

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: March 21, April 18 and 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

SCENE STUDY *New* **22105**

Instructor: Michael Williams
 For ages 11 and up
 In the scene study class, the actor will be given a short contemporary scene. After being paired up with a scene partner, the actor will immediately start a challenging yet enjoyable rehearsal process. They will learn about connecting with their scene partners as well as playing an action, and living truthfully in the moment. Every actor will work in every class. The acting technique learned in this class will prepare the actor for work on the stage as well as film and television.

Thursdays, Town Hall Tower Room

April 30 thru June 11
 5:30 p.m. to 7:00 p.m. (A)
 Maximum of 12 participants

7 sessions

Fee: **\$100.00**

The Town of Mt. Pleasant Recreation Department and the MPP D.A.R.E. Program will be co-sponsoring a Teen Night Out/Band Fest. Local high school bands are encouraged to participate at no cost for a friendly band session. Whether your band is experienced or just starting out, you can join in on the fun. A DJ will play music in-between sets. Spectators will enjoy a night of music, organized activities and hanging with friends in this fun and supervised environment.

This event will take place outdoors in our beautiful park, Broadway Field.

WHEN: **Friday, May 15**
RAIN DATE: **Friday, June 5**
WHERE: Broadway Field, Hawthorne, NY
TIME: 7:00 p.m. to 10:30 p.m.
WHO: Teens: 8th thru 12th Grades
NOTE: **You will be asked to leave if behavior or attire is not appropriate**
CALL 742-2310 TO REGISTER YOUR BAND
FEE: **Bands & Spectators - FREE**



ADULT PROGRAMS

DEFENSIVE DRIVING

Instructor: Dan Oderifero
 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 to receive the certification.

Town Hall Tower

7:00 p.m. to 10:00 p.m.
 April 20 and April 22 (C) **14401**
 May 11 and May 12 (D) **14401**
 June 1 and June 3 (A) **24401**
 Sept. 21 and Sept. 23 (B) **24401**

Maximum of 25 participants per class
Fee per session: **\$35.00**

***New* AMERICAN RED CROSS** **24402** **COMMUNITY FIRST AID AND SAFETY**

Instructor: Joe Pepe
 For ages 21 and over
 You will become certified in first aid, CPR for infant, child and adult and AED.

Thursdays, Bradhurst Community Center

April 2 thru April 30 (no class April 9)
 6:00 p.m. to 9:00 p.m. (A)
 Maximum of 12 participants

4 sessions

Fee: **\$95.00**



THE KNITTING CIRCLE

24118

Instructor: Sharon Campbell Rubens
 Sharon has taught knitting for over 20 years. She is currently working at A.C. Moore in Yorktown Heights and is a designer and seller of specialized embroidery kits. All skill levels welcome, including no-skills-at-all. Beginners will be taught the basics of this ancient craft and move on to hat and scarf projects. More advanced knitters can hone their skills, acquire new techniques, and work on projects of their choice. Please bring to class one pair of medium size (US 7 through 9) knitting needles, and any worsted weight basic yarn, or purchase a starter kit containing needles, yarn, book and tote from the instructor at the first class.

Tuesdays, Community Center

April 28 thru June 9

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

(A)

Maximum of 15 participants

7 sessions

Fee:

\$63.00

TRAPSHOOTING FUNDAMENTALS

24200

Instructor: Bo Guglielmo, Sue and Jack Gullotta
 An introduction to clay bird shooting with instruction by experienced marksmen and more advanced instruction for experienced participants. Program includes discussion on fire arm safety and individual instruction on clay bird shooting.

Participants must be 16 years or older. Program will be held at and with the cooperation of the Mt. Pleasant Sportsman's Club. Although there is no charge for this program, you must register by completing and mailing in the registration form. Each participant will receive a free gunlock, compliments of Project Childsafe.

Mt. Pleasant Sportsman's Club

121 Clay Bird Lane, Briarcliff

9:00 a.m. to 1:00 p.m.

Saturday, April 4

(A)

Saturday, May 2

(B)

Maximum of 15 participants

Fee:

FREE

NOTE: Participants must purchase their own ammunition \$6.00 per round of 25 shells. Anticipate shooting 2 or 3 rounds. **NOTE:** Any questions please contact Roger Buglione at 769-0470. Inclement weather call 941-3607.

BOW HUNTER EDUCATION COURSE

34205

Instructor: Manny Pinto

A serious bow hunter education course leading to certification required for bow hunting license. Participants 14 and older will learn their responsibilities as a hunter, how to prepare for the hunt, equipment and maintenance, how to hunt, safety practices as well as all the things you need to know that could go wrong. This is a comprehensive 10 hour classroom and field demonstration course and is certified by the New York State Department of Environmental Conservation. Program will be held at and with the cooperation of the Mt. Pleasant Sportsman's Club. Pre-registration is required by completing and mailing in the registration form in the back of this booklet. **NOTE:** For more information and materials needed contact Manny Pinto at 769-6104 one week prior to class.

Saturday, September 12

Mt. Pleasant Sportsman's Club

121 Clay Bird Lane, Briarcliff

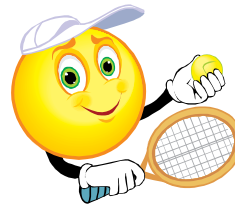
8:00 a.m. to 6:00 p.m.

(A)

Maximum of 30 participants

Fee:

FREE



ADULT TENNIS

Instructor: Linda Rosensweig

Certified instruction for all levels of ability.

Beginner: Enjoy the fundamentals including forehand, backhand, serving, and light play.

Intermediates: Master your ground strokes, volleying, and learn various game strategies.

Saturdays, Westlake High School Tennis Courts

SPRING SESSION (7 sessions)

24204

April 18 thru June 6 (no class May 23)

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

(A)

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

(B)

Maximum of 10 participants

Fee:

\$100.00

SUMMER SESSION (4 sessions)

34204

July 11 thru Aug 1

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

(A)

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

(B)

Maximum of 10 participants

Fee:

\$50.00

ADULT GOLF

24203

Instructor: Greg Weis

A great sport. Learn the basic techniques to improve your swing and approach to the green. Must provide your own clubs. Nine Iron and Pitching Wedge recommended.

Tuesdays & Thursdays, Lakeside Park

May 12 thru June 4

Beginner: 5:45 p.m. to 6:45 p.m. (A)

Advanced: 6:45 p.m. to 7:45 p.m. (B)

Maximum 10 participants

8 sessions

Fee: \$67.00



MT. PLEASANT AMERICAN HERITAGE GOJU KARATE

Sensei: Dayton Guinee 24201

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 required and may be purchased through the instructor. All instruction, requirements, standards and rank promotions are governed by the American Heritage Goju Karate Organization.

Mondays & Wednesdays, Community Center

April 20 thru June 3 (no class May 25 & 27)

7:00 p.m. to 8:30 p.m. (A)

12 sessions

Fee: \$180.00

ZUMBA (Co-ed)

Instructor: Peggy Raiskums, Certified Zumba Instructor

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. Max 15.

Thursdays, Community Center

SPRING SESSION (7 sessions) 24310

April 16 thru May 28

6:00 p.m. to 7:00 p.m. (A)

Fee: \$77.00

SUMMER SESSION (4 sessions) 34310

June 4 thru June 25

6:00 p.m. to 7:00 p.m. (A)

Fee: \$50.00



YOGA

Instructor: Chris Tangerman

The 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. The session ends with deep relaxation and guided meditation. Men and women welcome. Wear comfortable clothing and bring a floor mat.

Wednesdays, Community Center

SPRING SESSION (7 sessions) 24304

April 29 thru June 10

6:00 p.m. to 6:55 p.m. (A)

7:00 p.m. to 7:55 p.m. (B)

Maximum of 20 participants

Fee: \$84.00

SUMMER SESSION (5 sessions) 34304

July 1 thru July 29

6:15 p.m. to 7:15 p.m. (A)

7:30 p.m. to 8:30 p.m. (B)

Maximum of 20 participants

Fee: \$60.00

FITBALL WORKOUT 24307

Instructor: Carol Migliorelli, ISCA/Promise Certified Instructor

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

NOTE: Check with your physician before doing this interval program, or any exercise routine! Max 10 participants.

Mondays, Community Center

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

April 27 thru June 15 (no class May 25) (A)

7 sessions

Fee: \$63.00

POWER SCULPT PLUS *New* 24303

Instructor: Cameron Kelly & Stacey Christiano

This is the most effective combination fitness program to get you in great shape. Give us two mornings a week and we will give you a body to be proud of. Be prepared to sweat! **NOTE:** Please bring an exercise mat and 3-5 lb. weights

Wednesdays & Fridays, Community Center

April 29 thru June 12

10:00 a.m. to 11:00 a.m. (A)

Maximum of 25 participants

14 sessions

Fee: \$120.00

TOTALLY TONING **24301**
 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. Maximum of 15 participants
Mondays, Community Center
 April 27 thru June 15 (no class May 25)
 7:00 p.m. to 8:00 p.m. (A)
7 sessions
Fee: \$63.00

20-20-20 **24302**
 Instructor: Carol Migliorelli
 ISCA/Promise Certified Instructor
 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
 April 30 thru June 11
 8:00 p.m. to 9:00 p.m. (A)
 Maximum of 20 participants
7 sessions
Fee: \$63.00

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.
 NOTE: Please bring a towel and your own mat.
 Maximum of 20 participants.

SPRING SESSION (7 sessions) **24309**
Tuesdays, Community Center
 April 28 thru June 9
 6:15 p.m. to 7:15 p.m. - Beginners (A)
 7:30 p.m. to 8:30 p.m. - Advanced Beginners (B)

Thursdays, Community Center
 April 30 thru June 11
 9:30 a.m. to 10:30 a.m. (C)
Fee per session: \$74.00
SUMMER SESSION (5 sessions) **34309**

Tuesdays, Community Center
 June 30 thru July 28
 6:15 p.m. to 7:15 p.m. (A)
 7:30 p.m. to 8:30 p.m. (B)

Thursdays, Community Center
 July 2 thru July 30
 9:30 a.m. to 10:30 a.m. (C)
Fee: \$53.00

SUMMER SHAPE UP **34305**
 Instructor: Carol Migliorelli
 Not hot enough for you? Then work up a sweat with Summer Shape Up! Six weeks of exercise consisting of aerobics, step, toning, interval shaping and cardio-kickboxing. Please bring a mat and hand weights. Maximum 15 participants.
Thursdays, Community Center
 June 25 thru July 30
 7:00 p.m. to 8:00 p.m. (A)
6 sessions
Fee: \$58.00



SHALL WE DANCE: BALLROOM AND SWING DANCE **24103**

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 cha to great music. You'll be turning, dipping and swinging your lady with ease. Men are taught easy ways to lead so they make their 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
 April 30 thru June 11
 Beginners: 7:30 p.m. to 8:30 p.m. (A)
 Intermediate: 8:30 p.m. to 9:30 p.m. (B)
 Maximum of 20 participants
7 sessions
Fee: \$70.00 per person

COED LINE DANCING **24300**
 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
 April 30 thru June 11
 7:00 p.m. to 7:30 p.m. (A)
 Maximum of 20 participants
7 sessions
Fee: \$45.00

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

SPRING SESSION (7 sessions) 24104

May 1 thru June 12

12:00 p.m. to 1:00 p.m. (A)

Maximum of 20 participants

Fee: \$80.00

SUMMER SESSION (5 sessions) 34104

July 10 thru August 7

12:00 p.m. to 1:00 p.m. (A)

Maximum of 20 participants

Fee: \$58.00

BELLY DANCING

Instructor: Gina Bergamini

Have fun, lose weight, tone up, feel confident! As featured in 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! Maximum of 20 participants.

Tuesdays, Community Center

SPRING SESSION (7 sessions) 24306

April 28 thru June 9

8:30 p.m. to 9:30 p.m. (A)

Fee: \$77.00

SUMMER SESSION (5 sessions) 34306

June 30 thru July 28

8:30 p.m. to 9:30 p.m. (A)

Fee: \$55.00



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
April 22 thru August 12
8:30 p.m. to 10:00 p.m.

Where: Community Center
Fee: \$3.00 each evening

SELF DEFENSE – KICKBOXING *New*

24202

Instructor: Nathalie Koffler

This is an aerobic kickboxing class based on the principles of the Israeli Martial Art "Krav Maga". Aerobically it will be in an interval training format, will include muscle strengthening, toning, abdominal work, gluts and thigh work. The classes will vary week to week. Please bring 2-3 lb. hand weights, ankle weights and an exercise mat. Get ready for a hard workout!

Thursdays, Community Center

April 16 thru May 21

5:00 p.m. to 6:00 p.m. (A)

Maximum of 40 participants

6 sessions

Fee: \$85.00



FINANCIAL SEMINARS –SHARE SAVE SPEND 24506

Instructor: Daniel W. Saalman, CFP, CRPC, Sr. Fin'l Advisor

Goal: To provide concrete, actionable tools that help you shift effectively from a spend-centric mode to one that balances spending with savings and sharing. Course materials will be provided at no charge.

Wednesdays, Town Hall Tower Room

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

April 29 **Action You Can Take in a Volatile Market** (A)

May 13 **Financial Strategies During a Job Transition** (B)

May 27 **Strong Women, Powerful Financial Strategies** (C)

June 17 **Insuring What Matters-Protection For Every**

Aspect of Your Life (D)

Maximum of 20 participants per session

Fee: Free



OPEN BASKETBALL

Swish! Take a few or 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
April 21 thru August 11
8:30 p.m. to 10:00 p.m.

Where: Community Center
Fee: \$3.00 each evening