

Adult Programs

Basketball League-Men

Residents, Collegiate, Corporate & Non Resident Teams are welcome to participate

Age Group 18 and Older
Day/Time Weekday evenings, 7, 8, 9pm Games
 December-April
Course # 240310-01
Location Highlands and Eastview Schools
Registration Ongoing
Fee \$950 Manager's meeting is scheduled for Thursday, November 3 at 6:30pm at the Recreation and Parks Department. All new teams interested in playing must call George Price 422-1347.

Note All fees must be paid before league play begins.

Fat Burning Pilates-Bodies In Motion

Join a dynamic class that combines calorie burning cardio and fundamental Pilate moves by using weights, resistance bands, and stability balls. This combination of cardio moves and core exercises will strengthen your abdomen and maximize your fat burning potential.

Age Group: 18 & Over
Day/Time Thursday, 6:30-7:30pm, 8 Sessions
Course # 245310-01 Begins September 29
 02 Begins January 19
No session 2/9
Location White Plains Community Center, 65 Mitchell Place
Registration Ongoing
Fee \$104

new

Lap Swim

This is a non-instructional open lap swim for adults of all levels. It is recommended for adults who know how to swim.

Age Group: 16 & Over
Day/Time Saturday, 10:45-11:45am, 8 Sessions
Course # 240110-LF Begins October 1
 240110-LW Begins January 7
No session 2/18, 2/25
Location White Plains High School Pool
Registration Ongoing
Fee \$80



Softball, Co-Ed League-Fall League

The Recreation and Parks Department is glad to announce its 3rd year of co-ed fall softball. Please contact Lauren O'Connor, Recreation Supervisor at 422-1351 for further details.

Age Group 18 and Older
Day/Time Weekday nights, September-November 6-11pm
Course # 240210-03
Location Defino Park/Gille 2
Registration Ongoing
Fee \$800-Entry deadline 9/9



Softball, Men's League-Fall League

new

Slow Pitch- League play for all levels of competition.

Age Group 18 & older
Day/Time Games are weekdays, September-November
Location Defino Park
Registration Ongoing
Fee \$800-Entry

Softball, Men's League-35+

new

Slow pitch – play for all levels of competition.

Age Group 35 and Older
Day/Time Games are weekdays, September-November
Location Defino Park
Registration Ongoing
Fee \$800-Entry

Tap Dance

new

Participants will learn the fundamental steps of Tap Dance. In addition to learning steps, class curriculum includes lessons on rhythm, syncopation and weight exchange. A great exercise program!! Tap shoes required.

Age Group 16 & Older
Day/Time Wednesday, 6:45 -7:45pm
Course # 244310-LF Begins September 28
No session 10/12,11/23
 244310-LW Begins January 25
Location Gillie Recreation Room
Registration Ongoing
Fee \$104

Adult Programs

Tennis - Platform Tennis

Open play, follows Ebersole Ice Rink schedule.

Age Group	16 & Older
Day/Time	Weekdays, 9am-9pm; Weekends, 9am-6pm
Location	Delfino Park, 2 Courts, first-come, first-served
Registration	Permit only
Fee	Season Pass Adult \$100, Senior Citizens \$75 Non-Resident \$200 Guest coupons available for purchase when ice rink is open \$10 per coupon, court closed city holidays



Tennis Instruction

The Adult tennis program is an instructional program designed for the beginner as well as the more advanced player. The goals; include the following areas of fundamentals, proper grip of racquet, development of a forehand and back hand game, as well as learning the etiquette and rules of the game of tennis. Through development of basic tennis skills an individual can develop a lifelong interest in a healthy activity. Supplies can be purchased at wholesale prices at the first class.

Age Group	16 and Older
Day/Time	Thursday or Friday, 6-7:30pm, 4 Sessions
Course #	241210-01 Begins Thursday, September 15 02 Begins Friday, September 16
Location	Gillie Park
Registration	Ongoing
Fee	\$125



Yoga-Open Level

new

Start your weekend off by releasing tension from your body, lifting your spirit and connecting with your inner core. We will use a blend of yoga exercises and meditation techniques to help increase strength, improve flexibility, and help balance the mind and body. Some yoga experience is helpful. Bring your own mat.

Age Group	18 & Older
Day/Time	Saturday, 10:15-11:15am, 8 Sessions
Course #	242310-YF Begins September 24 YW Begins January 14
Location	Outdoor: Liberty Park-Lake St (weather permitting) Indoor: WP Public Library
Registration	Ongoing
Fee	\$104

