

City of White Plains
Ebersole Ice Rink
NEW CLASSES!!

****New Class- Yoga Stretch****

Who: Class designed for students in Gamma/Delta and FS 1-3

When: Fridays 4-4:30

20 minutes off ice stretch and yoga class in combination with Gamma/Delta and FS Classes

8 week class

What: Students will work with a trained yoga instructor to build flexibility and strength off ice.

Cost: Resident: \$175

Non-Resident \$200

****New Class -Intro. To Hockey****

Who: Students ages 4-8 years old. Classes will be broken down by age

When: Saturdays 3:15-3:45- 4-6 years old

3:45-4:15 - 7-8 years old

What: Students who want to eventually play hockey will learn basic skating skills to gear them towards hockey.

- Students should have a baseline ability to skate,
- They will learn the basic hockey stance, stride, knee bend, and use of edges and how to stop
- They will wear hockey skates and a helmet. No other equipment is needed.

To register: you may go on to Community Pass and sign up or at the recreation office.

For more information, please contact Amy at amancini@whiteplainsny.gov