

Adult Programs

Aqua Zumba

Aqua Zumba integrates the Zumba formula and philosophy with traditional aqua fitness disciplines. It blends it all together into a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and most of all, exhilarating.

Age Group 18 and older
Day/Time Saturday, 10:45–11:45am
Course # 140110–Z1 Begins April 16, 6 Sessions
Location: WP High School Pool
Registration Ongoing
Fee \$78

Basketball League Outdoor Summer

This competitive league is NCAA-certified and will feature top-notch players. Team tryouts will be held Monday, April 18, Wednesday, April 20, Tuesday, April 26 and Thursday, April 28, 6-9pm. Call to schedule a try out day before April 15th. **All team representatives MUST attend organizational meeting to be held on Wednesday, May 4, at 6:30pm at Gardella Park Pavilion. Call George Price at 422-1347.**

Age Group 18 & Older
Day/Time Sunday, Tuesday, & Thursday, 6:30, 7:30, & 8:30pm
 Championship Game Sunday, August 14
Course # 140310-01 Begins June 21-August 14
Location Gardella Park
Registration **By Team ONLY.**
Fee \$825 per team **Due May 4**
 Cash or Money Order ONLY.

Bicycle Maintenance & Cycling as a Sport

FREE introductory bicycle class on maintenance and cycling. This class will teach you how to perform important basic tasks to care for your bicycle, and introduce you to the sport of cycling. **All participants must bring their bike.** Program supported by the Westchester Cycle Club.

Age Group Youth - Adult (Limit 20 participants)
Day/Time Wednesday, 7pm, April 27, (1 Day ONLY.)
Course # 155810-01
Location Ebersole Ice Rink, Delfino Lake Street (Indoor Warming Room)
Registration On going.
Fee **FREE**



Community Gardens

Vegetable & flower plots available to residents. Registration required.

Age Group 18 & Older
Day/Time Monday-Sunday, March 7-November 15
Course # 142710
Location Baldwin Farm and/or NY Hospital
Registration Interested gardeners should call 422-1336.
Fee \$45 Residents only

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 and older
Day/Time Thursday, 6:30 - 7:30pm
Course # 145310-01 Begins April 14, 8 sessions
Location: White Plains Community Center, 65 Mitchell Place
Registration Ongoing
Fee \$104



GENTLE YOGA

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

Age Group 18 and older
Day/Time Saturday, 10:30–11:30am
Course # 144510-Y2 Begins May 7, 6 Sessions
Location WP Public Library, 100 Martine Ave
Registration: Ongoing
Fee: \$78

Kittrell Pool

Lap swim during July & August. Available to all Residents with Current Recreation ID Cards

Day/Time Tuesday, Wednesday, Thursday. 8-9am

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Outdoor 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 and older
Day/Time	Saturday, 9 – 10 am
Course #	144510–Y1 Begins May 7, 6 Sessions
Location	Liberty Park
Registration	Ongoing
Fee	\$78

Pickle Ball = Tennis + Platform Tennis

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

Age Group	18 and older
Day/Time	Tuesday, Wednesday, Thursday April 19 through May 26 10am-2pm
Location	Ebersole Rink Delfino Park Lake Street
Registration:	Ongoing
Fee:	\$10 per session

Rugby (White Plains)

CALLING ALL ATHLETES!!! Men and women, ages 17 and over with sports experience in football, wrestling, lacrosse, basketball, baseball, tennis, track, et al, and of course rugby. We will teach you the game of rugby football. No experience necessary; only a keen desire to get fit and compete hard in the game. White Plains Rugby is in the Second Division of the Empire Geographic Rugby Union, part of USA Rugby, and our spring season begins in March. Contact Willie Castillo, Head of Recruiting, (347) 622-1661, or by email info@wprfc.org.



Softball, Co-Ed League

The Recreation and Parks Department is glad to announce its terrific co-ed softball league. There will be an organizational meeting on Monday March 28, 6:30 pm at the Gillie Recreation Room. Please contact Lauren O'Connor, Recreation Supervisor 422-1351 for further details.

Age Group	18 & Over
Day/Time	Weekday nights, April-September
Course #	140210-05
Location	Gillie Field 2 / Delfino Park
Registration	Ongoing at the Recreation Office
Fee	\$1,450

Softball, Men's and Women's League

Slow pitch - Residential and Industrial League play for all levels of competition. For more information, contact Lauren O'Connor 422-1351.

Age Group	18 & Over
Day/Time	Games are weekdays, April-September, 6-11pm
Location	Delfino Park/Gillie 2
Registration	Organizational meeting Monday, March 28
Fee	\$1,200 Men Resident, \$1,900 Non Resident, \$1,000 Women

Summer Softball Tournaments

new

Enjoy a day full of softball and fun, food and music. Register as a team, guaranteed 3 games. Winners receive a trophy and t-shirt.

MEN'S TOURNAMENT

Age Group	18 & Older
Day/Time	Saturday, June 25, All Day
Location	Delfino Park, Lake Street
Registration	Ongoing (Space Limited) Deadline May 20
Fee	\$300 Call Lauren to Register 422-1336

CO-ED TOURNAMENT

Age Group	Men & Women 18 & Older
Day/Time	Saturday, August 27 All Day
Location	Delfino Park, Lake Street
Registration	Ongoing (Space Limited) Deadline August 5
Fee	\$300 Call Lauren to Register 422-1336

X-Academy Fitness Program (By Peter Marino, Fitness Trainer)

new

This outdoor fitness program encompasses bodyweight training, kettlebells, sprints and mobility exercises. Whether you are a seasoned athlete looking for something new to step up your game or prepare for a sporting event, or if you are a beginner needing modifications and support on your journey into a fit lifestyle, Peter will help you!! Every registrant is also entitled to 8 weeks of free health coaching interaction via the Nudge Coach app for iPhone and Android.

Age Group	18 & Over
Day/Time	Tuesday, 6:30–7:30 pm, Begin May 3, 8 sessions
Location	Turnure Park (Lake St)
Registration	Ongoing
Fee	\$130 Check payable to Peter Marino

Adult Programs

Tennis Mixer

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

Day/Time Friday, June 17, 6:30-8:30pm
Location Gillie Park Tennis Courts
Registration Available at the Recreation Office May 6
 Based on court availability
Fee \$10 per event

Tennis Spring

USA Tennis instruction program designed for all levels of tennis players. Learn the basics or improve your game.

Age Group 18 & Older
Day/Time Thursday, Wednesday 6-7:30pm
Course # 141210-01 Wednesday, May 18, 4 Sessions
No Session 5/26
Course # 141210-03 Thursday, May 19, 4 Sessions
Location Gillie Park Tennis Courts
Registration Ongoing, Class sizes limited.
Fee \$125 Resident

Tennis Summer Clinic

Instructional Program

Age Group 18 & Older
Day/Time Monday, 6 - 7:30pm
Course # 141210-06 July 11, 4 Sessions
Location Delfino Park Tennis Courts
Registration Ongoing, Class is limited to 12 participants.
Fee \$125 Resident

White Plains Recreation has partnered with Tennis Innovators to offer additional limited outside Har-Tru Courts at a new transformed facility, located in Delfino Park, 110 Lake Street.

Season Passes and Guest Coupons will be accepted at this facility from June 1 thru Labor Day. Call 428.2444 for Court hours and closings. Additionally this location offers 2 seasonal Platform Tennis Courts.

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

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

Gillie Park located at 85 Gedney Way offers residents and non-residents the ability to play on 10 outstanding Har-Tru Courts with free parking. These fabulous courts are open from May until October 23.

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

Registration for all Recreation programs is available in the Administration building in Gillie Park. For Questions & Additional information Call 422-1363 Rain delays and court closings call 422-1398

2016 Tennis Court Fees

Current Recreation ID Cards required for Season Play Passes

Hourly Fee Singles/Doubles

Youth/Seniors	\$10
Adults	\$13
Guest Coupons (5 plays)	\$60

Season Passes

Youth	\$55
Seniors	\$90
Adults:	\$120
NON-Residents	\$350

Summer Hours (May 27- Sept 15)

Monday-Friday	9am-10pm
Saturday & Sunday	8am-6pm

Spring Hours

Monday-Friday	9am-9pm
Saturday & Sunday	8am-6pm

Fall Hours (Sept 6- Oct 23)

Monday-Friday	9am-9pm
Saturday & Sunday	8am-6pm

Poolside fun for you, your family and friends

Poolside fun for you, your family and friends. One of the best kept secrets in White Plains is the refreshing, pristine pools of Gardella Park, Ferris Ave (access & parking from church Street School) and Kittrell Pool located on Fisher Avenue. Admission is FREE with a current Recreation ID Card: Guest Passes are \$5.00 per visit with a valid Adult Recreation Pass Holder and can be purchased @ the Recreation Office during business hours. Pools will open Saturday, June 18, Sunday, June 19 and daily from June 24 until September 2. Additional information please call 422-1339.

Mountain Valley Guides, the Hudson Valley's premiere kayak outfitters is pleased to announce that we will be offering kayaking at Silver Lake in White Plains starting May 14. Silver Lake offers a beautiful, calm and safe area to kayak right in the City of White Plains.

Family Kayaking: A 1.5 hour program for parents and kids to enjoy kayaking in safe/calm waters of Silver Lake. Guides will provide instruction and lead a paddle around Silver Lake. Kids must be at least 8 years of age to participate. \$25 per person

Intro to Kayaking for Adults: This class is for anyone who is interested in learning how to kayak. Our guides provide a quick overview of kayaking and will teach 3 basis paddling strokes and have you out on the lake paddling like a pro within minutes. \$25 per person

KICKS (Kids in Colorful Kayaks): This kid's only kayak program is for kids ages 8-13. Our guides will provide instruction. \$25 per child
 Kayak Rentals: 1.5 hour rentals are available. Advanced registration is recommended to assure we will be on site. \$25 per kayak

For registration and additional information call 845 661-1923

Family Kayaking -5/14, 21, 29, 6/4, 19 **Intro to Kayaking** -5/15, 21, 30, 6/4, 19 **KICKS** -5/14, 15, 29, 30