

**TOWN OF MOUNT PLEASANT**  
**RECREATION & PARKS DEPARTMENT**  
**2008/2009**  
**EARLY WINTER/LATE WINTER BROCHURE**



**Mail-In Registration Processing Begins November 7**  
**Walk-In Registration Begins November 17**

**SEE PAGE 2**  
**FOR REGISTRATION DATES, POLICY AND PROCEDURES**  
**[www.MtPleasantNY.com/rec](http://www.MtPleasantNY.com/rec)**

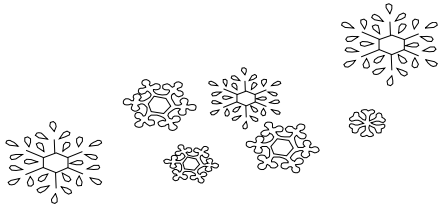
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**TOWN OF MT. PLEASANT TELEPHONE DIRECTORY**

<u>Departments</u>	<u>Phone No.</u>
Assessor .....	742-2345
Building .....	742-2305
Comptroller .....	742-2360
Engineering .....	742-2317
Highway .....	769-1045
Justice Court .....	742-2354
Planning & Zoning .....	742-2330
Police Dept. (Non-Emergency) .....	769-1941
Receiver of Taxes .....	742-2348
<b>Recreation .....</b>	<b>742-2310</b>
Office of Elder Americans .....	592-6441
Sanitation .....	592-4129
Supervisor's Office .....	742-2300
Town Attorney .....	742-2326
Town Clerk .....	742-2312
Water & Sewer .....	831-1062

**INCLEMENT WEATHER**



Program updates, rainouts, snow cancellations  
 Call our Hotline 742-2364  
 Sports Hotline 742-2367

**WEBSITE**

For information and form downloads please visit the  
 Town of Mt. Pleasant's website at  
[www.Mt.PleasantNY.com/gov](http://www.Mt.PleasantNY.com/gov). For Recreation  
 Department only use [www.Mt.PleasantNY.com/rec](http://www.Mt.PleasantNY.com/rec).

- Town Hall Tree Lighting Ceremony ..... December 5
- Valhalla Gazebo Tree Lighting ..... December 7
- Breakfast with Santa ..... December 13
- Pizza~Bingo Night ..... February 13



**Find a Mistake?**

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.

# IMPORTANT

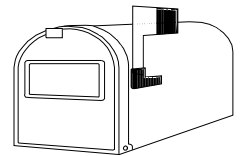
## REGISTRATION POLICY AND PROCEDURES

1. All mailed-in and dropped-off registrations received by Thursday, November 6<sup>th</sup> will be processed on a random basis starting Friday, November 7<sup>th</sup>, 2008. All registrations received by 4:30 p.m. on Friday, November 7<sup>th</sup> will be processed on a random basis starting Monday, November 10<sup>th</sup>. Registrations received on November 10<sup>th</sup> will be processed on a random basis starting on Wednesday, the 12<sup>th</sup>. The same process will be followed on the 13<sup>th</sup> and 14<sup>th</sup>. **A separate check is required for each individual program.**
2. Starting on Monday, November 17<sup>th</sup>, walk-in registrations will be accepted at the Recreation Office on a space available basis in the order in which they are received. Mail in registrations will be processed randomly each day and interspersed with the walk in registrations as they are received.
3. Registration forms are required for most programs. Phone registrations will not be accepted unless noted.

**Please fill out your registration form completely to help expedite processing.**

**A SEPARATE CHECK IS REQUIRED FOR EACH INDIVIDUAL PROGRAM**

**DON'T DELAY – SIGN UP TODAY**



**Programs require advance planning...**

**...REGISTER**

**EARLY**

**PLEASE...**

**Nothing cancels programs more than waiting until the last minute to sign up! Programs require advance planning, including facility scheduling, staffing and purchasing necessary supplies. Keep this in mind and let's avoid that tough decision about canceling programs.**

**Thank You**

## MESSAGE TO PARENTS (AGE REQUIREMENTS)

For all programs, age requirements will be as of the date of the first class unless otherwise specified. Please do not request to, or sign your child up in a class he/she does not belong in. If you should do so and we discover the error, it may be too late to get your child in the correct class because it is full. All age requirements are set to benefit the children and make instruction more consistent for the program leader.

**THANK YOU FOR YOUR COOPERATION**



### Talent Search

The Mt. Pleasant Recreation and Parks Dept. is continuously looking for new and innovative talent in order to offer a variety of programs to our residents. If you possess a skill and the ability to teach it, send us your program idea and resume or call to make an appointment to speak with us. We welcome your program suggestions!

### PARTICIPATION & FEES

Participation is restricted to residents of the Town of Mt. Pleasant living Outside the Villages of Briarcliff Manor, Pleasantville and Sleepy Hollow. If space is available in any program one week prior to the start of the program, non residents and Village residents will be allowed to participate by paying a 20% surcharge.

Senior Citizens age 60 and over who live in the Town Outside are entitled to a 50% reduction in program fees for all adult programs other than trips. Proof of age is required.

The Recreation and Parks Commission maintains a policy which requires individuals in programs to help defray costs involved. Fees have been established for each program based on the cost of operating the program and number of individuals served. It is the intention of the Town that no resident of the Town Outside be denied the ability to participate in programs because of an inability to pay. Fee reduction and scheduled payment applications are available in the Recreation and Parks Office.

**Sorry, credit cards are not accepted!**

### REFUNDS

**Refunds are granted only if a program is canceled.** Any other refund request will be reviewed individually and will be prorated and subject to a \$15.00 processing fee, if approved. The Recreation and Parks Department reserves the right to cancel any program and issue appropriate refunds whenever it is considered in the best interest of the Department.

### INSURANCE

The Town of Mt. Pleasant does not provide accident insurance for any of its programs. All persons participate at their own risk and should make certain they have their own insurance.

### ACTIVITY CHANGES/SCHEDULES

Due to circumstances beyond our control, some activities may require time or location changes. All participants will be notified, if possible, if a change or cancellation does occur.

### WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list. If any openings become available, we will then go to the waiting list to fill the class.

### PROGRAM CANCELLATION

If programs are canceled due to inclement weather, notification will be made over radio station WFAS (103.9 FM or 106.3 FM and 1230 AM). You can also log onto the WFAS website at [www.wfasfm.com](http://www.wfasfm.com) & [www.wfasam.com](http://www.wfasam.com). In addition, the Recreation and Parks Department has a Hotline service that gives information on program changes and cancellations. Information will be given out on this phone line.

**The Hotline Number is 742-2364  
Sports Hotline Number is 742-2367**

### PROGRAM BEHAVIOR

Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by staff. Participants shall:

- show respect to all participants and staff
- refrain from using foul language
- refrain from causing bodily harm to other participants or staff
- show respect for equipment, supplies and facilities

### HOW TO WATCH A GOOD PROGRAM DIE

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled 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!**

## MESSAGE TO PARENTS (AGE REQUIREMENTS)

For all programs, age requirements will be as of the date of the first class unless otherwise specified. Please do not request or sign your child up in a class he/she does not belong in. If you should do so and we discover the error, it may be too late to get your child in the correct class because it is full. All age requirements are set to benefit the children and make instruction more consistent for the program leader.

THANK YOU FOR YOUR COOPERATION

## PRE-SCHOOL PROGRAMS

**SORRY, SIBLINGS MAY NOT ATTEND PARENT & TOT PROGRAMS**

### ART AND LIT FOR PARENTS & TOTS

Instructor: Robin Cambria

An art class designed for 2 year olds and their parents that will ignite their imaginations through stories and art projects with an assortment of materials and books. Holiday crafts are included in this program. **Smocks are suggested.**

**Mondays, Community Center**

#### EARLY WINTER SESSION

November 24 thru January 12 (no class Dec. 29)

10:00 a.m. to 10:30 a.m.

10:45 a.m. to 11:15 a.m.

**7 sessions**

**51101**

(A)

(B)

#### LATE WINTER SESSION

January 26 thru March 16 (no class Feb. 16)

10:00 a.m. to 10:30 a.m.

10:45 a.m. to 11:15 a.m.

**7 sessions**

**11101**

(A)

(B)

Maximum of 10 children per session

**Fee per session \$60.00**

### ART & LIT FOR LITTLE ONES

Instructor: Robin Cambria

Inspired by books and stories, 3 and 4 year olds will work independently with an assortment of materials to create many wonderful projects. Holiday themes will be included in this session. **Smocks are suggested.**

**Mondays, Community Center**

#### EARLY WINTER SESSION

November 24 thru January 12 (no class Dec. 29)

11:35 a.m. to 12:15 p.m.

**7 sessions**

**51102**

(A)

#### LATE WINTER SESSION

January 26 thru March 16 (no class Feb. 16)

11:35 a.m. to 12:15 p.m.

**7 sessions**

**11102**

(A)

Maximum of 10 children per session

**Fee per session: \$65.00**

### MUSIC AND MOVEMENT FOR PARENTS & TOTS

Instructor: Burr Johnson

A fun and exciting musical experience for tots (18 months to age 3) and their parents. This program is designed to develop perceptual motor skills, learning and socialization thru songs, movement, instrument playing and activities using a variety of props such as hoops, balls and more.

**Wednesdays, Community Center**

#### EARLY WINTER SESSION

November 26 thru January 28 (no class Dec. 24 & 31)

10:15 a.m. to 10:45 a.m.

10:45 a.m. to 11:15 a.m.

**8 sessions**

**51103**

(A)

(B)

#### LATE WINTER SESSION

February 11 thru April 15 (no class Feb. 18 & Apr. 8)

10:15 a.m. to 10:45 a.m.

10:45 a.m. to 11:15 a.m.

**8 sessions**

**11103**

(A)

(B)

Maximum of 12 children per session

**Fee per session: \$55.00**

## MUSIC AND MOVEMENT

Instructor: Burr Johnson

A fun and exciting musical experience encouraging active participation. This program is for 3 and 4 year olds and develops perceptual motor skills, learning and socialization thru songs, instrument playing and activities using a variety of props such as hoops, balls, and more.

### Wednesdays, Community Center

11:15 a.m. to 12:00 Noon

#### EARLY WINTER SESSION

November 26 thru January 28 (no class Dec. 24 & 31)

8 sessions

51104

(A)

#### LATE WINTER SESSION

February 11 thru April 15 (no class Feb. 18 & Apr. 8)

8 sessions

11104

(A)

Maximum of 12 children per session

Fee per session \$68.00

## ABC & 123

Instructor: Nora Pierce

Moms & teeny tots from 2 to 4 years old will spend quality time together playing & growing. Toddlers will be encouraged to interact & explore with toys, center-based activities & a variety of materials to spark their creativity. Join us to learn together while sharing ideas & introducing your toddler to new situations to prepare for pre-school. **THIS IS A DROP OFF CLASS.**

### Tuesdays, Community Center

#### EARLY WINTER SESSION

December 9 thru February 3 (no class Dec. 30)

Ages 2 & 3 – 9:45 a.m. to 10:30 a.m.

Ages 3 & 4 – 1:00 p.m. to 1:45 p.m.

8 sessions

51106

(A)

(B)

#### LATE WINTER SESSION

March 3 thru April 28 (no class April 7)

Ages 2 & 3 – 9:45 a.m. to 10:30 a.m.

Ages 3 & 4 – 1:00 P.M. to 1:45 p.m.

8 sessions

11106

(A)

(B)

Maximum 10 children per session

Fee per session: \$72.00

## PARENT & TODDLER SPORTS INTRO

Instructor: Chris Gifas

Parents & toddlers will participate in an interactive introduction to sports – soccer/t-ball/basketball. Toddlers will be taught basic skills with an emphasis on having fun.

### Tuesdays, Community Center

#### EARLY WINTER SESSION

December 2 thru February 3 (no class Dec. 23 & 30)

For ages 2 and 3

11:15 a.m. to 12:15 p.m.

For ages 4 and 5

10:00 a.m. to 11:00 a.m.

8 sessions

51105

(A)

(B)

#### LATE WINTER SESSION

February 10 thru April 7 (no class Feb. 17)

For ages 2 and 3

11:15 a.m. to 12:15 p.m.

For ages 4 and 5

10:00 a.m. to 11:00 a.m.

8 sessions

11105

(A)

(B)

Maximum 25 children per session

Fee per session: \$60.00

## TINY BALLERINAS \*New\*

Instructor: Leslie Schor

A class to guide young dancers through ballet stretches, movements and various dance games. Through role play as princesses and animals, they will learn basic ballet positions and jumps. This is a fun introduction to classical ballet for any child.

### Wednesdays, Community Center

#### EARLY WINTER SESSION

November 19 thru January 28 (no class Nov. 26, Dec. 24 & 31)

For 3 year olds

1:30 p.m. to 2:15 p.m.

8 sessions

51107

(A)

#### LATE WINTER SESSION

February 11 thru April 15 (no class Feb. 18 & Apr. 8)

For 3 year olds

1:30 p.m. to 2:15 p.m.

8 sessions

11107

(A)

Maximum 12 children per session

Fee per session: \$72.00

### PRE-BALLET \*New\*

Instructor: Leslie Schor

Coordination, rhythm, body awareness and basic ballet principles are emphasized through age-appropriate activities. Students are introduced to elementary ballet terminology, positions, movements and musicality. Parents will have an opportunity to view a group presentation at the end of the session to admire the work the children have accomplished.

#### Fridays, Community Center

##### EARLY WINTER SESSION

51108

November 21 thru January 30 (no class Nov. 28, Dec. 26 & Jan. 2)

For 4 and 5 year olds

1:30 p.m. to 2:15 p.m.

8 sessions

##### LATE WINTER SESSION

11108

February 13 thru April 24 (no class Feb. 20, Mar. 27 & Apr. 10)

For 4 and 5 year olds

1:30 p.m. to 2:15 p.m.

8 sessions

(A)

Maximum 12 children per session

Fee per session: \$72.00

### PRE-CAMP MINI MOUNT WINTER SESSION \*New\*

Instructors: Nancy Weis and Patty Kreamer

Come out of the cold and back into summer by enrolling your child into Pre-Camp Mini Mount. We will offer a fun, safe and caring environment which includes arts and crafts, story time, gym activities and quiet games.

#### Saturdays, Community Center

##### EARLY WINTER SESSION

51109

December 6 thru February 14 (no class Dec. 13, 27 & Jan. 3)

For pre-K (ages 3 to 5)

9:00 a.m. to 12:00 p.m. (NOTE: Dec. 6 class ends 11:30)

8 sessions

(A)

##### LATE WINTER SESSION

11109

March 7 thru May 2 (no class Apr. 11)

For pre-K (ages 3 to 5)

9:00 a.m. to 12:00 p.m.

8 sessions

(A)

Maximum 25 children per session

Fee per session: \$170.00



### LIL' COOKS

Head Chef: Rosa Carra Asst. Chef: Rosalie Fierro

This program for 3, 4 and 5 year olds introduces children to the art of cooking and baking! Children will prepare, cook and eat their own foods! This program will also enhance many skills such as early math skills, pre-reading skills and language skills as they learn about measuring, counting, word and symbol recognition. Parents are invited to arrive 15 minutes prior to class ending, to enjoy their children's cooking creation.

**THIS IS A DROP OFF CLASS.**

#### Town Hall Tower Room

##### EARLY WINTER SESSION

51501

##### Wednesdays

December 3 thru January 28 (no class Dec. 24 & 31)

12:30 p.m. to 2:00 p.m.

##### Thursdays

December 11 thru February 5 (no class Dec. 25 & Jan. 1)

10:00 a.m. to 11:30 a.m.

12:30 p.m. to 2:00 p.m.

##### Fridays

December 12 thru February 6 (no class Dec. 26 & Jan. 2)

12:30 p.m. to 2:00 p.m.

7 sessions

(A)

(B)

(C)

(D)

##### LATE WINTER SESSION

11501

##### Wednesdays

February 25 thru April 15 (no class April 8)

12:30 p.m. to 2:00 p.m.

##### Thursdays

February 26 thru April 16 (no class April 9)

10:00 a.m. to 11:30 a.m.

12:30 p.m. to 2:00 p.m.

##### Fridays

February 27 thru April 17 (no class April 10)

12:30 p.m. to 2:00 p.m.

7 sessions

(A)

(B)

(C)

(D)

Maximum 8 children per session

Fee per session: \$100.00

## CHILDREN'S PROGRAM

### CREATIVE KIDS CRAFT

Instructor: Nora Pierce

For Grades K to 2. This program will include drawing, painting and gluing to create constructions and crafts. Lots of materials for big imaginations and tiny hands to explore. Please bring a smock. NOTE: If your child attends Hawthorne Elementary School they will be supervised by the instructor immediately following dismissal.

NOTE: You must send a note to school if your child will be attending Creative Kids Craft.

**Mondays, Hawthorne Elementary School**

2:30 p.m. to 3:30 p.m.

#### EARLY WINTER SESSION

November 24 thru January 12 (no class Dec. 29)

**7 sessions**

**52101**

(A)

#### LATE WINTER SESSION

February 2 thru March 30 (no class Feb. 16 & 23)

**7 sessions**

**12101**

(A)

Maximum of 10 children per session

**Fee per session: \$63.00**

### SAFE ON MY OWN

Certified Red Cross Instructor: Diane Stonis

Safe On My Own is a program for children in grades 3 thru 5 taught by a Red Cross Instructor, on the safety measures of what to do when home alone.

**12401**

**Wednesday, Bradhurst Community Center**

4:00 p.m. to 6:00 p.m.

February 11

(A)

Maximum of 12 children per session

**Fee: \$22.00**

### AMERICAN RED CROSS BABYSITTERS TRAINING COURSE

Certified Red Cross Instructor: Joe Pepe

For children ages 11 thru 15. Prepares student with the training every parent wants in a babysitter, including safety, basic child care, safe play, critical emergency action skills, CPR for the lay person & first aid. Student becomes certified in babysitting, CPR for the lay person & first aid.

**12402**

**Town Hall Tower Room**

**Friday**, January 16 – 5:30 p.m. to 9:00 p.m.

**Saturday**, January 17 – 9:30 a.m. to 6:00 p.m.

**NOTE:** Bring lunch

(A)

**Bradhurst Community Center**

**Friday**, April 17 – 5:30 p.m. to 9:30 p.m.

**Saturday**, April 18 – 9:30 a.m. to 5:30 p.m.

**NOTE:** Bring lunch

(B)

**2 sessions**

Maximum of 10 children per session

**Fee per session: \$85.00**

### AMERICAN RED CROSS FIRST AID/CPR FOR THE LAY PERSON

Certified Red Cross Instructor: Joe Pepe

For children ages 10 thru 14. Children will receive first aid/CPR lay person certifications.

**12403**

**Community Center**

**Friday**, March 20 – 9:00 a.m. to 5:00 p.m.

**NOTE:** Bring lunch/Valhalla Schools Closed

(A)

**Friday**, March 27 - 9:00 a.m. to 5:00 p.m.

**NOTE:** Bring lunch/Mt. Pleasant Schools Closed

(B)

**1 session**

Maximum of 10 children per session

**Fee per session: \$45.00**

**\*New\***  
**BASIC WILDERNESS FIRST AID  
AND CPR FOR THE LAY PERSON**

Certified Red Cross Instructor: Joe Pepe

**12404**

For children ages 10 thru 15. Your child will become certified in Basic Wilderness through ASHI (American Safety Health Institute) and CPR for the lay person through the American Red Cross. They will receive two separate certification cards.

**Bradhurst Community Center**

**Thursday**, January 15 – 5:30 p.m. to 9:30 p.m. (A)

**Monday**, January 19 – 10:00 a.m. to 6:00 p.m. (no school)

**NOTE:** Bring lunch and an old unwanted tee shirt

**2 sessions / 12 hour course**

Maximum of 10 children per session

**Fee: \$90.00**

**BOTTLE PUPPETS \*New\***

**51110**

Instructor: Debbie Carr

For Grades 3 to 5

Create your own 3-D puppet using sculpting materials and bottles. Children create their own puppets, paint and add collage materials to complete this project. This workshop is packed full of fun and creativity.

**Tuesdays, Kensico Elementary School**

3:00 p.m. to 4:15 p.m.

November 18 thru December 23

(A)

**6 sessions**

Maximum of 15 participants

**Fee: \$66.00**

**AFTER SCHOOL CLUB**

**12209**

Instructor: Debbie Carr

For Grades 3 to 5

**Crafty Kids Workshop.** This is a fun workshop that focuses on a variety of craft projects that children will love. Each week children will create a different project using a variety of materials. Examples of crafts: wood photo block, canvas bags, ceramic projects, race cars and many more.

**Tuesdays, Kensico Elementary School**

3:00 p.m. to 4:15 p.m.

January 6 thru March 10 (no class Feb. 17)

(A)

**9 sessions**

Maximum of 15 participants

**Fee: \$95.00**

**KIDS HOLIDAY CRAFT WORKSHOP**

**52125**

Instructor: Carol Rodriguez

For Grades 1 to 5

This class will use wood, paint and objects from nature to create projects nice enough to exchange as gifts for the holiday season. Treasure boxes, wreaths, greeting cards, ornaments and decoupage will be done in a fun group setting.

**Mondays, Town Hall Tower**

4:30 p.m. to 5:45 p.m.

November 10 thru December 22

(A)

**7 sessions**

Maximum of 12 participants

**Fee: \$90.00**



## MIXED MEDIA WORKSHOP

12107

Instructor: Carol Rodriguez  
For Grades 1 to 5

Get your creative juices flowing with different media techniques each week. We will work with painting, collage and sculpture using a variety of materials including recycled or found objects. This class is fun and develops creative self-expression. All supplies are included. Smocks are suggested.

**Mondays, Town Hall Tower Room**

4:45 p.m. to 5:45 p.m.

January 12 thru March 30 (no class Jan. 19 & Feb. 16) (A)

**10 sessions**

Maximum of 12 participants

**Fee: \$90.00**

## INTRO TO COMET CHEERLEADING

12223

Instructors: Candace & Alex Munoz  
For grades K to 3

This program is available to participants who have no cheer experience. Basic cheers, explosive jumps and various cheer techniques will be taught.

**Thursdays, Community Center**

3:45 p.m. to 4:30 p.m.

February 12 thru June 11 (no class Feb. 19 & April 9) (A)

**16 sessions**

Maximum of 12 children

**Fee: \$135.00**

## COMET CHEERLEADING

12214

Instructors: Candace & Alex Munoz

Beginning and experienced cheerleaders learn the fundamentals of cheerleading. Basic cheers, explosive jumps, dynamic dance, tumbling techniques, and various stunts are taught by experienced coaches. Comet promotes a fun filled class teaching cheerleaders of all ages that combining their hard work with dedication can result in achieving great goals.

**Thursdays, Community Center**

February 12 thru June 11 (no class Feb. 19 & Apr. 9)

Grades 1 to 4 (A)

4:30 p.m. to 5:30 p.m.

**NOTE:** Uniforms are available for purchase through the instructor for an additional fee.

**16 sessions**

Maximum of 25 children per class

**Fee: \$125.00**

## SHINING STARS CHEERLEADING

12215

Instructors: Candace & Alex Munoz

This program incorporates teamwork with fundamentals of the Comet class. Cheerleaders experience the enjoyment of working together learning performance routines as a Cheerleading Squad. This program is goal driven and our instructors will try to coordinate performances outside the regular curriculum so that the Stars can present their routines to the public. Such performances may include tournaments, festivals, sporting events, senior citizen groups, and special events.

**NOTE: Cheerleaders do not need to sign up for Comet Cheerleading. New schedule – Programs have been combined.**

**Tuesdays, Community Center.**

February 10 thru June 9 (no class Feb. 17 & Apr. 7)

Grades 1 to 3 – Red Team (no cheer experience) (A)

3:45 p.m. to 5:15 p.m.

Grades 2 to 4 – Black Team (with cheer experience) (B)

5:15 p.m. To 6:45 p.m.

Grades 5 to 12 – Senior Team (with strong cheer & tumbling experience) (C)

6:45 p.m. to 8:30 p.m.

**NOTE:** Uniforms are available for purchase through the instructor for an additional fee.

**16 sessions**

Maximum of 25 children per class

**Fee: \$268.00**

**Program updates, rainouts, snow cancellations**  
**Call our Hotline 742-2364**  
**Sports Hotline 742-2367**

**INDOOR SOCCER LEAGUE**

Instructor: Mike Ferraro, Valhalla High School Soccer Coach

**52211**

For players in grades 4 and up. Divisions and teams will be formed based on age, gender and skill level. Great fun while fine-tuning your skills.

**Saturdays, Westlake Middle School**

December 6 thru January 31 (no class Dec. 27 & Jan. 3)

Grades 4 to 6

(A)

9:00 a.m. to 10:30 a.m.

Grades 7 and up

(B)

10:30 a.m. to 12:00 noon



**7 sessions**

Maximum of 30 participants per class

**Fee: \$50.00**

**MT. PLEASANT WILDCATS BASEBALL CLINIC**

For ages 8 to 12

Instructors from Mt. Pleasant Wildcats will teach hitting in early winter clinic, will teach fundamentals in late winter.

**Thursdays, Community Center**

4:30 p.m. to 6:00 p.m.

**EARLY WINTER SESSION**

**52221**

**LATE WINTER SESSION**

**12221**

December 4 thru January 29 (no class Dec. 25 & Jan. 1)

(A)

February 5 thru March 26 (no class Feb. 19)

(A)

**7 sessions**

Maximum of 40 children

**Fee per session: \$100.00**

**BASKETBALL CLINIC**

Instructors: Ken Fisher & Pat Tufano

**52212**

A mini basketball training program for boys and girls in 2<sup>nd</sup> grade.

Participants will learn the basic offensive and defensive skills, dribbling and shooting and will use lower baskets. No games will be played.

**Fridays, Columbus Elementary School (Thornewood)**

December 5 thru February 6 (no class Dec. 12, 26 & Jan. 2)

4:00 p.m. to 5:00 p.m.

(A)

**7 sessions**

Maximum of 40 participants

**Fee: \$40.00**

**INDOOR BASEBALL CLINIC**

Instructors: Pat Tufano & Tom Vernile

**12202**

An indoor instructional program of basic skills for area children.

Ages 7 to 10

**Saturdays, Community Center**

March 7 thru April 4

10:30 a.m. to 12:00 p.m.

**5 sessions**

Maximum of 25 children

**Fee: \$40.00**

**MAD HOT BALLROOM FOR KIDS**

Instructor: Cameron Kelly and Helpers!

Come and learn how to dance just like they do on Dancing With The Stars! Learn how to do cool Swing! Learn how to do the Cha Cha and Disco. Boys and girls are welcome. Improve social skills and interactions while having tons of fun.

**Mondays, Community Center**

**EARLY WINTER SESSION**

**52104**

**LATE WINTER SESSION**

**12104**

December 8 thru February 2 (no class Dec. 29 & Jan. 19)

Grades 2 to 4

(A)

3:30 p.m. to 4:30 p.m.

February 23 thru April 13 (no class April 6)

Grades 2 to 4

(A)

3:30 p.m. to 4:30 p.m.

Grades 5 to 7

(B)

Grades 5 to 7

(B)

4:30 p.m. to 5:30 p.m.

4:30 p.m. to 5:30 p.m.

**7 sessions**

Maximum of 25 children per session

**Fee per session: \$70.00**

## JUNIOR COOKS

Head Chef: Rosa Carra Asst. Chef: Rosalie Fierro  
For 4<sup>th</sup> and 5<sup>th</sup> graders.

The art of cooking & baking will be introduced. Children will prepare, cook and eat their own creations through hands-on experiences. All math, reading and language arts skills will be enhanced through the cooking process. The children will go home with the recipe, a related craft and rating. Parents are invited to join their children 15 minutes before class ends to enjoy the finished product. Maximum 8 children per session.

### Fridays, Town Hall Tower Room

3:30 p.m. to 5:00 p.m.

<b>EARLY WINTER SESSION</b>	<b>52502</b>	<b>LATE WINTER SESSION</b>	<b>12502</b>
December 12 thru February 6 (no class Dec. 26 & Jan. 2)		February 27 thru April 17 (no class April 10)	
<b>7 sessions</b>			
<b>Fee per session: \$100.00</b>			

## MT. PLEASANT AMERICAN HERITAGE GOJU KARATE

Sensei: Dayton Guinee

Karate programs for boys and girls ages 6 thru 11. There will be lots of positive energy and loads of fun. Students develop stronger and healthier bodies, a positive attitude about themselves and others as well as self defense techniques in a highly structured, motivating and friendly environment. Sessions are held throughout the school year. Official uniforms for Pee Wees and Juniors are available for an additional cost through the instructor. All instruction, requirements, standards and rank promotions are governed by the American Goju Karate organization.

### Community Center

<b>EARLY WINTER SESSION</b>	<b>52208</b>	<b>LATE WINTER SESSION</b>	<b>12208</b>
Dec. 1 thru February 4 (no class Dec. 22, 24, 29, 31, Jan. 19 & 21)		February 23 thru April 8	
<b>Pee Wee – Ages 6 &amp; 7 (must be 6 by Dec. 1)</b>		<b>Pee Wee – Ages 6 &amp; 7 (must be 6 by Feb 14)</b>	
Mondays, 4:00 p.m. to 5:00 p.m.	(A)	Mondays, 4:00 p.m. to 5:00 p.m.	(A)
<b>Pee Wee – Ages 6 &amp; 7 (must be 6 by Dec. 1)</b>		<b>Pee Wee – Ages 6 &amp; 7 (must be 6 by Feb. 14)</b>	
Wednesdays, 4:00 p.m. to 5:00 p.m.	(B)	Wednesdays, 4:00 p.m. to 5:00 p.m.	(B)
<b>7 sessions</b>		<b>7 sessions</b>	
Maximum of 16 children per class		Maximum of 16 children per class	
<b>Fee: \$85.00</b>		<b>Fee: \$85.00</b>	
<b>Juniors – Ages 7 ½ to 11</b>		<b>Juniors – Ages 7 ½ to 11</b>	
Mondays and Wednesdays		Mondays and Wednesdays	
5:00 p.m. to 6:00 p.m.	(C)	5:00 p.m. to 6:00 p.m.	(C)
6:00 p.m. to 7:00 p.m.	(D)	6:00 p.m. to 7:00 p.m.	(D)
<b>Fee: \$180.00</b>		<b>Fee: \$180.00</b>	
<b>Ages 12 and up</b>	<b>54201</b>	<b>Ages 12 and up</b>	<b>14201</b>
Mondays and Wednesdays		Mondays and Wednesdays	
7:00 p.m. to 8:30 p.m.	(A)	7:00 p.m. to 8:30 p.m.	(A)
<b>Fee: \$180.00</b>		<b>Fee: \$180.00</b>	

## AFTER SCHOOL SPORTS

Instructor: Ken Fisher

A variety of sports and games are played emphasizing fun for all. For children attending school listed.

**\*IMPORTANT:** Children are allowed to sign up for one session, Early Winter or Late Winter and one class in that session until November 27<sup>th</sup> at which time they will be allowed to sign up for an additional session if space is available.

<b>EARLY WINTER SESSION</b>	<b>52205</b>	<b>LATE WINTER SESSION</b>	<b>12205</b>
<b>Wed., Columbus Elem. School, Thornwood</b>	(A)	<b>Wed., Columbus Elem. School, Thornwood</b>	(A)
2:30 p.m. to 3:30 p.m.		2:30 p.m. to 3:30 p.m.	
December 3 thru January 28 (no class Dec. 24 & 31)		February 4 thru March 25 (no class Feb. 18 & Mar. 18)	
<b>Fri., Columbus Elem. School, Thornwood</b>	(B)	<b>Fri., Columbus Elem. School, Thornwood</b>	(B)
2:30 p.m. to 3:30 p.m.		2:30 p.m. to 3:30 p.m.	
December 5 thru January 23 (no class Dec. 26)		February 6 thru March 27 (no class Feb. 20)	
<b>7 sessions</b>			
Maximum of 25 children per session			
<b>Fee per session: \$40.00</b>			

## INDOOR STREET GAMES

Instructor: Pat Tufano

12207

Come play the same games that Mike Piazza, Gary Sheffield, Derek Jeter and David Wright played when they were kids. A weekly rotation of four different street games; punch ball, slap ball, stickball and wiffleball. Maximum of 25 children. **7 sessions**

### Fridays, Community Center

February 6 thru March 27 (no class Feb. 20)

Grades 1 to 4 – 3:30 p.m. to 4:30 p.m.

(A)

Grades 5 to 7 – 4:30 p.m. to 5:30 p.m.

(B)

Fee per session: **\$37.00**

## MID-WINTER BREAK WORKSHOPS \*New\*

Town of Mt. Pleasant Recreation Department is offering an opportunity for your child(ren) to choose from a variety of workshops during the school break. **They can sign up for one workshop or all the workshops.** Great for boys and girls. **4 sessions each workshop**

### Tuesday thru Friday, Community Center

February 17 thru February 20

For Grades K to 2

12210

#### Cooking Workshop

(A)

8:30 a.m. to 10:00 a.m.

This workshop introduces children to the art of cooking. They will learn to cook breakfast and other surprises. They will enjoy their creations.

Maximum 20 children

Fee: **\$65.00**

#### Having a Ball Workshop

(B)

10:00 a.m. to 11:30 a.m.

Children will play various sports activities and learn new games.

Maximum 30 children

Fee: **\$40.00**

#### Lunch and Games Workshop

(C)

11:30 a.m. to 12:30 p.m.

This workshop is designed for the child who will participate in all the workshops offered during the school break. They will be able to have lunch, socialize, play board games, pool, ping pong or air hockey with their friends. **NOTE:** Bring bag lunch.

Maximum 20 children

Fee: **\$20.00**

#### Creative Clay Workshop

(D)

12:30 p.m. to 2:00 p.m.

"It's a jungle out there". Children will explore working with air drying clay to create their own pinch pot animals.

Maximum 20 children

Fee: **\$45.00**

#### Fun With Paint Workshop

(E)

2:00 p.m. to 3:30 p.m.

This workshop is designed with the young artist in mind. It's an introduction to color and technique to encourage creativity.

Maximum 25 children

Fee: **\$40.00**

For Grades 3 to 5

12211

#### Sports Workshop

(A)

8:30 a.m. to 10:00 a.m.

This workshop consists of organized sports activities in the gym.

Maximum 20 children

Fee: **\$40.00**

#### Stained Glass Painting Workshop

(B)

10:00 a.m. to 11:30 p.m.

Children will have fun creating their own designs on safe plexiglass while learning about color, line and patterns.

Maximum 20 children

Fee: **\$45.00**

#### Lunch and Games Workshop

(C)

11:30 a.m. to 12:30 p.m.

This workshop is designed for the child who will participate in all the workshops offered during the school break. They will be able to have lunch, socialize, play board games, pool, ping pong or air hockey with their friends. **NOTE:** Bring bag lunch.

Maximum 20 children

Fee: **\$20.00**

#### Creating With Clay Workshop

(D)

12:30 p.m. to 2:00 p.m.

This workshop focuses on the art of sculpture and the 3-D clay form. Many different materials and techniques will be used while children enjoy this creative process.

Maximum 20 children

Fee: **\$45.00**

#### Games Workshop

(E)

2:00 p.m. to 3:30 p.m.

This workshop is designed to have fun. Children will play organized games and activities in the gym.

Maximum 20 children

Fee: **\$40.00**

## TEEN PROGRAMS

### "THE PREMIER"

Mt. Pleasant provides a unique atmosphere for students. The evening includes a DJ, game room, and a chance to mingle with friends. Pre-teens in grades 6 to 8 can take advantage of the Community Center on Lozza Drive between the hours of 7:00 p.m. and 10:00 p.m. Parents are asked to have their children dress appropriately. Glow devices will NOT be allowed at "The Premier". Doors will open at 7:00 p.m. Please check the schedule below:

**DATES:** Saturday's, January 17, February 28, March 21, April 18, May 16

**TIMES:** 7:00 p.m. to 10:00 p.m.

**FEE:** Tickets will be available the Monday prior to "The Premier" at the Recreation Office. **\$3.00 at the office - \$5.00 at the door**

# Making A Difference

Tom Vernile, Coordinator

Attention students! Are you in need of community service? Do you want to build your resume? Do you want to improve upon your leadership skills? Or, do you just enjoy the personal satisfaction of helping others? Whatever the reason, the M.A.D. Club is your means to reach your goal. Students in grades 8 to 12 are encouraged to join the club and discover what it's all about. Members will meet approximately twice a month with an opportunity to receive at least 3 hours of community service a month. For more information call Tom Vernile at the Mt. Pleasant Recreation and Parks Department, 742-2365.

## PHOTOGRAPHY: DEVELOPING YOUR ARTISTIC EYE \*New\*

Instructor: Debbie Miracolo

52127

For Grades 7 and above. Learn how to see like a photographer and your images will no longer look like ordinary snapshots. You'll be amazed at the aesthetic improvement in your images as you learn to incorporate elements of design and light. We will explore various genres of photography such as portraiture and nature through demonstration, shooting and discussion. Students will be asked to bring a camera to class for shooting exercises. Any camera—film or digital, slr or point and shoot is acceptable (no cell phone cameras). Students will be asked to provide 4x6 prints of their work. This is not a technical class! Students must have a basic understanding of their camera and its functions.

**Wednesdays, Westlake Middle School**

3:15 p.m. to 4:45 p.m.

December 3 thru February 4 (no class Dec. 24, 31 & Jan. 28)

7 sessions

Maximum of 12 participants

Fee: \$85.00

## MT. PLEASANT AMERICAN HERITAGE GOJU KARATE

Sensei: Dayton Guinee

This program caters to adults as well as ages 12 and up. Students develop stronger and healthier bodies, learn fundamentals of kicking, punching and form development as well as self-defense techniques in a highly structured, motivating and friendly environment. Sessions are held continuously throughout the year. Official uniforms are available and recommended for an additional cost through the instructor. All instruction, requirements, standards and rank promotions are governed by the American Heritage Goju Karate organization.

For ages 12 and up.

**Mondays and Wednesdays, Community Center**

7:00 p.m. to 8:30 p.m.

**EARLY WINTER SESSION**

54201

**LATE WINTER SESSION**

14201

December 1 thru Feb. 4 (no class Dec. 22, 24, 29, 31, Jan. 19, 21)

February 23 thru April 8

14 sessions

Fee per session: \$180.00

## ADULT PROGRAMS

### DEFENSIVE DRIVING

Instructor: Dan Oderifero

14401

Upon successful completion of this program, you may be eligible for a 10% insurance discount as well as a 4 point removal from your driving record. If you pass the course and would like the certification, there is an \$11.00 fee due at the first class, made payable to "National Safety Council".

**Monday and Wednesday, Town Hall Tower**

7:00 p.m. to 10:00 p.m.

January 12 and 13

February 16 and 18

March 16 and 18

April 20 and 22

May 18 and 20

44401 (D) **Monday and Tuesday**

(A)

(B)

(C)

(D)

Maximum of 25 participants per class

Fee per session: \$35.00

**\*New\***  
**ZUMBA**

Instructor: Peggy Raiskums, Certified Zumba Instructor

**Co-ed.** The hottest fitness craze is here! Dance off those calories, burn that fat, tone and sculpt that body. Zumba is a fusion of Latin and International music inspired by Latin dance combined with intervals of rhythmic slow and fast dance steps and aerobic exercise creating dynamic, exciting and effective fitness levels. Move at your own pace. Guaranteed to energize...It's easy to learn so come join the fun in this 1 hour class.

**Thursdays, Community Center**

6:00 p.m. to 7:00 p.m.

**EARLY WINTER SESSION**

December 4 thru January 29 (no class Dec. 25 & Jan. 1)

**54310**

(A)

**LATE WINTER SESSION**

February 12 thru March 26

**14310**

(A)

**7 sessions**

Maximum of 15 participants per session

**Fee per session: \$77.00**

**THE KNITTING CIRCLE**

Instructor: Sharon Campbell Rubens

This course is for all skill levels including no-skills-at-all. Beginners will learn the basics of this ancient craft and move on to hat and scarf projects. More experienced knitters can hone their skills, acquire new techniques and work on projects of their choice. Bring to first class a pair of medium-size needles (US sizes 7-9) and any basic worsted weight yarn of a medium or light color, or you may purchase a starter kit containing yarn, needles, book and tote from the instructor. Sharon has taught knitting for over 20 years to all ages and also designs and sells specialized embroidery kits. She currently works in the yarn department at A.C. Moore in Yorktown Heights.

**Tuesdays, Community Center**

9:30 a.m. to 11:30 a.m.

**EARLY WINTER SESSION**

December 9 thru January 27 (no class Dec. 30)

**54118**

(A)

**LATE WINTER SESSION**

February 24 thru April 14 (no class April 7)

**14118**

(A)

**7 sessions**

Maximum of 12 participants per session

**Fee per session: \$63.00**

**PHOTOGRAPHY: DEVELOPING YOUR ARTISTIC EYE \*New\***

Instructor: Debbie Miracolo

**52128**

Learn how to see like a photographer and your images will no longer look like ordinary snapshots. We will explore various genres of photography such as portraiture and nature through demonstration, shooting and discussion. Students will be asked to bring a camera to class for shooting exercises. Any camera—film or digital, slr or point and shoot is acceptable (no cell phone cameras). Students will be asked to provide 4x6 prints of their work. This is not a technical class! Students must have a basic understanding of their camera and its functions.

**Wednesdays, Community Center**

12:30 p.m. to 2:00 p.m.

December 3 thru February 4 (no class Dec. 24, 31 & Jan. 28)

**7 sessions**

Maximum of 12 participants

**Fee: \$85.00**

**SHAPE AND TONE**

Instructor: Cameron Kelly & Stacey Christiano

Flex your muscles, gain flexibility and get a cardiovascular workout. This program is designed to keep your bones strong, muscles flexible and heart rate pumping while incorporating all the elements of a well-rounded fitness program. This class is set to great music and designed to accommodate all fitness levels. **NOTE:** Please bring an exercise mat and handheld weights to class.

**Wednesdays & Fridays, Community Center**

**EARLY WINTER SESSION**

December 10 thru Feb. 6 (no class Dec. 24, 26, 31 & Jan. 2)

**54303**

**LATE WINTER SESSION**

February 25 thru April 17 (no class April 8 & 10)

**14303**

10:00 a.m. to 11:00 a.m.

10:00 a.m. to 11:00 a.m.

**7 or 14 sessions**

Maximum of 25 participants per session

**Fee per session Wed. & Fri. \$120.00 (A)**

**Fee per session once a week: \$60.00 (B)**

## YOGA

Instructor: Chris Tangerman

This century's old practice is today's most popular fitness endeavor. Increase your body's strength, endurance and flexibility like no other program. As you practice Asanas (postures) along with conscious breathing, you will achieve a sense of calm, balance and well being on more than just the physical plane. The session ends with deep relaxation and guided meditation. Men and women welcome. Wear comfortable clothing and bring a floor mat.

### Tuesdays, Community Center

#### EARLY WINTER SESSION

December 9 thru January 27 (no class Dec. 30)  
6:00 p.m. to 6:55 p.m.  
7:00 p.m. to 7:55 p.m.

54304

(A)  
(B)

7 sessions

Maximum of 20 participants per session

Fee per session: \$84.00

#### LATE WINTER SESSION

February 24 thru April 14 (no class April 7)  
6:00 p.m. to 6:55 p.m.  
7:00 p.m. to 7:55 p.m.

14304

(A)  
(B)

## PILATES

Instructor: Stacey Christiano

Pilates is a target sequence of movements designed to firm and strengthen the abdominal thigh and buttocks muscles. These focused exercises enable you to achieve a flatter stomach and firmer legs while improving your posture and coordination. Pilates is a fun and healthy way to reduce your stress level and attain a beautifully sculpted body.

### Wednesdays & Thursdays, Community Center

#### EARLY WINTER SESSION

Wednesdays, Dec. 3 thru January 28 (no class Dec. 24 & 31)  
6:15 p.m. to 7:15 p.m. - Beginners  
7:30 p.m. to 8:30 p.m. - Advanced Beginners  
Thursdays, Dec. 11 thru Feb. 5 (no class Dec. 25 & Jan. 1)  
9:30 a.m. to 10:30 a.m.

54309

(A)  
(B)  
(C)

7 sessions

Maximum of 20 participants per session

Fee per session: \$65.00

#### LATE WINTER SESSION

Wednesdays, February 25 thru April 15 (no class April 8)  
6:15 p.m. to 7:15 p.m. - Beginners  
7:30 p.m. to 8:30 p.m. - Advanced Beginners  
Thursdays, Feb. 26 thru April 16 (no class April 9)  
9:30 a.m. to 10:30 a.m.

14309

(A)  
(B)  
(C)

## WINTER SHAPE UP

Instructor: Carol Migliorelli, ISCA/Promise Certified Instructor

54305

Beat the winter blues by making time for yourself and join us for a variety of workouts...Every class will be a different challenge, offering a mix of aerobics, cardio-kick boxing, step, toning and more...a schedule of classes will be handed out at class with a list of equipment you will need for the entire session. (Mats and weights will be used in most classes).

### Mondays, Community Center

December 8 thru February 2 (no class Dec. 29 & Jan. 19)  
8:30 p.m. to 9:30 p.m.

7 sessions

Maximum of 20 participants

Fee: \$63.00

## TOTALLY TONING

Instructor: Carol Migliorelli, ISCA/Promise Certified Instructor

Start off with low impact aerobic warm-up and then focus on toning the major muscle groups with specific exercises. Abdominal and glutes will be targeted. X-ertubes will be provided. Please bring hand weights (3-5 lbs.) and an exercise mat.

### Mondays, Community Center

7:00 p.m. to 8:00 p.m.

#### EARLY WINTER SESSION

December 8 thru February 2 (no class Dec. 29 & Jan. 19)

54301

7 sessions

Maximum of 15 participants per session

Fee: \$63.00

#### LATE WINTER SESSION

February 23 thru April 13 (no class April 6)

14301

## FIT BALL WORKOUT

Instructor: Carol Migliorelli, ISCA/Promise Certified Instructor

14307

Do you have a "fit" ball (resistance ball) and don't know how to use it? This class is for you...learn correct positioning and exercise to tone and strengthen your body.

### **Mondays, Community Center**

February 23 thru April 13 (no class April 6)  
8:00 p.m. to 9:00 p.m.

**7 sessions**

Maximum of 15 participants

**Fee: \$63.00**

## 20-20-20

Instructor: Carol Migliorelli, ISCA/Promise Certified Instructor

14302

20 minutes of aerobic, 20 minutes of basic step, and 20 minutes of target exercises for those not so toned areas. Come workout – sweat – and feel great! Please bring hand weights and an exercise mat.

### **Thursdays, Community Center**

February 26 thru April 16 (no class April 9)  
8:00 p.m. to 9:00 p.m.

**7 sessions**

Maximum of 20 participants

**Fee: \$63.00**



## SHALL WE DANCE: BALLROOM AND SWING DANCE

Instructor: Cameron Kelly & Instructors

Dancing with a partner is back! Why sit on the sidelines at weddings, bar mitzvahs and parties when you can get up and dance? It's easy! Learn to swing, foxtrot, salsa and cha cha to great music. You'll be turning, dipping and swinging your lady with ease. Men are taught easy ways to lead so you make your partner look great. Put some spice back in your relationship! Singles meet some fun new people! Everyone has fun! **PLEASE NOTE: We do not guarantee singles a partner.**

### **Thursdays, Community Center**

**EARLY WINTER SESSION** **54103**  
December 11 thru February 5 (no class Dec. 25 & Jan. 1)  
Beginners: 7:30 p.m. to 8:30 p.m. (A)  
Intermediate: 8:30 p.m. to 9:30 p.m. (B)

**LATE WINTER SESSION** **14103**  
February 26 thru April 16 (no class April 9)  
Beginners: 7:30 p.m. to 8:30 p.m. (A)  
Intermediate: 8:30 p.m. to 9:30 p.m. (B)

**7 sessions**

Maximum of 20 participants per session

**Fee per session: \$70.00 per person**

## COED LINE DANCING

Instructor: Cameron Kelly

Do you love to dance but don't have a partner? No problem! Learn all the popular line dances. Have a blast. Get some exercise and burn calories without even realizing it since you are dancing!! Dance and pop...so you think you can dance? I know you can!!!

### **Thursdays, Community Center**

7:00 p.m. to 7:30 p.m.

**EARLY WINTER SESSION** **54300**  
December 11 thru February 5 (no class Dec. 25 & Jan. 1)

**LATE WINTER SESSION** **14300**  
February 26 thru April 16 (no class April 9)

**7 sessions**

Maximum of 20 participants per session

**Fee per session: \$45.00 per person**

## BEGINNER TAP DANCING FOR ADULTS

Instructor: Donna Simone

Have you always wanted to tap but never had the chance? Or do you want to brush up on some steps you used to do, but to today's popular tunes? Donna will inspire you to dance using new and exciting music along with your favorite show tunes. Burn more calories in one hour than the hardest workout just having fun and dancing up a storm! Tap shoes required.

**Fridays, Community Center**

12:00 p.m. to 1:00 p.m.

### EARLY WINTER SESSION

54104

December 12 thru February 6 (no class Dec. 26 & Jan. 2)

### LATE WINTER SESSION

14104

February 27 thru April 17 (no class April 10)

**7 sessions**

Maximum of 20 participants per session

**Fee per session: \$80.00 per person**



## BELLY DANCING

Instructor: Gina Bergamini

Have fun, lose weight, tone up, feel confident! As featured in the latest issue of Time Magazine, belly dancing is now being discovered by modern women as a great workout! This ancient dance is gaining in popularity in health clubs around the country as a way to stay in shape, burn calories, relax your mind and nurture your soul! Veils will be provided for use at first class. Barefoot please!

**Tuesdays, Community Center**

### EARLY WINTER SESSION

54306

December 9 thru January 27 (no class Dec. 30)

8:00 p.m. to 9:00 p.m.

(A)

### LATE WINTER SESSION

14306

February 24 thru April 14 (no class April 7)

8:00 p.m. to 9:00 p.m.

(A)

**7 sessions**

Maximum of 20 participants per session

**Fee per session: \$77.00 per person**



## MT. PLEASANT AMERICAN HERITAGE GOJU KARATE

Sensei: Dayton Guinee

This program caters to adults as well as ages 12 and up. Students develop stronger and healthier bodies, learn fundamentals of kicking, punching and form development as well as self defense techniques in a highly structured, motivating and friendly environment. Sessions are held continuously throughout the year. Official uniforms are available and recommended for an additional cost through the instructor. All instruction, requirements, standards and rank promotions are governed by the American Heritage Goju Karate organization.

For ages 12 and up

**Mondays and Wednesdays, Community Center**

7:00 p.m. to 8:30 p.m.

### EARLY WINTER SESSION

54201

December 1 thru Feb. 4 (no class Dec. 22, 24, 29, 31, Jan. 19, 21)

**Fee: \$180.00**

### LATE WINTER SESSION

14201

February 23 thru April 8

**Fee: \$180.00**

### OPEN BASKETBALL

Swish! Take a few of your best shots at that hoop and you are headed for fun!

Resident Men & Women and persons employed within the Town ages 18 and older

When: Tuesdays  
8:30 p.m. to 10:00 p.m.  
Where: Community Center  
November 25 thru April 14  
(no class Dec. 23 & 30)  
Fee: \$2.00 each evening

### OPEN VOLLEYBALL

Bump, volley and serve...just get it over the net! Come join the fun and play a few friendly games of volleyball. Have twice the fun, bring a friend.

Resident Men & Women and persons employed within the Town ages 18 and older

When: Wednesdays  
8:30 p.m. to 10:00 p.m.  
Where: Community Center  
November 26 thru April 15  
(no class Dec. 24 & 31)  
Fee: \$2.00 each evening



### Reminder: ADULT BASKETBALL LEAGUE

Registration currently in progress. Team materials must be in by December 9<sup>th</sup>. League begins January 5<sup>th</sup>. For more information call the sports desk at 742-2365.

### SOFTBALL LEAGUES

There will be an organizational meeting on Thursday, February 5 at 7:30 p.m. for all teams interested in joining the 2008 Mt. Pleasant Softball League. The meeting will be at Town Hall in the lower court room. You must enter through the Police Dept. All team managers are invited to attend. Registration forms will be provided at the meeting. If you cannot attend, please be certain to send a representative, or call 742-2365.

## HOLIDAY, VACATION & SPECIAL EVENTS



### LADIES NIGHT OUT...B-I-N-G-O

14000

Ladies, this is not your ordinary B-I-N-G-O! Come and leave your worries behind as you gather your friends for a night of delicious food, exciting prizes and loads of fun!!! **NOTE: 21 AND OVER PLEASE!**

Friday, Community Center  
7:00 p.m. to 10:00 p.m.  
January 23  
Fee: \$20.00

## PARENTS NIGHT OUT

For children in grades kindergarten to 5. Parents, go out and enjoy yourselves for a few hours on your own. We'll take care of the kids – you take care of yourself. Under the supervision of Recreation Staff, children will enjoy games, movies, snacks and special events.

### Saturdays, Community Center

5:30 p.m. to 9:30 p.m.

Saturday, December 6	(D)	56501
Saturday, January 10	(A)	16501
Saturday, February 7	(B)	
Saturday, March 7	(C)	

Pre-registration suggested – registration limited.

Fee per session: \$10.00

Fee at door per session: \$15.00

## KIDZ NIGHT OUT

### Friday, December 19

For Grades K to 5

(A)

16516

**New Years Eve Party.** Ring in the New Year with a dance party. Come ready to say “so long” to 2008 as we enjoy an evening of dancing, organized sports activities, arts and crafts, lots of prizes, food and fun! **NOTE: Pizza available for \$1.00 per slice.**

### Friday, March 20

For Grades K to 5

(B)

**Mardi Gras.** Come and experience a night of festivities at our Community Center as we celebrate the traditions of Mardi Gras. We will play games, make special Mardi Gras crafts, organized sports activities, enjoy Mardi Gras music, food and fun...prizes too! **NOTE: Pizza available for \$1.00 per slice.**

### Fridays, Community Center

5:30 p.m. to 9:00 p.m.

Pre-registration suggested – registration limited.

Fee per session: \$15.00

Fee at door per session: \$20.00

## TOWN HALL TREE LIGHTING CEREMONY

FREE

### Friday, December 5

Residents and friends of all ages are invited to gather at the Mt. Pleasant Town Hall, at 7:30 p.m. for this traditional beginning of the Holiday Season. There will be carol singing, refreshments and a special appearance by Santa Claus.

## VALHALLA GAZEBO TREE LIGHTING

FREE

### Sunday, December 7 at 6:00 p.m. at the Valhalla Greens

Co-sponsored with the Valhalla Chamber of Commerce and the Valhalla Girl Scouts. There will be carol singing and refreshments will be served.

## ORNAMENT MAKING WORKSHOP

Instructor: Nora Pierce

For grades K to 2

Put your little elf to work just in time for the holiday! At this workshop we will be creating a couple of different ornaments that will be all ready for your child to decorate their own house with or give as gifts to someone special. A sure hit! Pizza will be served!

### Friday, Community Center

4:00 p.m. to 5:30 p.m.

December 12

Maximum of 12 children per session

Fee: \$15.00

56101

## **BREAKFAST WITH SANTA**

**Saturday, December 13**

**55501**

This annual program for area children and parents includes a continental breakfast, entertainment and a visit with Santa. Moms and Dads are invited to bring cameras.

**Community Center**

9:00 a.m.

(A)

11:00 a.m.

(B)

**NOTE: Tickets will be sold at the Recreation Department Office starting December 8**

**Fee: \$5.00 per person  
(child or adult)**

## **SANTA'S CALLING FREE**

**Thursday, December 18**

Have your child receive a special call from Santa this Holiday Season! You must pre-register and complete an information form available at the Recreation Office.

For children in Kindergarten thru 4<sup>th</sup> grade

**NOTE: Your child must be available for Santa's phone call between 6:00 p.m. and 8:00 p.m.**

## **ICE SKATING FREE**

Free ice skating for residents at Leith's Pond on Rolling Hills Road (Carroll Park) in Thornwood, Opperman's Pond on Lake Drive and Bedford Road (Rt. 117) in Pleasantville and Bear Ridge Lake on Lake Shore Drive in Pleasantville. A sign will be posted when ice is safe for skating. For skating conditions call the Recreation Hotline at 742-2364



## **SHARE A VALENTINE**

Care to share a Valentine with a senior adult? Children ages 5 and over are encouraged to make a homemade Valentine and drop it off at the Recreation Office no later than Wednesday, February 6. Valentines will be distributed to our local senior adults after February 8<sup>th</sup>. Valentines should be no larger than 8 1/2" x 11" and can be decorated with whatever your heart desires. Participants should include their name, address and age on the back of their Valentine. Each child who participates will receive a special surprise.

## **VALENTINE PARTY**

**Friday, February 6**

**12521**

Children in grades K to 3 join us at Mt Pleasant Community Center to make a special gift for someone special. Decorate heart cookies and make a valentine card.

**Community Center**

3:30 p.m. to 5:00 p.m.

Maximum of 20 participants per session

**Fee: \$15.00 per child**

## **PIZZA ~ BINGO NIGHT**

**Friday, February 13**

**15502**

Children in grades 3 to 5 are invited to come out for a great night of fun! A pizza and soda dinner will be enjoyed followed by an exciting evening of bingo with great prizes.

**Community Center**

5:00 p.m. to 8:00 p.m.

**Pre-registration required**

Maximum of 80 participants

**Fee: \$10.00**

## **EASTER EGG HUNT**

**FREE**

**Saturday, April 4**

Hop on over to Broadway Field for our Easter Egg Hunt. This event allows pre-schoolers through 2<sup>nd</sup> graders to search for plastic eggs, candy and other surprises. Bring an Easter Basket. A visit from the Easter Bunny tops off this event.

Parents please be advised this event is for children. Adults will not be allowed to participate with children. Easter escorts will bring your children on to the field to gather eggs. **ALL ADULTS WILL WAIT ON THE BASKETBALL COURTS!** No exceptions will be made.

**First Session: 10:30 a.m. (approximately)**

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**Second Session: 12:00 p.m. (approximately)**

In case of inclement weather please call the Recreation Hotline at 742-2364 for updates on times and location.

## **FLASHLIGHT EGG HUNT**

**Wednesday, April 1**

**16506**

For children in grades 3 to 6

Bring a flashlight and a bag to collect some goodies at Broadway Field in Hawthorne and try to find some hidden treasures in the dark.

Begins at 8:00 p.m.

**NOTE:** This program is geared to grades listed.

**Fee: \$7.00**

## **FUNNY BUNNY EGGSTRAVAGANZA**

**Friday, March 27**

**16518**

For children in grades K to 3

Hop on down to stuff your own Easter Bunny while you listen to Peter Cottontail. Dye a beautiful egg and decorate a little basket to take your creation home in.

**Community Center**

3:30 p.m. to 5:00 p.m.

Maximum of 20 participants

**Fee: \$20.00**

## **TOWN OF MT. PLEASANT ANNOUNCES... ROAD TRIP TO MANHATTAN TO SEE "THE LITTLE MERMAID"**

**Wednesday, February 18**

**The bus will leave at 10:45 a.m. sharp from the Community Center** and arrive in Manhattan at approximately 12:15 p.m. Children under 8 must be accompanied by a paying adult. Children 8 and over may attend under the supervision of the Recreation Department staff. Children accompanied by the Rec staff will need to bring extra money to buy lunch in the local area. All other participants will need to make their own arrangements for lunch. We will meet back at the Lunt-Fontanne Theater at 1:15 p.m. for the 2:00 show. Approximate return time is 6:00 p.m.

**PLEASE...register for this program by November 28th. If we do not have enough participants by that date, this program will be cancelled. THIS TRIP IS FOR EVERYONE OF ALL AGES.**

**Seats: Middle Mezzanine**

**Cost: \$80.00 per person**

## SENIOR CITIZEN PROGRAMS & ACTIVITIES

### CLUB MEETINGS

All meetings are held at the Mt. Pleasant Community Center on Lozza Drive in Valhalla, from 12:00 p.m. to 4:00 p.m. except holidays. Coffee is available as is the opportunity to socialize with your friends, old and new. All persons 55 years of age and older, living in the Unincorporated portions of the Town of Mt. Pleasant, are eligible to join the clubs. Other activities include: arts and crafts, cards, bingo, pool, ping pong and much, much more.

### THORNWOOD NEIGHBORHOOD GROUP

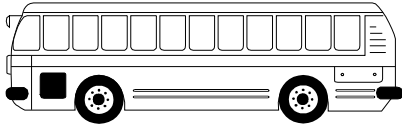
President: Mr. Anthony Sardinelli  
Club meets Mondays, except holidays.

### PLEASANT SENIORS OF MT. PLEASANT

President: Mr. Dominick D'Arrigo  
Club meets on Thursdays, except holidays.

### SENIOR CITIZEN DISCOUNTS

Individuals over 60 years of age are entitled to discounts of 50% on all programs listed in the Adult Programs sections of this brochure except trips.



### SENIOR CITIZEN TRIPS AND LOCAL EVENTS

All residents of the Unincorporated Town of Mt. Pleasant who are at least 55 years old are eligible to participate in senior citizen trips. A monthly senior citizen flyer detailing upcoming senior activities is available the first workday of each month at the Recreation Department Office. Registration for new programs and trips start approximately one week later. One month after a trip first appears in the senior flyer, non-resident guests will be accepted on a space available basis.

Day trips, extended trips and local events currently being planned:

November 18	Flu Shots
November 28	Yonkers Raceway
December 3	Thornwood Neighborhood Group Holiday Party
December 11	Pleasant Seniors Holiday Party

Dates and further information to be announced in monthly Senior Flyer. All trips and events are subject to change, please check our Senior Flyer each month for details on all upcoming trips!

### WEEKLY PROGRAMS

#### Mondays

10:00 a.m. Lunch Bunch Lunches  
Suggested contribution \$3.00 with transportation \$2.50 without transportation  
12:00 p.m. Thornwood Neighborhood Group Club Meeting  
12:30 p.m. Blood Pressure Testing  
1:00 p.m. Strengthen and Tone with Michelle Saccurato  
\$1.00 fee

#### Tuesdays

10:00 a.m. Shopping Trips to local shopping centers – call 592-6441

#### Wednesdays

10:00 a.m. Lunch Bunch Lunches  
Suggested contribution \$3.00 with transportation \$2.50 without transportation  
11:00 a.m. Line Dance with Cameron Kelly  
\$1.00 fee

#### Thursdays

11:00 a.m. Seniorize with Stacey Christiano  
\$1.00 fee  
12:00 p.m. Pleasant Seniors of Mt. Pleasant Club Meeting  
12:30 p.m. Blood Pressure Testing

#### Fridays

9:15 a.m. Floorworks Deluxe Stretch with Margaret Cunzio  
\$2.00 fee  
10:00 a.m. Lunch Bunch Lunches  
Suggested contribution \$3.00 with transportation \$2.50 without transportation

All programs are located in the Community Center unless otherwise noted, and do not take place on holidays.

### BOCCE COURTS

The Thornwood Lions Club has constructed and donated two bocce courts. The courts are at the Mt. Pleasant Community Center. Bocce balls will be available to sign out at the Community Center and Pool.

### MONTHLY BOOK CLUB

Facilitator: Karen Rippstein  
The Book Club welcomes new members to come join them for book reading and discussion. Meeting dates are generally the third Wednesday of the month at the Community Center beginning at 1:30 p.m. Please check the monthly Senior Flyer for details.

## OFFICE OF ELDER AMERICANS 592-6441

63 Bradhurst Avenue  
Hawthorne, NY 10532  
Director of OEA, Kathryn Fox  
Recreation Supervisor, Robin Fleming  
Services are offered to residents 60 years old +.

The Office of Elder Americans offers support and guidance to individuals and families living within the unincorporated areas of the Town of Mount Pleasant, including Thornwood, Hawthorne and Valhalla.

The purpose of the Office is to provide services and support that reduce social isolation allowing the individual to be maintained in their home environment, preserving their dignity and independence.

### NUTRITION PROGRAMS

You **must** call ahead two business days if you wish to participate, attend or need transportation for the following programs:

**\*The Pleasant Lunch Bunch** (3 days/week) M,W, F  
Community Center 11:00 am. to 2:00 p.m. A nutritious hot lunch is provided as well as nutrition education. Activities include Bingo, Cards and Friendship!

**\*Bradhurst Senior Day Center** (3 days/week) T,W,Th  
Bradhurst Community Center 11:00 am. to 2:00 p.m. Frail and/or socially isolated individuals are provided therapeutic activities, socialization, and a hot lunch in a warm, supportive setting. This atmosphere also provides respite for caregivers.

**\*Home Delivered Meals** (5 days/Week, Monday – Friday)  
Up to two nutritious meals a day can be provided for any person 60 years or older who are frail, isolated, homebound individuals, unable to meet his/her nutritional needs because of difficulty in shopping and preparing meals. This program is available on a temporary or on-going basis.

### HEALTH AND SUPPORT SERVICES

**Information, referral and or assistance** with issues pertaining to the senior population such as entitlements, benefits and home health care.

**Case Management** provided for individuals. Needs are assessed during a home visit. A care plan is jointly developed and assistance is provided as necessary.

**Visiting Nurse** Service of Westchester. Blood pressure and blood sugar screening is available on the second Wednesday of the month from 11:00 a.m. to 12 noon at the Mt. Pleasant Community Center except during the months of July, August and December.

**\*Weekly shopping** trip to local supermarkets on Tuesdays.

- Please limit your groceries to **only two bags**.
- Should be able to **carry them without help**.
- **The 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup>** Tuesday of the month we shop at **Shop Rite**.
- **The 2<sup>nd</sup> & 4<sup>th</sup>** Tuesday of the month we shop at **A&P**.
- **Reservations** for shopping are taken the **TUESDAY** before the week you want to shop on a first come first serve basis.

### CONTRIBUTIONS

For services indicated \*, a contribution is requested. Call OEA Office for more information. No individual is denied a meal if they are unable to meet the suggested contribution.

Employment opportunities, community service, internship and a variety of volunteer experiences are also available. For information, call 592-6441.

Office of Elder Americans is a subcontractor of the Department of Health and Human Services, NYS Office for Aging, Westchester County Department of Senior Programs and Services.

## AMERICANS WITH DISABILITIES ACT

The Mt. Pleasant Recreation and Parks Department is committed to ensuring that individuals with disabilities are able to utilize and enjoy our programs and activities to the fullest extent possible. When registering, please let us know if you or your family member have any special needs.

## NORTH EAST WESTCHESTER SPECIAL RECREATION



Programs offered by North East Westchester Special Recreation, an agency supported and sponsored by Mt. Pleasant, are available to children and adults with developmental disabilities from our community. North East programs offer a variety of year round recreation activities for all ability levels, designed with the specific support needed for participant success in this environment. Programs are highly structured, professionally staffed and closely supervised. Program goals may focus on teaching skills, fostering fun and friendships or teaching and correcting social or behavioral deficiencies.

For information call 347-4409.

Employment opportunities, community service credit, educational internships, and a variety of volunteer experience are also available at North East.

## MOUNT PLEASANT BRANCH LIBRARY 741-0276

The Mt. Pleasant Branch Library is located in the Community Center. The branch has a collection of approximately 17,000 books (adult and juvenile), popular magazines and a small reference area, as well as a rotating collection of videos, talking books, compact discs and large print books. A variety of craft programs and story times are offered for children. Access to the Internet and other computer databases are also available.

Hours:	Mondays	10:00 a.m. to 5:00 p.m.
	Tuesdays	10:00 a.m. to 5:00 p.m.
	Wednesdays	1:00 p.m. to 8:00 p.m.
	Thursdays	10:00 a.m. to 5:00 p.m.
	Fridays	10:00 a.m. to 2:00 p.m.
	Saturdays	10:00 a.m. to 2:00 p.m.

## YOUTH SPORTS ORGANIZATIONS

Many youth sports in the Town are organized by voluntary organizations. These groups are listed below:

### Baseball/Softball

#### Sherman Park Little League

Hawthorne, Thornwood, parts of Valhalla and Pleasantville

Programs for ages 6 to 15

Contact: Steve Surace 447-3184

#### Kensico Little League

Valhalla, North White Plains and parts of Greenburgh.

Programs for ages 6 to 15

Contact: Bob Candrea 288-0504

### Football

#### Mt. Pleasant Wildcats Football Club

Contact football and cheerleading for 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> grade students of the Mt. Pleasant Central School District. Program runs from August through November

Contact: Vito Virgilio 449-6139

### Soccer

#### AYSO

Program for ages 4 and a half to 18  
Coaches, referees, and volunteers needed.

Contact: Jim Dore 909-6651

#### Mt. Pleasant United Soccer Club

A competitive travel soccer league

Contact: Denise Addorisio 682-7808

DON'T DELAY – SIGN UP TODAY

Programs require advance planning...

REGISTER...

EARLY...

PLEASE...

Nothing cancels programs more than waiting until the last minute to sign up! Programs require advance planning, including facility scheduling, staffing and purchasing necessary supplies. Keep this in mind and let's avoid that tough decision about canceling programs.

**MT. PLEASANT RECREATION & PARKS REGISTRATION FORM  
ACTIVITY REGISTRATION**

Return to: 1 Town Hall Plaza, Valhalla, New York 10595 ☎ 742-2310

**COMPUTER REGISTRATION - PLEASE PRINT CLEARLY**

**Make Checks Payable To: Town of Mount Pleasant**

ADULT NAME	LAST:	FIRST:	RECEIPT#:
ADDRESS			
	CITY:	STATE:	ZIP: SCHOOL DISTRICT:
PHONE NO'S	HOME: ( )	WORK: ( )	EMERGENCY: ( )

ACTIVITY NUMBER	SESSION LETTER 1 <sup>ST</sup> CHOICE	SESSION LETTER 2 <sup>ND</sup> CHOICE	SESSION LETTER 3 <sup>RD</sup> CHOICE	PARTICIPANT'S NAME		GRADE	AGE	SEX	D.O.B.	ACTIVITY NAME	FEE
				LAST	FIRST						
12345	A	B		Doe	John	1	6	M	00/00/00	Sample	\$00.00

The undersigned hereby releases the Town of Mt. Pleasant, it's Town Board, employees and volunteers of any liability whatsoever in connection with any damage and/or injuries that the above named person(s) may sustain as a result of his/her participation in the above named programs(s). I further state the above information is accurate and realize that any false information will result in cancellation of program participation or pool membership with no refunds.

Signature \_\_\_\_\_ Date \_\_\_\_\_ CASH \_\_\_\_\_ CHECK # \_\_\_\_\_ INITIALS \_\_\_\_\_

## SPECIAL EVENTS

Town Hall Tree Lighting Ceremony	December 5
Valhalla Gazebo Tree Lighting	December 7
Breakfast with Santa	December 13
Pizza Bingo Night	February 13
Flashlight Egg Hunt	April 1
Easter Egg Hunt	April 4