paintings or have completed the Introduction To Watercolors course.***

By Luis F. Perez

This course is a continuation of the Introduction To Watercolors. The student will be introduced to new techniques and materials. You will be encouraged to apply the various techniques learned on very specific assignments. Students must purchase their own supplies. Program #124111C.

**Date:** Thursdays 9/18, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4  
No class 9/25, 11/27

**Time:** 10:00am - 1:00pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident \$250 for 10 sessions  
Senior Resident \$200 for 10 sessions  
Non-Resident \$275 for 10 sessions

### OPEN BASKETBALL

By Jim Volpe

Open basketball and pick-up games for those 25 years and up. Sneakers a must. Resident participants must provide proof of residency. A valid driver's license and a utility bill must be presented upon registration. All participants must complete a registration card each season and must sign in each time they participate. Gym space limited; residents given priority.

**Date:** Ongoing Mondays & Thursdays beginning 9/8 and running through 12/18.

**Time:** 7:30 - 9:30pm

**Where:** North Castle Community Center  
10 Clove Road, North White Plains

**Fee:** Resident Free with proof of residency.

Non-Resident \$40 for 1 night  
\$75 for 2 nights



### HUFF & PUFF BASKETBALL

By Joe Grillo

Pick-up games for those 35 years and over who want to get back into shape and get a good workout. Town and Byram Hills School District residents only. Program #124272D.

**Date:** Ongoing Thursdays beginning 9/18 and running through 12/18. Please contact Jerry Stroud for blackout dates, 273-3325 x5.

**Time:** 8:00 - 10:00pm

**Where:** Crittenden School  
10 MacDonald Avenue, Armonk

**Fee:** Free, but registration is required.

## **ARTMONK STUDIOS BEGINNING FIGURE DRAWING**

By Joann Artale

Always wanted to learn to draw and paint? Well here is your chance! This new experience can be yours for your lifetime.

Lessons begin with a guided group lesson followed by personal, detailed instruction on your watercolor painting. The last hour is open studio time to practice your lessons. Program #124185A2.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20  
**Time:** 10:00am - 1:00pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** Resident/Non-Resident  
\$280 for 8 sessions

## **Friday**

### **MIXFIT CARDIO, STRENGTH & TONE**

By Peggy Raiskums, ACE-Certified Personal Trainer

A fusion class filled with awesome dance, cardio and strength intervals, along with the most effective abdominal exercises to shake up your metabolism. Work off the belly fat, tone those muscles and boost calorie burn. On again, off again bursts of energy will give you the most time efficient, calorie burning workout possible. So get up on your feet for a fun-filled class. For all fitness levels...everyone works to the best of their ability. Bring water, towel, mat and a set of hand weights 3 - 8 lbs., ankle weights optional. Program #124840A.

**Date:** Fridays 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5  
No class 11/28  
**Time:** 9:30 - 10:30am  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Resident \$105 for 9 sessions  
Senior Resident \$84 for 9 sessions  
Non-Resident \$116 for 9 sessions

## **TENNIS**

By Staff

For beginner and intermediate players. Players will be grouped according to ability. Good student to teacher ratio. Program #124290C.

**Date:** Fridays 9/12, 9/19, 10/3, 10/10, 10/17  
No class 9/26  
**Time:** 9:30 - 11:00am  
**Where:** Lombardi Park  
85 Cox Avenue, Armonk  
**Fee:** Resident \$150 for 5 sessions  
Senior Resident \$120 for 5 sessions  
Non-Resident \$165 for 5 sessions

## **Sunday**

### **RECREATION SOCCER (Anyone 18 years & older)**

By North Castle Recreation

Pick-up games are formed each week, based on attendance. Participation is limited, please pre-register. Program #124272A.

**Date:** Sundays 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 1/16, 11/23, 11/30  
**Time:** 8:00 - 10:00am  
**Where:** Community Park  
205 Business Park Drive, Armonk  
**Fee:** Resident \$50 for 11 sessions  
Non-Resident \$55 for 11 sessions

**\$5 DAILY RATE WILL BE CHARGED FOR THOSE NOT REGISTERED FOR THE SEASON.**



## SENIOR PROGRAMS

The Senior Programs listed below are available for all North Castle residents, age 60 and older. In addition, all resident seniors may register for most Adult programs at a 20% discount. Call 273-2944 to register.

### Monday

#### WALKING WITH SENIORS

By Liz Thomas

Join other seniors for weekly exercise walks. Walk at your own pace and enjoy the company of other seniors. Benches are available along the walkways for rest periods if needed. Dress appropriately and wear sturdy walking shoes.

**Date:** Every Monday year-round, weather permitting.  
**Time:** 10:00 - 10:45am  
**Where:** Meet in front of the Hergenhan Recreation Center.  
40 Maple Avenue, Armonk  
**Fee:** Free, but sign-up with Liz Thomas is required.

### Tuesday

#### FALL DECLUTTER WORKSHOP

By Liz Thomas

What a great time of year to start conquering that excess "clutter" crowding your home! If you're feeling overwhelmed by the "things" that you've accumulated over the years and want to scale back on your "stuff," but don't know where to begin, this workshop will help you reclaim your space and turn your home into the sanctuary it is intended to be! Program #135903F.

**Date:** Tuesdays 10/14, 10/21  
**Time:** 10:00 - 11:30am  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** \$8 for 2 sessions

#### AARP DEFENSIVE DRIVING

By Jeanne Troiano

This 6 hour class is a refresher on the principles of safe driving for adults age 50 and older. Upon completion of the course you will receive a 30% discount on your auto insurance over 3 years. Participants must bring their driver's license and, if you are an AARP member, please bring your membership card to class. Also, bring lunch, a snack, a beverage and a pen with you. Please make your check (no cash) payable to AARP and mail it to: Liz Thomas, Senior Recreation Leader, Town of North Castle, 40 Maple Avenue, Armonk, NY 10504. If you are an AARP member, write your membership number on the check. Enrollment is limited, register early!

**Date:** Tuesday 10/7  
**Time:** 8:45am - 3:30pm  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** AARP Member \$20  
Non-Member \$25

**CHECKS ONLY - NO CASH WILL BE ACCEPTED.**



## Wednesday

### WALKING WITH SENIORS

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By Liz Thomas

Join other seniors for a weekly exercise walk. Walk at your own pace and enjoy the company of other seniors. Benches are available along the walkways for rest periods if needed. Dress appropriately and wear sturdy walking shoes.

**Date:** Every Wednesday year-round; if weather is inclement we will walk in the North Castle Community Center Gym.

**Time:** 10:45 - 11:30am

**Where:** Meet in front of the North Castle Community Center.  
10 Clove Road  
North White Plains

**Fee:** Free, but sign-up with Liz Thomas is required.

## Thursday

### WALKING WITH SENIORS

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By Liz Thomas

Join other seniors for weekly exercise walks. Walk at your own pace and enjoy the company of other seniors. Benches are available along the walkways for rest periods if needed. Dress appropriately and wear sturdy walking shoes.

**Date:** Every Thursday year-round, weather permitting.

**Time:** 10:00 - 10:45am

**Where:** Meet in front of the Hergenhan Recreation Center.  
40 Maple Avenue, Armonk

**Fee:** Free, but sign-up with Liz Thomas is required.

### BALANCE & FLEXIBILITY

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By Jean Sheff

Want to stay lively and active? Then make sure you work on your balance and stability! This gentle program is designed to develop the muscle groups that can keep you mobile and includes complementary stretches that can increase your flexibility. Program #135903G.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20

**Time:** 1:45 - 2:30pm

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** \$52 for 8 sessions

### LINE DANCING

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By Richard Barnett

Join our newcomer/beginner Line Dancing class and learn a number of popular dances. Line Dancing builds coordination and balance, teases the brain and is a great way to have fun while exercising! No partner or previous experience required. Program #135903E.

**Date:** Thursdays 10/2, 10/9, 10/16, 10/23, 10/30, 11/6

**Time:** 11:00am - 12:00 noon

**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk

**Fee:** \$36 for 6 sessions

## Friday

### **ZUMBA®GOLD**

By Peggy Raiskums

Licensed Zumba®Gold Instructor

Join us for a fun and exciting workout geared for active older adults. Set to lively Latin and international music, this dance-based fitness program includes moves that help improve cardiovascular and circulatory health by working the muscles of the hips, legs and arms. No dance experience necessary. Wear comfortable clothes and sneakers, and bring water. Program #135903H.

**Date:** Fridays 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21  
**Time:** 10:45 - 11:30am  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** \$52 for 8 sessions

### **WALKING WITH SENIORS**

By Liz Thomas

Join other seniors for a weekly exercise walk. Walk at your own pace and enjoy the company of other seniors. Benches are available along the walkways for rest periods if needed. Dress appropriately and wear sturdy walking shoes.

**Date:** Every Friday year-round; if weather is inclement we will walk in the North Castle Community Center Gym.  
**Time:** 10:45 - 11:30am  
**Where:** Meet in front of the North Castle Community Center.  
10 Clove Road  
North White Plains  
**Fee:** Free, but sign-up with Liz Thomas is required.

### **SENIOR DROP-IN CENTERS**

**Hergenhan Recreation Center, Armonk**  
**Mondays & Thursdays from 10:00am - 2:00pm**

**North Castle Community Center**  
**North White Plains**  
**Wednesdays & Fridays from 11:00am -3:00pm**

**Our Senior Drop-in Centers offer fellowship, companionship and activities for senior residents age 60 and older. Activities include walking, chair yoga, strength training, ceramics, clay, book club, arts and crafts, ping pong, bingo, cards, knitting, music, guest speakers, trips and parties.**

**Transportation is available four days a week to transport seniors to our drop-in centers. Transportation is also available to take seniors shopping locally. For more information on this service, please call 273-2944 or 438-5629.**



### **SENIOR STAFF**

<b>Liz Thomas</b>	<b>Sr. Recreation Leader</b>
<b>Jetta Magrone</b>	<b>Assistant</b>
<b>Pat Combs</b>	<b>Art &amp; Ceramics Instructor</b>
<b>Joyce Graefe</b>	<b>Van Driver</b>

## COMMUNITY BULLETIN BOARD

### **BYRAM HILLS YOUTH LACROSSE**

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BHYL is a not-for-profit youth lacrosse program for girls and boys grades 1 through 8. Please visit our website for all program and registration information, [www.byramhillsyouthlacrosse.org](http://www.byramhillsyouthlacrosse.org).

### **ARMONK BASEBALL LEAGUE**

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Armonk Baseball League (ABL) is the Little League chartered baseball organization for the Town of North Castle. We are a not-for-profit community based organization that provides youth baseball programs for ages 5 through 16. Player eligibility is restricted to the boundaries of the Byram Hills School District. ABL also manages the girls' softball program for grades K through 8. ABL only accepts player registrations online at [www.armonkbaseball.org](http://www.armonkbaseball.org).

### **ARMONK UNITED SOCCER CLUB**

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Please visit the Armonk United website for program and registration information, [www.armonkunited.d4sportsclub.com](http://www.armonkunited.d4sportsclub.com).

### **NORTH CASTLE CITIZEN CORPS COUNCIL**

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After 9/11, communities across this nation understood that emergency preparedness would be important for the safety of its citizens. The Town of North Castle created the North Castle Citizen Corps Council, also known as NC4, a volunteer organization that would participate in the Town's Emergency Preparedness Plan.

The NC4 now has over 100 volunteers from our community. Volunteers, trained in emergency preparedness and shelter operations by the Red Cross, have opened and operated warming centers/shelters in Town when there has been a need. Additionally, NC4 volunteers participate in awareness and education programs to assist all residents in becoming prepared to protect their families in case of an emergency. For more information, please visit NC4's website at [www.nc-ccc.org](http://www.nc-ccc.org).

### **BYRAM HILLS PRE-SCHOOL ASSOCIATION**

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The Byram Hills Pre-School Association is a not-for-profit organization established to benefit preschool age children, their parents and their caregivers. With over 270 member families throughout the Byram Hills School District, we strive to provide an array of social, cultural and educational activities for our members. For more information or to join, please visit our website at [www.BHPA.info](http://www.BHPA.info) or find us on Facebook.

### **NORTH CASTLE HISTORICAL SOCIETY**

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The North Castle Historical Society is chartered by the Regents, State of New York Education Department and designated an IRS 501©(3) not-for-profit status. The Society is an all-volunteer membership based group dedicated to sharing knowledge about North Castle history through activities, publications and programs. Four ancient buildings are owned and protected by The Society at Smith's Tavern Educational Complex. Volunteers are needed in all capacities. Send a note to the Secretary of the North Castle Historical Society, 440 Bedford Road, Armonk, NY 10504. The Complex is staffed by volunteers who provide tours Sunday and Wednesday afternoons. Call 273-4510 for further information.

### **ARMONK PLAYERS**

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Armonk Players is North Castle's community theatre group. Sponsored by the Friends of the North Castle Library, Armonk Players perform two full productions in spring and fall, plus 4 - 6 staged Simply Theatre readings at Whippoorwill Hall. Anyone with an interest in theatre is welcome - actors, directors, designers, stage hands, ushers; no prior experience is necessary and it's fun and FREE! Visit [www.armonkplayers.org](http://www.armonkplayers.org) for up-to-date information.

## **GREEN ACRES GARDEN CLUB**

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Co-sponsored by North Castle Recreation

If you are interested in gardening, conservation, the world of plants and are inspired by contributing to the beautification of the Town of North Castle, think about joining the Green Acres Garden Club. For general information, please contact either Connie Quarrie, 273-8095 or Nancy Bircham, 715-0778.

**Date:** 2<sup>nd</sup> Wednesday of every Month  
**Time:** Business Meetings start at 9:00am  
Programs begin at 10:00am  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** Non-members are responsible for their own costs.

## **READING & DISCUSSING GREAT BOOKS**

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This group of light-hearted, heavy thinkers meets the 3<sup>rd</sup> Monday of every month for better understanding of the Great Books of all time, Shakespeare; Shaw; Chekhov; Homer; Chaucer; Melville; The Bible; Kierkegaard; Montaigne; Swift; Kant; more than 60 authors in all! It's ideal for those with a real love of learning. The meetings are free and open to any who have read the work under discussion. Call Terry at 273-3138 for what's currently being read and, so that we're all on the same page; check our special edition book source. More than a year's worth of the best reading only costs about \$25.

**Time:** 7:00 - 9:00pm  
**Date:** 3<sup>rd</sup> Monday of every Month  
**Where:** Hergenhan Recreation Center  
40 Maple Avenue, Armonk  
**Fee:** None

## **VALHALLA JR. VIKINGS**

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The Valhalla Jr. Vikings is a football/cheerleading program for boys and girls in grades 1 - 6 who attend Valhalla School District schools. The program is based on the Valhalla High School football program with cooperation from the Valhalla School District. The cheer program trains young women in the athletic sport of cheering. Valhalla Jr. Vikings cheerleading has revitalized interest at the middle/high school level for a Spirit Club and hopefully a varsity cheer squad. Please visit [www.valhallajrvikings.org](http://www.valhallajrvikings.org) for more information.

# **PARKS DIRECTORY**

## **TENNIS COURT RULES**

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- Courts are for residents of the Town of North Castle.
- Court use hours are from one hour after sunrise until dusk; the time of play is limited to one (1) hour.
- Courts are available on a first-come, first-served basis.
- Town of North Castle programs take precedence for court use.
- Dogs are NOT permitted on tennis courts.
- Skate boards, roller blades, scooters, and bicycles are NOT permitted on courts.
- Glass bottles are NOT permitted on courts.
- Please use trash and recycling receptacles provided.

## **CLOVE ROAD PARK**

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Located on North Broadway and Clove Road in North White Plains. Consists of community center, playground area, multi-purpose field and Little League field.

## **NORTH CASTLE COMMUNITY PARK**

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Located at 205 Business Park Drive, Armonk. 23 acres. Currently open for walking and running track, platform tennis courts, all weather tennis courts, soccer and baseball fields, playground and picnic pavilion. Post Labor Day to pre Memorial Day, the tennis courts are privatized; contact [www.armonkindoor.com](http://www.armonkindoor.com).

## **WAMPUS BROOK PARK**

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Located at Maple Avenue, Armonk. Facility includes Gazebo bandstand, brook, water fowl and quiet sitting areas.

## **BETSY SLUDER NATURE PRESERVE**

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Located off Old Rt. 22, this conservancy of 70 acres is ideal for hiking, bird watching and nature observation.

## **STRAUS PARK**

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Located off Old Orchard Street in Quarry Heights. Grass play area.

## **MILLER PARK**

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Quiet sitting area.

## **LEGION FIELD**

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Located on Bedford Road in Armonk. Facility includes a softball diamond.

## **JOHN A. LOMBARDI PARK**

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Town Park located at 85 Cox Avenue, Armonk. Contains three baseball fields, one being Clark Field, parking area, four tennis courts, children's playground and picnic pavilion, two basketball courts on multi-purpose area.

## **CAT ROCKS PARK**

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Designated a nature conservancy.

## **JOHNSON TRACT**

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Wooded area located off of North Greenwich Road in Armonk.

## **FOUNTAINS PARK**

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Wooded area located off of Hillandale Avenue in North White Plains.

## **QUARRY PARK**

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Located off of Old Orchard Street in Quarry Heights, includes playground and grass play area.

## **WINKLER PARK**

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Located off of Greenwich Banksville Road in Armonk. Two deco turf tennis courts, basketball court and gazebo.



Town of North Castle  
Recreation & Parks Dept.  
40 Maple Avenue  
Armonk, NY 10504  
(914) 273-3325

MAIL-IN REGISTRATION BEGINS MONDAY 8/25

WALK-IN REGISTRATION BEGINS TUESDAY 9/2

**TOWN BOARD**

**Supervisor**  
**Councilmen**

Michael Schiliro  
Jose Berra  
Stephen D'Angelo  
Barbara DiGiacinto  
Barry Reiter  
Stephen D'Angelo

**Recreation Liaison**

**RECREATION & PARKS ADVISORY BOARD**

**Chairman**  
**Members**

Joseph DiMauro  
Frank Benish  
Charlene Decker  
Frank Lattarulo  
Susan Lichten  
Anthony Milone  
Daniel Zenkel

**TOWN ADMINISTRATOR**  
**Joan Goldberg**

[www.NorthCastleNY.com](http://www.NorthCastleNY.com)