

# Adult Programs



## Athletics

### Basketball Summer Open Outdoor League

This competitive league is NCAA-certified and will feature top-notch Collegiate, Semi-Pro and Professional players. Call to schedule a try out day before May 1st. **All team representatives MUST attend an organizational meeting to be held on Tuesday, May 17, at 6:30pm at Gardella Park Pavilion, 175 Ferris Ave.** For further information and details, please contact Darren Valdes at 914 422-1347 or [Dvaldes@whiteplainsny.gov](mailto:Dvaldes@whiteplainsny.gov).

<b>Age Group</b>	Open
<b>Date/Time</b>	Sunday, Tuesday, & Thursday 6:30, 7:30, & 8:30pm
<b>Course #</b>	<b>01</b> Begins Tuesday, June 14 Championship Game Sunday, August 14
<b>Location</b>	Gardella Park, 175 Ferris Ave. Additional FREE parking at Church St Elementary School 295 Church St
<b>Registration</b>	<b>BY TEAM ONLY. TEAM FEE DUE ON OR BEFORE TUESDAY, MAY 18, SPONSORSHIP ENCOURAGED</b>
<b>Fees</b>	\$800 per team, <b>CASH, CREDIT CARD, AND/OR MONEY ORDER ONLY.</b> \$900 for Sponsor or Team Name

### Cornhole League

6 week league with playoffs. Each team plays at least 1 match a night that consists of best of 5 games. For more information please contact Ariel Hernandez, 914 -422- 1366, [Ahernandez@whiteplainsny.gov](mailto:Ahernandez@whiteplainsny.gov)

<b>Age Group</b>	18+
<b>Date/Time</b>	<b>Spring Session</b> Thursdays starting May 12, 6:30pm, 7:30pm <b>Summer Session</b> Thursdays starting July 14, 6:30pm, 7:30pm
<b>Location</b>	Ebersole Ice Rink
<b>Registration</b>	Recreation office (space limited)
<b>Fees</b>	\$80/team/ session

### Pickle Ball = Tennis + Platform Tennis

Enjoy a game that takes the best components of two popular racket sports: tennis and platform tennis. We have two courts dedicated to open play. Fun, exciting and challenging for all fitness levels.

<b>Age Group</b>	18 and older
<b>Day/Time</b>	Daily 8am-10pm April 15 - October 15
<b>Location</b>	Paddle Ball Courts Delfino Park Lake St.
<b>Fees</b>	Season Pass; Senior \$80, Adult \$110, Non-resident \$200, Guest Coupon 5/\$25, Senior Combo Pass for Pickle Ball and Platform Tennis \$135



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## Spring/Summer Softball Leagues!

Established leagues of slow pitch softball for all levels of competition. Please contact League Supervisor, Ariel Hernandez, [Ahernandez@whiteplainsny.gov](mailto:Ahernandez@whiteplainsny.gov) or more information.

### Men's Division

**Age Group** Men 18 & Older  
**Day/Time** Weekday Nights, pending on division level, April - August  
**Location** Delfino Park  
**Registration** At Recreation Office (Space Limited) Deadline **Deadline - April 2**  
**Fee** \$1,400 *All fees must be paid before season begins*

### Co-Ed Division

**Age Group** Men & Women 18 & Older  
**Day/Time** Weekday Nights, pending on division level, April - August  
**Location** Delfino Park / Gillie 2  
**Registration** At Recreation Office (Space Limited) **Deadline - April 2**  
**Fee** \$1,400 *All fees must be paid before season begins*

## 50+ Silver Softball League

Slow pitch softball for all 50 years of age and above. Fun & Self organized/umpired. Decisions on playing games are made at the field each week depending on attendance. Recommended that you have some prior playing experience.

**Age Group** Men & Women 50 yrs and older  
**Day/Time** Wednesdays, June. 1 – August 3 ( 10 weeks)  
**Location** Gillie Field 2  
**Game Times** 6:30pm – 7:45pm  
**Registration** Online or at 85 Gedney Way  
**Fee** \$75 per person (minimum 16 participants)



## Tennis Lessons Spring

Program designed for all levels of tennis players. Learn the basics or improve your game.

**Age Group** 18 & Older  
**Day/Time** Monday & Tuesday 6:45-7:45pm  
 6 Classes  
 Session 1 - Monday, May 16  
 Session 2 - Monday, June 20  
**Location** Gillie Park Tennis Courts  
**Fee** \$215 Resident

## Tennis Lessons Summer

Program designed for all levels of tennis players. Learn the basics or improve your game.

**Age Group** 18 & Older  
**Day/Time** Monday & Tuesday, July 25th, (6 Sessions) 6:45-7:45pm  
**Location** Gillie Park Tennis Courts  
**Registration** Ongoing, Class sizes limited.  
**Fee** \$215 Resident.

## 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** Recreation Office, Based on court availability  
**Fee** \$15 per event

## NEW POOL PASSES REQUIRED FOR ADMISSION

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.

**Resident Pool Passes are required for Admission. Youth/Seniors \$25 and Adults \$35 for Season Passes.**

Pools will open daily from Saturday, June 18 until August 27. Additional information please call 422-1339. \*Pool passes require two forms of ID to obtain\*

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## 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. Reservations are recommended.

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 422-1347. Reservations, rain delays and court closings call 263-3884.

Hourly Fee Youth/senior \$10 Adults \$13

- 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, 104 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.

### Season Passes

Youth	\$90
Seniors	\$130
Adults:	\$150
NON-Residents	\$300
Guest Coupons (5 plays)	\$60

### Season Hours (May 9 – Oct 30)

Monday-Friday, 8am-9pm  
 Closed for maintenance, 12:30-2:30pm  
 Saturday & Sunday 8am-6pm

### Holiday Hours:

- Memorial Day, July 4th & Labor Day
- hours- 8:00am - 6:00pm

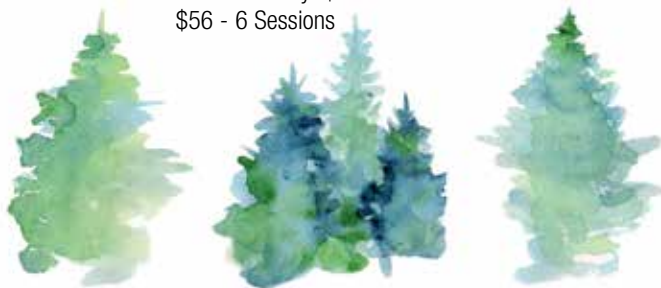


## Arts & Leisure

### Fine Art Workshop

Choose Your Art; watercolor, colored pencil, pastels or collage. Beginner participants will be introduced to the foundations of the art form of their choice. Beginner participants must purchase the supplies needed. Intermediate/advanced participants should bring their supplies and enjoy some open studio time with fellow artists. A supply list is provided at the time of registration for new participants.

<b>Day/Time</b>	Monday, 10am –Noon
<b>Course #</b>	<b>Spring</b> - Begins April 18, 8 Sessions <b>Summer</b> - Begins July 11, 6 sessions
<b>Location</b>	Community Center, 65 Mitchell Place
<b>Registration</b>	Recreation Office or Community Center
<b>Fees</b>	Residents Only: \$70 - 8 Sessions \$56 - 6 Sessions



### Knitting & Crochet Circle (Drop-In Program)

An informal social gathering of like-minded crafters and to share their tips.

<b>Day/Time</b>	Thursday, 10:30am-Noon, beginning April 21, ongoing
<b>Location</b>	Community Center, 65 Mitchell Place
<b>Registration</b>	Recreation Office or Community Center
<b>Fees</b>	Free, with a Senior Pass



### Memoir Writing (Drop- In Program)

Informal gathering. Bring your first memoir essay with you to read, long or short, finished or not, this is a time to share and learn from others.

<b>Day/Time</b>	Tuesday, 10:30 – 11:45am, beginning April 19, ongoing
<b>Location</b>	Community Center, 65 Mitchell Place
<b>Fee</b>	Free, with a Senior Pass



# Adult Programs

## Health & Fitness

### Physical Activity Levels

Health & Fitness classes are defined by the physical skills required to participate in the activity. **REMINDER: Consult your physician before participating in a fitness program.** For comfort and ease of movement, dress warm up clothes and appropriate foot wear.

- Level 1** movement done in a sitting position only
- Level 2** movement done in a sitting position or standing position with support from a chair
- Level 3** movements done in standing position without the chair support
- Level 4** movements done with high level of agility, balance, coordination, able to get up and down from the floor

### Adult and Teen Zumba with Lisa

**Age Group** 15 and older  
**Day/Time** Tuesday, 5:30 – 6:30pm  
Session I begins April 19 (5 sessions)  
Session II begins May 24 (5 sessions)  
**Location** Turnure Park  
**Registration** Ongoing at recreation office or online at <https://adultzumbaspring2022.cheddarup.com>  
**Fee** \$65 (Non- refundable)

### Gentle Yoga – Level 2

In this instructor led class you can receive the benefits of improved strength, flexibility, mental clarity and pain management. Through meditation and breathing, you can help your body and mind to cope with the pain of an illness or condition.

**Day/Time** Tuesday, 10:30 - 11:30am  
**Course** **Spring** - Begins April 19, 6 sessions  
**Summer** - Begins July 5, 8 sessions  
**Location** White Plains Community Center, 65 Mitchell Place  
**Registration** Ongoing  
**Fee** Resident: \$35 - 8 Sessions, \$28 - 6 Sessions  
Non Resident: \$64 8 Sessions, \$52 6 Sessions

### MAT Yoga - Level 4

This class will introduce slow - flowing movements to open and center the body and mind. Instructors will offer modifications to make poses more accessible for those who would like to practice in a supported way. Bring your own mat.

**Day/Time** Tuesday, 9:15 - 10:15am  
**Course** **Spring** - Begins April 19 6 sessions  
**Summer** - Begins July 5, 8 sessions  
**Location** White Plains Community Center, 65 Mitchell Place  
**Fee** Residents: \$35 - 8 Sessions, \$28 - 6 Sessions  
Non Resident: \$64 8 Sessions, \$52 6 Sessions



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## Tai Chi – Level 4

This Tai Chi class has an easier to learn format. Standing, slow moving and slightly bent knee position with easy flowing arm motions. Learn twelve movements, and more if desired, that will uplift the body, mind and spirit, as well as promote inner health and feelings of well-being.

**Day/Time** Friday, 10:30 - 11:30am  
**Course** **Spring** - Begins April 22, 8 sessions  
**Summer** - Begins July 15, 6 sessions  
**Location** White Plains Community Center, 65 Mitchell Place  
**Fee** Residents: \$35 - 8 Sessions \$28 - 6 Sessions  
Non Resident: \$64 8 Sessions, \$52 6 Sessions

## ZUMBA Gold Toning - Level 4

In this instructor lead class, you will move to international music, world rhythms and get an exciting, effective workout. Program routines feature cardio training with a combination of weights for toning and sculpting.

**Day/Time** Thursday, 10:30 – 11:30am  
**Course** **Spring** - Begins April 21, 8 sessions  
**Summer** - Begins June 23, 6 Sessions  
**Location** White Plains Community Center, 65 Mitchell Place  
**Fee** \$35 - 8 Sessions \$28 - 6 Sessions



## Yoga at the Lake - Level 4

Come join a yoga practice that is accessible for all. Whether you are a beginner or have regular practice, yoga can enhance strength, flexibility, balance and serenity. Come learn how to link breath to movement in each pose. All are welcome. Bring your own mat. Instructor, Jodi Siegal

**Age Group** 16 and older  
**Day/Time** Tuesday & Friday, 9:15 - 10:15 am  
Session 1 begins Tuesday, April 19 & Friday, April 22 (10 weeks)  
Session 2 begins Tuesday, July 5 and Friday, July 8 (6 weeks)  
**Location** Liberty Park (Lake Street)  
**Registration** Please contact Jodi Siegal at 914-419-9935 or email at [jsiegel@villaroma.com](mailto:jsiegel@villaroma.com)  
**Fee** \$15 per class - Discount packages available

## Nature

### Bloom Into Spring - Nature Walk

White Plains in cooperation with Westmoreland Sanctuary comes together to offer an exciting and informative hour-long Nature Walk led by a naturalist through Liberty Park and county trails.

**Day/Time** Saturday May 14th from 11:00-12:00 PM  
**Location** Liberty Park  
**Registration is free and can be done by calling Melissa Trail 914 422 1363 or email [mtrail@whiteplainsny.gov](mailto:mtrail@whiteplainsny.gov). Deadline is Friday May 13th at 12:00 PM.**



**Westmoreland Sanctuary**  
NATURE CENTER & WILDLIFE PRESERVE

### Kayak

Permits for launching your own kayak at Silver Lake from Liberty Park must be purchased from the Recreation. Dept. Permits will be granted for the period of May 15 - October 17

**Fee** \$10 for a single day, \$50 for the season  
**Location** Liberty Park - Silver Lake

### Kayak at Silver Lake/Liberty Park

The City of White Plains is providing Free Kayaks for public use at Liberty Park-Silver Lake on the following dates. All equipment provided.

**Day/Time** Sat/Sun - June 11 & 12, 10am - 1pm  
Sat/Sun - June 18 & 19, 10am - 1pm

**Location** Liberty Park - Silver Lake

Reservations will be taken starting June 1st, White Plains residents only - limited to 1 hour only - space limited. Reservations required by the Friday before each weekend by 3:00 PM.  
Call 914- 422-1363 or email Melissa Trail [mtrail@whiteplainsny.gov](mailto:mtrail@whiteplainsny.gov)



# Adult Programs

## Trips & Excursions

### DAY TRIP ACTIVITY CODE

**REMINDER:** Your safety and comfort are important to us. Trips require boarding buses, sometimes lengthy walking, climbing steps and standing. Some trips are not suitable for those with ambulatory limitations. If on-going assistance is required, it will be necessary for you to arrange for a companion or aide to attend the trip with you. Please note the activity level descriptions below to determine if a trip is appropriate for you. If you have any questions please contact our office to determine if the trip you are interested in is suitable for you.

**Level 1** Little or no walking; few or no stairs (i.e. Bus drops you off close to the event).

**Level 2** Moderate walking, with places to rest.

**Level 3** Substantial amount of walking with or without places to rest.

**Level 4** Lots of walking, with standing for long periods of time.

### NO REFUNDS FOR TRIPS

#### Theater Lovers Club – Level 1

Do you like Broadway Shows? If so, the White Plains Theater Lovers' Club is for you! At these meetings participants will be deciding which Broadway show they would like to attend. Tickets are reserved at the meeting, so please come prepared to make a payment to guarantee your spot.

**Day/Time** Thursday, 1pm  
5/19 & 7/14

**Location** White Plains Community Center, 65 Mitchell Place

**Fee** Cost varies and includes transportation via coach bus to and from the show & show ticket. After the show you will enjoy dinner at a NYC restaurant. A separate payment will be collected for the cost of dinner and transportation. Coach bus pick up at Delfino Park or at the Community Center.

#### Young at Heart - A musical tribute to Frank Sinatra - NJ - Level 1

This Ace in the Hole Production features the legendary Zack Alexander, a jazz vocalist who specializes in the style of Frank Sinatra and the Rat Pack. As a winner of the 2016 "Sinatra Idol" competition in Hoboken, he is dedicated to bringing the Great American Songbook to life for current and future generations. Cost includes show, meal, tax & gratuity.

**Day/Time** Wednesday, June 8, 9:15am - 5pm  
**Registration Deadline April 8.**

**Fee** \$65  
\*Transportation fully subsidized by the Senior Citizen Advisory Committee

**Bus Pick Up** 9am- Delfino Park / 9:15- Community Center

#### Hunterdon Hills Playhouse - "I left my dignity in my other purse" - A New Play by Shelley Chester - NJ – Level 1

Join the WORLD PREMIERE of Shelley Chester's hilarious comedic play starring Joyce DeWitt, renowned for her role as Janet In the iconic TV sitcom, "Three's Company." Ruth Baker planned to retire and marry her fiancé in Tahiti. But then her retirement party spun wildly out of control, leaving Ruth too inebriated to remember everything that happened. Now with the help of her best friends, she must piece together the embarrassing events of that night. Cost includes show, table-served meal, dessert, coffee or hot tea, tax and gratuity.

**Day/Time** Thursday, May 26, 8:45am- 5pm  
**Registration Deadline April 25.**

**Fee** \$68  
\*Transportation fully subsidized by the Senior Citizen Advisory Committee

**Bus Pick Up** 9am- Delfino Park / 9:15- Community Center

#### City Island Lobster House/ Bronx, NY – Level 1

Dine at City Island's famous restaurant and enjoy a delicious meal that includes appetizer, choice of 1 entrée, served with sautéed vegetables and roasted potatoes, unlimited soda, coffee, tea and ice cream. Meal gratuity and transportation included.

**Day/Time** Wednesday, July 13, 11:15am - 3:30 pm

**Fee** \$60, **Registration Deadline June 27.**

**Bus Pick Up** 11:15am Delfino Park / 11:30am Community Center

#### Cracker Barrel & Walmart, Fishkill, NY – Level 4

Enjoy a shopping day at the Walmart Supercenter and additional shopping and lunch at the Cracker Barrel. **Registration deadline August 8.**

**Day/Time** Wednesday, August 24, 10am - 5pm

**Fee** \$10 (includes transportation only/Lunch on your own)

**Bus Pick Up** 10am Delfino Park / 10:15am Community Center

#### Lunch Around - Level 1

Join us for lunch at a local White Plains restaurant. Meet new friends or enjoy the company of old ones. Call 422-1423 to inquire about the date and location.

**Day/Time** TBD

**Fee** Lunch on your own.

**Bus Pick Up** Transportation provided to and from the Community Center, 65 Mitchell Place to White Plains Seniors (60+)