2020 FALL LEAF COLLECTION PROGRAM:

Leaves are collected by the Town of Mount Pleasant Highway Department commencing around mid to late October and continuing until the winter weather curtails the operations. Loose leaves should be raked to the curb in a pile; however, they should NOT be left in the roadway under any circumstances seeing as that is a safety hazard as well as a violation of Town Code Section 166-7 Yard Waste. Loose leaves should NOT be mixed with any other materials as they will not be collected. Loose leaves will be collected about every 25 working days depending on weather conditions. This basically means that there will be approximately two leaf vacuum pickups at each residence for the fall season starting mid to late October. Please be aware that any leaves put out at the curb after December 1st, MUST BE BAGGED, no exceptions.

Due to construction currently underway at the Highway Department Facility, Leaf bags are being temporarily sold at the Water Department located at 119 Lozza Drive in Valhalla, N.Y. The prices for leaf bags remain the same: 6 bags for $3.00; 25 bags for $10.00; or 50 bags for $20.00 (cash or check only, made payable to the Town of Mt. Pleasant). Please feel free to contact the Highway Department at any time should you have any further questions and/or concerns (914) 769-1045. We thank you for your cooperation and we wish all of our residents a wonderful fall season ahead!

PLEASE LICENSE ME

DID YOU KNOW IT IS A REQUIREMENT BY NEW YORK STATE DEPT. OF AGRICULTURE AND MARKETS THAT YOUR DOG MUST HAVE A NEW YORK STATE DOG LICENSE

PLEASE CONTACT THE TOWN CLERK AT (914) 742-2312 TO FIND OUT MORE. WE WILL BE HAPPY TO HELP YOU THROUGH THE PROCESS

SHRED YOUR UNWANTED PAPERS

15 WOODS RD
(across from Westchester Jail)

Tuesdays thru Saturdays
10:00 am – 2:45 pm
Closed 12:30 – 1 every day for lunch
Residents can bring up to four file-sized (10”x12”x15”) boxes of confidential papers per household. Please remove all large binder clips and covers. Place all material to be shredded in your trunk and drive up to the Recycling Center.
For questions about recycling, (914)813-5425
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**TOWN OF MT. PLEASANT TELEPHONE DIRECTORY**

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<td>742-2305</td>
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<td>Comptroller</td>
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<td>Engineering</td>
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<td>Highway</td>
<td>769-1045</td>
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<td>Justice Court</td>
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<td>Planning &amp; Zoning</td>
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<tr>
<td>Police Dept. (Non-Emergency)</td>
<td>769-1941</td>
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<td>Receiver of Taxes</td>
<td>742-2348</td>
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<td>Recreation</td>
<td>742-2310</td>
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<tr>
<td>Office of Elder Americans</td>
<td>592-6441</td>
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<tr>
<td>Sanitation</td>
<td>592-4129</td>
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<tr>
<td>Supervisor’s Office</td>
<td>742-2300</td>
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<tr>
<td>Town Attorney</td>
<td>742-2326</td>
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<td>Town Clerk</td>
<td>742-2312</td>
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<td>Water &amp; Sewer</td>
<td>831-1062</td>
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**OFFICE INFORMATION**

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<thead>
<tr>
<th>Office</th>
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<tr>
<td>Recreation Office</td>
<td>Town Hall</td>
<td>Monday thru Friday 8:30 a.m. to 4:30 p.m.</td>
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<td>1 Town Hall Plaza</td>
<td>Valhalla, NY 10595</td>
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<td>Mt. Pleasant Community Center</td>
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<td>Program Hotline</td>
<td>742-2364</td>
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<td>Adult Sports Hotline</td>
<td>742-2367</td>
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<td>Fax</td>
<td>769-1070</td>
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<tr>
<td></td>
<td>Pool</td>
<td>769-1766</td>
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</table>

**TOWN BOARD**

- Supervisor: Carl Fulgenzi
- Councilwoman: Laurie Rogers Smalley
- Councilman: Danielle Zaino
- Councilman: Thomas Siliani
- Councilman: Jerry Schulman Jr.

**RECREATION & PARKS COMMISSION**

- Chairperson: Debra Mancusi
- Vice Chairperson: Mary Anne Carey
- Secretary: Patrice Duane
- Members: Skip Pennacchio, Anthony Amiano, Gina Harwood

Recreation Liaison: Laurie Rogers Smalley

**COMMISSION MEETING**

The Recreation and Parks Commission meets on the first Monday of each month (unless it’s a holiday, in which case, it will meet on the second Monday) at Town Hall at 7:00 p.m. The ideas and suggestions of the residents are vital to help the Commission develop the most satisfactory programs possible. All meetings are open to the general public.

**RECREATION & PARKS STAFF**

- Superintendent: Kellie Rizzi
- Recreation Supervisor: Elaine Donnelly
- Recreation Supervisor: Elizabeth Linsalato
- Recreation Assistant: Chris Madera
- Sr. Recreation Leader: Danielle Fairweather
- Recreation Attendant: Patrick Tufano
- Parks Superintendent: Jon Petruzzelli
- Parks Foreman: Scott Naylor
- Assistant Parks Foreman: Manny Morales
- Maintenance Mechanic: Nicholas Gasparre
- Parks Groundskeeper: Kevin Valentine
- Parks Groundskeeper: Chris Sena
- Parks Groundskeeper: Keith Holloway
- Parks Groundskeeper: Anthony Martin
- Senior Office Assistant-Recreation: Angela Portanova
- Office Assistant-Recreation: Jackie Abate

**REGISTRATION INFORMATION LOCATED ON PAGE 6**
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 before 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 25% reduction in program fees for all adult programs starting with the LATE WINTER PROGRAMS unless indicated otherwise. This does not apply to drop-in programs or trips. Proof of age is required.

The Recreation and Parks Commission maintains a policy that 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 the number of individuals served.

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 the 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.

ACTIVITY CHANGES/SCHEDULES
Due to circumstances beyond our control, some activities may require time or location changes. When possible, if a change or cancellation does occur participants will be notified via email and/or phone call.

PARKS-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. All participants must sign a COVID release form found in our Recreation Department or on line on our website.

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, a notification will be made. The Recreation and Parks Department has a Hotline service that gives information on program changes and cancellations.

Program Hotline Number
742-2364
Adult Sports Hotline Number
742-2367

REFUNDS
Generally, refunds are granted only if a program is canceled. The participant assumes the risk of all changes in personal and business affairs. Any refund request will be reviewed individually and will if granted, be prorated and subject to a $15.00 processing fee. 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.

Bounced check fee: $25.00

PICNIC FACILITIES
The Town is not renting out picnic facilities at this time.

COMMUNITY CENTER RENTAL
The Community Center is not available for renting purposes at this time.

TOWN HALL RECREATION EMAIL WEB-SITE
RESIDENTS OF MT. PLEASANT REGISTER FOR RECREATION PROGRAM UPDATES BY JOINING THE TOWN HALL RECREATION EMAIL WEBSITE:
VISIT: WWW.MTPLEASANTNY.COM/RECREATION-
COMMUNITY SIGN BOARD
Community sign boards are maintained by the Recreation and Parks Department for the posting of upcoming community events. A single sign is located in Valhalla, Hawthorne and at Thornwood Water District Field and a frame with space for two signs is located at Rose Hill Shopping Center in Thornwood. For additional information on the use of the signs and to reserve the space, contact the Recreation Office at 742-2310.

LIKE US ON FACEBOOK MT. PLEASANT RECREATION AND PARKS!

PHOTO POLICY
The department reserves the right to photograph Program Participants for publicity purposes.

Do you need Community Service hours for CCD or School?
Call us, we can help!
(914)742-2310.

Mount Pleasant Branch Library 741-0276
The Mount Pleasant Branch Library, located in the Community Center, offers a variety of reading, viewing, and listening materials for adults and children. Our hours of operation for the fall have yet to be determined. Currently we are offering pickup service at the door for materials you wish to check out. Additionally, digital books, audiobooks, movies and TV shows may be downloaded or streamed from our website. We also offer virtual programs for all ages online, including story times with Miss Debbie.

Please visit our website (www.mountpleasantlibrary.org) or call the library to place holds or get assistance in choosing material. Our librarians are here to assist you.

INCLEMENT WEATHER
Program updates, rainouts, snow cancellations
THE PROGRAM ACTIVITY HOTLINE NUMBER: 742-2364
ADULT SPORTS HOTLINE: NUMBER IS 742-2367

SPECIAL EVENTS
Ragamuffin Parade..........................Saturday, October 31
Fall Foliage Festival .........................Saturday, October 17
The Premier..................................................Friday, October 23
..................................................Friday, January 15
Ladies Night- Paint Night.................Friday, November 20
Adults Night Out – Comedy.............Friday, September 18
Adults Night Out – Trivia...............Friday, September 25
Tree Lighting Ceremony.................Friday, December 4
Valhalla Gazebo Tree Lighting........Sunday, December 6
Breakfast with Santa..................Saturday, December 12
Activity Online Registration www.mtpleasantny.com will begin on Wednesday, September 9, 2020.

Please follow all instructions given when registering online. A current email is required from the parent/guardian in order to create an account online. If you do not have a valid email you must call the Recreation Department at 914-742-2310 to set up your household and at that point you will then be able to use online registration.

All Activity Walk-In Registrations will be accepted and processed starting on Wednesday, September 9, 2020 upon receipt.
Mail-in Activity registrations received prior to Wednesday, September 9 will be processed randomly on September 9.
Mail-in registrations and Walk-In registrations after September 9 will be processed each day upon receipt.
Registration forms and waivers filled out completely are required for all who register in person and by mail.
Online registration must have required waivers filled out and emailed/sent to the Recreation Department upon registration.
Phone registrations will not be accepted.

“A spot can only be secured once registered and payment is applied”
A COVID-19 waiver must be filled out upon registration and attending all special events. The form is included in this brochure and can be found online on our website.

MAKE CHECKS PAYABLE TO: TOWN OF MT. PLEASANT
WE ACCEPT CASH, CREDIT CARD AND CHECKS

Remember...

 Register early,
 When registering please update all email addresses and phone numbers
 Call the Adult Sports Hotline and Activity Program Hotline for program information;
Activity /Program Hotline Number- 742-2364
Adult Sports Hotline Number- 742-2367

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 for, 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 / Children Programs

**ZUMBA BABIES AND CAREGIVER**
Instructor: Peggy Raiskums
Babies have a tremendous ability to move in rhythm with music like they were born to dance. A fun 45-minute class to get babies

**Ages 6 -12 months** to experience new things….singing, learning movement exercises, coordination, dancing to songs and rhythms while strengthening the bonding experience. These activities will amuse, delight and stimulate your child benefitting their cognitive, emotional and social development.

Maximum of 12 participants per class

**Mt. Pleasant Community Center**

**FALL SESSION**

- **Fridays, Sept. 16 thru Oct. 20**
  - 44317 (A) 9:45 a.m. to 10:30 a.m.  Fee: $120.00
  - 10 sessions

**EARLY WINTER SESSION**

- **Fridays, Dec. 4 thru Jan. 29 (no class 12/25, 1/1)**
  - 54317 (A) 9:45 a.m. to 10:30 a.m.  Fee: $85.00
  - 7 sessions

**LATE WINTER SESSION**

- **Fridays, Feb. 5 thru March 26 (no class 2/19)**
  - 14317 (A) 9:45 a.m. to 10:30 a.m.  Fee: $85.00
  - 7 sessions

**ZUMBA BABIES AND TOTS**
Instructor: Peggy Raiskums
This 45 minute class for parent/caregiver and child 1-3 years old, is a wonderful fun dance-n-play party for lil’ feet where these pint-sized party animals get silly and begin their journey to a healthy future. Age-appropriate music and props are used to help children learn to love moving their bodies and dancing to their rhythm. Singing and exciting activities will amuse, delight and stimulate your child benefitting their cognitive, emotional, and social development.

Maximum of 12 participants per class

**Mt. Pleasant Community Center**

**FALL SESSION**

- **Tuesdays, Sept. 17 thru Nov. 21 (no class 10/13)**
  - 41112 (A) 9:45 a.m. to 10:30 a.m.  Fee: $120.00
  - 10 sessions

**EARLY WINTER SESSION**

- **Tuesdays, Dec. 1 thru Jan. 26 (no class 12/29)**
  - 51112 (A) 9:45 a.m. to 10:30 a.m.  Fee: $97.00
  - 8 sessions

**LATE WINTER SESSION**

- **Tuesdays, Feb. 1 thru March 26 (no class 2/16)**
  - 11112 (A) 9:45 a.m. to 10:30 a.m.  Fee: $85.00
  - 7 sessions

**TINY WARRIORS**
American Heritage Goju Karate
Instructor: Sensei Peggy Raiskums
This program introduces boys and girls to the world of Martial Arts in a fun, non-aggressive manner. Basic skills and exercises specifically designed for this age group are taught to strengthen their bodies as well as their minds while improving their listening skills and their ability to follow directions. Increased balance, agility, coordination, confidence and focus, as well as respect for themselves and others, are achieved through this program. Children progress through The Tiny Warrior belt and stripe system. Karate uniform and school emblem required and purchased through the instructor.

Maximum of 12 participants per class

**Mt. Pleasant Community Center**

**FALL SESSION**

- **Mondays, Sept. 19 thru Dec. 5** (no class 10/14)
  - 44206 (A) 2:45 p.m. to 3:15 p.m.  Age 3  Fee: $105.00  cancelled
  - 44206 (B) 3:25 p.m. to 4:00 p.m.  Age 4  Fee: $115.00
  - 44206 (C) 4:20 p.m. to 5:05 p.m.  Age 5  Fee: $115.00  cancelled

- **Wednesdays, Sept. 21 thru Nov. 29** (no class 11/11)
  - 44206 (D) 2:45 p.m. to 3:15 p.m.  Age 3  Fee: $95.00  cancelled
  - 44206 (E) 3:25 p.m. to 4:00 p.m.  Age 4  Fee: $104.00  cancelled
  - 44206 (F) 4:00 p.m. to 4:45 p.m.  Age 5  Fee: $104.00

- **9 sessions**

**EARLY WINTER SESSION**

- **Mondays, Dec. 16 thru Feb. 4** (no class 12/23 & 12/30)
  - 54206 (A) 2:45 p.m. to 3:15 p.m.  Age 3  Fee: $63.00
  - 54206 (B) 3:25 p.m. to 4:10 p.m.  Age 4  Fee: $70.00
  - 54206 (C) 4:20 p.m. to 5:05 p.m.  Age 5  Fee: $70.00

- **6 sessions**

**Wednesdays, Dec. 19 thru Feb. 2** (no class 12/27)

- 54206 (D) 1:30 p.m. to 2:00 p.m.  Age 3  Fee: $74.00
  - 54206 (E) 2:10 p.m. to 2:55 p.m.  Age 4  Fee: $81.00
  - 54206 (F) 3:00 p.m. to 4:05 p.m.  Age 5  Fee: $81.00

- **7 sessions**

**LATE WINTER SESSION**

- **Mondays, Feb. 8 thru March 29** (no class 2/16)
  - 14206 (A) 2:45 p.m. to 3:15 p.m.  Age 3  Fee: $74.00
  - 14206 (B) 3:25 p.m. to 4:10 p.m.  Age 4  Fee: $81.00
  - 14206 (C) 4:20 p.m. to 5:05 p.m.  Age 5  Fee: $81.00

- **7 sessions**

*Changes*
LIL’ COOKS
Head Chef: Rosa Carra  Asst. Chef: Rosalie Fierro
This program for 3-5-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, and word and symbol recognition. Parents are invited to arrive 15 minutes before the class ends, to enjoy their child’s cooking creation. Please inform the Recreation Dept. of any food allergies. This is a drop off class. Max of 8
Town Hall Tower Room
FALL SESSION
Wednesdays, Sept. 23 thru Nov. 18 (no class 11/11)
41501  (A)  12:30 p.m. to 2:00 p.m.
Fee: $135.00   8 sessions
Thursdays, Sept. 24 thru Nov. 12
41501  (B)  10:00 a.m. to 11:30 a.m.
41501  (C)  12:30 p.m. to 2:00 p.m.
Fee: $135.00   8 sessions
EARLY WINTER SESSION
Wednesdays, Dec. 2 thru Jan. 27 (no class 12/30)
51501  (A)  12:30 p.m. to 2:00 p.m.
Fee: $135.00   8 sessions
Thursdays, Dec. 3 thru Feb. 4 (no class 12/24, 12/31)
51501  (B)  10:00 a.m. to 11:30 a.m.
51501  (C)  12:30 p.m. to 2:00 p.m.
Fee: $135.00   8 sessions
LATE WINTER SESSION
Wednesdays, Feb. 10 thru April 14 (no class 2/17, 3/31)
11501  (A)  12:30 p.m. to 2:00 p.m.
Fee: $135.00   8 sessions
Thursdays, Feb. 11 thru April 22 (no class 2/18, 3/11, 4/1)
11501  (B)  10:00 a.m. to 11:30 a.m.
11501  (C)  12:30 p.m. to 2:00 p.m.
Fee: $135.00   8 session

JUMP, JIGGLE, WIGGLE
Instructor: Carol Migliorelli, ISCA/ Promise Certified
Looking for a fun and active class to engage your little one (ages 3/4)? Come jump, jiggle, and wiggle with beanbags, scarves, balance beams, and everyone’s imagination! It’s a fun way to exercise (large motor skills) and play! Child will need to purchase their own set of equipment as to not share during pandemic. It will be $15.00 and child can keep it.
Maximum of 10 participants each class
Mt. Pleasant Community Center
FALL SESSION
Fridays, Oct. 2 thru Nov. 20
41110  (A)  4:00 p.m. to 1:45 p.m.
Fee: $85.00   8 sessions
EARLY WINTER SESSION
Fridays, Dec. 4 thru Feb. 5 (no class 12/25 & 1/1)
51110  (A)  1:00 p.m. to 1:45 p.m.
Fee: $85.00   8 sessions
LATE WINTER SESSION
Fridays, Feb. 12 thru April 16 (no class 2/19, 4/2)
12502  (A)  4:00 p.m. to 5:30 p.m.
Fee: $135.00   8 session

BUDDIN COOKS
Head Chef: Rosa Carra  Asst. Chef: Rosalie Fierro
For children in grades K, 1 & 2. Children will follow recipes to create their own baked/cooked creations using a hands-on-process. All math, reading and language skills are enhanced. Parents are always encouraged to arrive 15 minutes early to enjoy their child’s finished product. PLEASE INFORM THE RECREATION OFFICE OF ANY FOOD ALLERGIES. THIS IS A DROP OFF CLASS. Maximum of 8 participants each class
Town Hall Tower Room
FALL SESSION
Thursdays, Sept. 24 thru Nov. 12
41501  (A)  4:00 p.m. to 5:30 p.m.
Fee: $135.00   8 sessions
NEW* Tuesdays, Sept. 29 thru Nov. 24 (no 11/3)
41502  (A)  4:00 p.m. to 5:30 p.m.
Fee: $135.00   8 sessions
EARLY WINTER SESSION
Thursdays, Dec. 3 thru Feb. 4 (no class 12/24 & 12/31)
51502  (A)  4:00 p.m. to 5:30 p.m.
Fee: $135.00   8 sessions
LATE WINTER SESSION
Thursdays Feb. 11 thru April 22 (no class 2/18, 3/11, 4/1)
11502  (A)  4:00 p.m. to 5:30 p.m.
Fee: $135.00   8 sessions

JUNIOR COOKS
Head Chef: Rosa Carra  Asst. Chef: Rosalie Fierro
For grades 3-5. 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. PLEASE INFORM THE RECREATION OFFICE OF ANY FOOD ALLERGIES. THIS IS A DROP OFF CLASS. Maximum of 8 participants per class
Town Hall Tower Room
FALL SESSION
Fridays, Sept. 25 thru Nov. 13
42502  (A)  4:00 p.m. to 5:30 p.m.
Fee: $135.00   8 sessions
EARLY WINTER SESSION
Fridays, Dec. 4 thru Feb. 5 (no class 12/25, 1/1)
52502  (A)  4:00 p.m. to 5:30 p.m.
Fee: $135.00   8 sessions
LATE WINTER SESSION
Fridays Feb. 12 thru April 16 (no class 2/19, 4/2)
12502  (A)  4:00 p.m. to 5:30 p.m.
Fee: $135.00   8 session
YOUTH TENNIS
Instructor: Lifetime Racquet
Children ages 8 to 14.
Certified instruction for all levels of ability
Saturdays, Valhalla Tennis Courts
Beginner: Enjoy the fundamentals including forehand, backhand, serving, and light play.
Intermediate: Master your groundstrokes, volleying, and learn various game strategies.
FALL SESSION—canceled
Saturdays
Sept. 26 thru Oct. 24
42204 (A) Beginner 11:00 a.m. to 12:00 p.m.
42204 (B) Intermediate 12:00 p.m. to 1:00 p.m.
Fee: $100.00 5 sessions Maximum 10 participants
AS OF 9/8 TENNIS CANCELED—CLINIC TO BE DETERMINED MORE INFORMATION WILL BE POSTED ON TOWN WEBSITE

LITTLE BALLET DANCERS
Instructor: Gina Horan
This Class is the next level/age up from Tiny Ballet Dancers. These dances will be introduced to more advanced steps, positions, and technique including barre work. (For children ages 4-5 who have completed several sessions of Tiny Ballet Dancers and/or have had other ballet training. The instructor will determine if this is the right class for your child.) Maximum 12 participants
Mt. Pleasant Community Center
FALL SESSION
Tuesdays, Sept. 22 thru Nov. 17 (no class 11/3)
41119 (A) 12:45 p.m. to 1:30 p.m.
Fee: $125.00 8 sessions
EARLY WINTER SESSION
Tuesdays, Dec. 1 thru January 26 (no class 12/29)
51119 (A) 12:45 p.m. to 1:30 p.m.
Fee: $125.00 8 sessions
LATE WINTER SESSION
Tuesdays, Feb. 2 thru March 23 (no class 2/16)
11119 (A) 12:45 p.m. to 1:30 p.m.
Fee: $110.00 7 sessions

TINY BALLET DANCERS
Instructor: Gina Horan
A ballet class to guide young dancers through ballet movements, stretches, and various dance games. Your child will learn basic ballet positions along with a variety of movements and jumps while gaining flexibility, strength, posture, grace, and confidence. This is a fun introduction to classical ballet, in a positive, encouraging atmosphere. Ballet slippers are required. Leotard and tights are recommended. For ages 3 and 4. Maximum 12 participants
Mt. Pleasant Community Center
FALL SESSION
Tuesdays, Sept. 22 thru Nov. 17 (no class 11/3)
41119 (A) 12:00 a.m. to 12:30 p.m.
Fee: $125.00 8 sessions
EARLY WINTER SESSION
Tuesdays, Dec. 1 thru January 26 (no class 12/29)
51119 (A) 12:00 a.m. to 12:30 p.m.
Fee: $125.00 8 sessions
LATE WINTER SESSION
Tuesdays, Feb. 2 thru March 23 (no class 2/16)
11119 (A) 12:00 a.m. to 12:30 p.m.
Fee: $110.00 7 sessions

CPR HEARTSAVER CERTIFICATION OR RE-CERTIFICATION
Instructor: Kathy Margiasso
Location: Bradhurst Community Center
Saturday, December 5, 2020
38205 (A) 12:00 p.m. to 3:00
Fee: $80.00 Max 5

BABYSITTERS TRAINING COURSE with CPR
Instructor: Kathy Margiasso
Maximum of 5 participants
For children ages 11 thru 15. Prepares student with the training every parent wants in a babysitter, including safety, basic childcare, safe play, critical emergency action skills, CPR and first aid. The student becomes certified in babysitting and CPR. Bring a bagged lunch.
Bradhurst Community Center
42402 (A) Saturday, October 17
42402 (B) Saturday, November 7 (CANCELED)
142402 (C) Saturday, February 27
10:00 a.m. to 4:00 p.m.
Fee: $95.00

SAFE ON MY OWN
Instructor: Kathy Margiasso
Safe on My Own is a program for children in grades 3 thru 5 taught by a Red Cross/ASHI Instructor, on the safety measures of what to do when home alone. Maximum of 12 participants
Bradhurst Community Center
Friday, October 23
42401 (A) 5:30 p.m. to 7:30 p.m.
Fee: $35.00
Mt. Pleasant provides a unique atmosphere for students. The evening includes music, game room, prizes, and a chance to mingle with friends. Pre-teen in grades 5 to 8 can take advantage of the Mt. Pleasant Community Center on Lozza Drive between the hours of 7:00 p.m. and 9:30 p.m. Tickets will be available for masks required the whole duration
“The Premier” at the Recreation Office.

Doors will open at 7:30 p.m.
Friday, October 23, 2020
Friday, January 15, 2021

Fee: $10.00 at the office
$15.00 at the door

PARENTS NITE OUT
For Grades K 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 yourselves.
Under the supervision of Recreation Staff, children will enjoy games, arts and crafts, organized activities in the gym and have loads of fun!
PLEASE LEAVE CELL PHONES AND ELECTRONIC DEVICES HOME!
MASKS REQUIRED
MAX 40 PER NIGHT
Mt. Pleasant Community Center
5:30 p.m. to 9:00 p.m.
Saturday, October 3, 2020 (A) 16501 (canceled)
Saturday, November 7, 2020 (B) 16501
Saturday, December 5, 2020 Surprise Guest (C) 16501
Saturday, December 12, 2020 (D) 16501
Saturday, December 19, 2020 (E) 16501
Saturday, September 18, 2020 (F) 16501
NOTE: Pre-registration suggested.
Fee per session: $15.00
Fee at door per session: $20.00

BASKETBALL CLINIC
Instructors: Staff A mini basketball training program for boys and girls in 2nd grade. Participants will learn the basic offensive and defensive skills, dribbling and shooting and will use lower baskets.
Changes
No games will be played. Max 20
Mt. Pleasant Community Center
Saturdays Dec. 12, 2020 thru Feb. 6, 2021 (no class 12/26, 1/2)
52212 (A) 12:45 p.m. to 1:45 p.m.
Fee: $55.00
Note: Dec 12 may start 1pm

INDOOR SOCCER LEAGUE
Instructor: Luis Lewis
For players in grades 3 to 9. Divisions and teams are formed based on age, gender and skill level.
Great fun while fine-tuning your skills.
Mt. Pleasant Community Center
Saturdays, January 9 thru March 6 (no class 2/20)
9:00 a.m. to 10:30 a.m.
52211 (A)
Fee: $65.00
8 sessions

KEN FISHER YOUTH BASKETBALL
Program Director: Chris Madera
League games and instructional clinics for area youths.
There are separate divisions for boys and girls in grades 3 thru 8 practices:
Midgets- 3rd and 4th grades 52213 (A)
Elementary- 5th and 6th grades 52213 (B)
Junior - 7th and 8th grades 52213 (C)
Fee: $105.00
Training and team assignments are held on November 14 & 21.
Practices starts December into January
Practices will be held once a week during the weekday.
Games will be on the weekends.
Staff will be coaching the teams. Player registration must be submitted to the Recreation Office no later than Friday, October 2. As of October 16, registrations will be accepted on a space available basis only and a late fee $50.00
NOTE: BOTH REGISTRATION AND TRYOUT FORMS MUST BE FILLED OUT GAMES WILL BE PLAYED ON SATURDAYS AND PRACTICES WILL BE DURING THE WEEK. SCHEDULES TO BE DETERMINED

Town of Mt. Pleasant
Recreation & Parks

Fall Foliage Festival
Saturday, October 17, 2020
Rain Date: Sunday, October 18, 2020
Broadway Park, Hawthorne
11:00 a.m. – 3:00 p.m.
Details to follow
MT. PLEASANT AMERICAN HERITAGE GOJU KARATE 2020/2021

MT. PLEASANT AMERICAN HERITAGE GOJU KARATE
Sensei: Lonnie Guinee
Instructor: Sensei Lonnie Guinee

WELCOME to our “Little Lions” program. This year we are offering the option to participate on Monday OR Wednesday for boys and girls ages 6 and 7 years old. We do however encourage students to participate twice a week for faster advancement, important knowledge and better health choices using the Martial Arts. Our program is designed to train the students to further develop their basic motor skills, to increase their balance, and hand-eye coordination. Our classes are a perfect blend of focus, fitness, and fun while they are learning fundamental martial arts skills and acquiring other constructively. Our instructors use drills that are exciting and motivating, encouraging all to do their best through positive reinforcement. Non-aggressive self-defense skills are taught at a speed and level that is appropriate for this age group. Male and Female instructors focus on Individual Growth for Individual Achievement! Official uniform and school patch are required and can be purchased through the instructor.

Monday & Wednesdays, Mount Pleasant Community Center
(All Belt Levels)
FALL SESSION
Sept. 21 thru Nov. 11 (no class 10/12 & 10/14)
5:30 p.m. to 6:30pm
42208 (A) Monday Fee: $95.00
42208 (B) Wednesday Fee: $95.00
42208 (C) Monday and Wednesday Fee: $175.00
14 sessions

EARLY WINTER SESSION
Nov. 30 thru Jan 27 (no class 12/28, 12/30, 1/11, 1/13)
5:30p.m. to 6:30 pm
52208 (A) Monday Fee: $95.00
52208 (B) Wednesday Fee: $95.00
52208 (C) Monday and Wednesday Fee: $175.00
14 sessions

LATE WINTER SESSION
Feb. 17 thru March 31
5:30p.m. to 6:30pm
12208 (A) Monday Fee: $95.00
12208 (B) Wednesday Fee: $95.00
12208 (C) Monday and Wednesday Fee: $175.00
Fee: $175.00
13 sessions

Additional $15.00 discount per additional child.
Students ages 8+ must have sparring equipment
UNIFORM FEE: $38.00 + $10.00 for a Patch
Receive a free T-shirt

MT. PLEASANT AMERICAN HERITAGE GOJU KARATE

WELCOME to our Junior Class!! This exciting and high energy streamlined martial arts program is designed by American Heritage Goju Karate-Do for boys and girls ages 6 thru 11. Students in this class will be taught a wide variety of self-defense techniques in a motivating, structured, safe and friendly environment. Public and private schools are intended to teach students many good and important things… but what they lack in is so many other important life skills, such as focusing, a sense of self-respect, self-defense, and fitness. For the individual that does not do well in team sports, our program is designed for Individual Growth for Individual Achievement, which results in a confidence boost. Students in this class will learn to achieve their goals by developing a more positive self-image through our “students mentoring” concept. Uniforms and school patch are required, and can be purchased through the instructor.

Mondays and Wednesdays at the Mount Pleasant Community Center.
FALL SESSION
44201 (A) Sept. 21 thru Nov. 11 (no class 10/12 & 10/14)
5:30 p.m. to 6:30pm Fee: $175.00 14 sessions
EARLY WINTER SESSION
54201 (A) Nov. 30 thru Jan 27
(no class 12/28, 12/30, 1/11, 1/13)
5:30p.m. to 6:30 pm Fee: $175.00 14 sessions
LATE WINTER SESSION
14201 (A) Feb. 17 thru March 31
5:30p.m. to 6:30pm Fee: $175.00 13 sessions

MT. PLEASANT AMERICAN HERITAGE GOJU KARATE
Sensei: Lonnie Guinee

WELCOME! Our Martial Arts Program is designed for adults and teens ages 12 and up. Students will learn a wide variety of self-defense techniques in a motivating, highly structured, safe and friendly environment. Students will develop a stronger and healthier mind, body and spirit with our effective instruction, including meditation and relaxation techniques for stress management. Our program encourages respect for yourself and others while developing a more positive attitude, enhancing self-esteem and peaceful resolutions to conflict. Male and female instructors focusing on Individual Growth for Individual Achievement! Sessions are held continuously throughout the year. Uniforms and school patch are required and can be purchased through the instructor. All instruction, requirements, standards and rank promotions are governed by the American Heritage Goju Karate-Do Organization. (All Belt Levels)

Mondays & Wednesdays, Mt. Pleasant Community Center
FALL SESSION
44201 (B) Sept. 21 thru Nov. 11 (no class 10/12 & 10/14)
7:00 p.m. to 8:30 p.m. Fee: $195.00 14 sessions
EARLY WINTER SESSION
54201 (B) Nov. 30 thru Jan 27 (no class 12/28, 12/30, 1/11, 1/13)
(no class 12/23, 12/25, 12/30, 1/1)
7:00 p.m. to 8:30 p.m. Fee: $195.00 14 sessions
LATE WINTER SESSION
14201 (B) Feb. 17 thru March 31
7:00 p.m. to 8:30 p.m. Fee: $195.00 13 sessions
## MID-WINTER BREAK WORKSHOPS 2021

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. These workshops are great for boys and girls. **There are 6 sessions in each workshop. You can sign up for one workshop or all the workshops. We are also offering a $75.00 discount for the 2nd child for the Total Workshop only!**

Tuesday thru Friday, Mt. Pleasant Community Center, February 16 thru February 19

### Grades K to 2

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Code</th>
<th>Time</th>
<th>Description</th>
<th>Maximum 10 children</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>COOKING</td>
<td>12210</td>
<td>8:30 a.m. to 10:00 a.m.</td>
<td>This workshop introduces children to the art of baking and cooking. Children will prepare, cook and eat their foods. This program introduces early math skills as they learn about counting and word and symbol recognition.</td>
<td>$80.00</td>
<td></td>
</tr>
<tr>
<td>HAVING A BALL</td>
<td>12210</td>
<td>10:00 a.m. to 11:30 a.m.</td>
<td>Children will participate in a variety of exciting, fitness-based games and activities while stimulating their mind and body.</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>LUNCH AND GAMES</td>
<td>12210</td>
<td>11:30 a.m. to 12:30 p.m.</td>
<td>This workshop is designed for the child who will participate in all-day workshops. They will be able to have lunch, socialize, play board games, ping pong or air hockey with their friends. <strong>NOTE: BRING BAGGED LUNCH</strong></td>
<td>$30.00</td>
<td></td>
</tr>
<tr>
<td>CREATIVE CLAY WORKSHOP</td>
<td>12210</td>
<td>12:30 p.m. to 2:00 p.m.</td>
<td>Children will explore working with model magic to create 3D forms. Many different techniques will be taught.</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>STICKY FINGERS</td>
<td>12210</td>
<td>2:00 p.m. to 3:30 p.m.</td>
<td>A fun and creative workshop for young children to explore different art. Children will work with a variety of materials. After the craft, the child will play organized fitness activities in the gym.</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>LEGOS</td>
<td>12210</td>
<td>3:30 p.m. to 5:00 p.m.</td>
<td>The focus of this class will be on visual buildings, exploring shapes, brick building, color usage and creating mosaics, as well as always having fun. Children will not bring home any Lego bricks or the models they create.</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>TOTAL WORKSHOP</td>
<td>12210</td>
<td>8:30 a.m. to 5:00 p.m.</td>
<td>Enjoy an all-day total workshop experience. Learn to cook, play sports and games, create their 3D forms, explore different art and have fun with Legos while socializing with friends.</td>
<td>$280.00</td>
<td></td>
</tr>
</tbody>
</table>

### Grades 3 to 5

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Code</th>
<th>Time</th>
<th>Description</th>
<th>Maximum 10 children</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>GYM WARRIORS</td>
<td>12211</td>
<td>8:30 a.m. to 10:00 a.m.</td>
<td>Studies have shown that children who are physically active in the morning have active brain stimulation. Children will participate in a variety of fitness games and activities.</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>COOKING</td>
<td>12211</td>
<td>10:00 a.m. to 11:30 a.m.</td>
<td>This workshop introduces children to the art of baking and cooking. Children will prepare, cook and eat their own foods. All math, reading, and language arts skills will be enhanced through the cooking process.</td>
<td>$80.00</td>
<td></td>
</tr>
<tr>
<td>LUNCH AND GAMES</td>
<td>12211</td>
<td>11:30 a.m. to 12:30 p.m.</td>
<td>This workshop is designed for the child who will participate in all-day workshops, they will be able to have lunch, socialize, play board games, ping pong or air hockey with their friends. <strong>NOTE: BRING BAGGED LUNCH</strong></td>
<td>$30.00</td>
<td></td>
</tr>
<tr>
<td>CREATIVE CLAY WORKSHOP</td>
<td>12211</td>
<td>12:30 p.m. to 2:00 p.m.</td>
<td>Children will explore working with model magic to create their own 3D forms. Many different techniques will be taught.</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>STAINED GLASS</td>
<td>12211</td>
<td>2:00 p.m. to 3:30 p.m.</td>
<td>Children will learn the technique of painting on plexi-glass. They can create their own designs or use stencil.</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>LEGOS</td>
<td>12211</td>
<td>3:30 p.m. to 5:00 p.m.</td>
<td>The focus of this class will be on visual buildings, exploring shapes, brick building, color usage and creating mosaics, as well as always having fun. Children will not bring home any Lego bricks or the models they create.</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>TOTAL WORKSHOP</td>
<td>12211</td>
<td>8:30 a.m. to 5:00 p.m.</td>
<td>Enjoy an all-day total workshop experience. Learn to cook, play sports and games, create their 3D forms, explore different art and have fun with Legos while socializing with friends.</td>
<td>$280.00</td>
<td></td>
</tr>
</tbody>
</table>
Adult Programs

YOGA
Instructors: Chris Tangerman - 6:00 p.m. to 6:55 p.m. (Wed)
Cameron Kelly - 7:00 p.m. to 7:55 p.m. (Wed)
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. Wear comfortable clothing and bring a floor mat. Maximum of 12 participants.

Wednesdays, Mt. Pleasant Community Center
FALL SESSION
Sept 23 thru Nov. 18 (no class 11/11)
44304 (A) 6:00 p.m. to 6:55 p.m. Fee: $114.00 8 sessions
44304 (B) 7:00 p.m. to 7:55 p.m. Fee: $114.00 canceled
EARLY WINTER SESSION
Dec 2 thru Feb 3 (no class 12/23, 12/30)
54304 (A) 6:00 p.m. to 6:55 p.m. Fee: $114.00 8 sessions
54304 (B) 7:00 p.m. to 7:55 p.m. Fee: $114.00 8 sessions
LATE WINTER SESSION
Feb 24 thru April 26 (no class 3/29 & 4/5)
14304 (A) 6:00 p.m. to 6:55 p.m. Fee: $114.00 8 sessions
14304 (B) 7:00 p.m. to 7:55 p.m. Fee: $114.00 8 sessions

THE KNITTING CIRCLE
Instructor: Sharon Campbell Rubens
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.

8 sessions  Maximum of 12 participants

Tuesdays, Mt. Pleasant Community Center
FALL SESSION
Sept. 29 thru Nov. 24 (no class 11/14)
44119 (A) 9:30 a.m. to 11:30 a.m. Fee: $77.00
EARLY WINTER SESSION
Dec 1 thru Jan 26 (no class 12/29)
54118 (A) 9:30 a.m. to 11:30 a.m. Fee: $77.00
LATE WINTER SESSION
Feb 2 thru April 6 (no class 2/16 & 3/30)
14118 (A) 9:30 a.m. to 11:30 a.m. Fee: $77.00

ZUMBA DANCE
Instructor: Peggy Raiskums, Licensed Zumba Instructor
Hate to exercise….love to dance? Love to dance, love to exercise? Then Zumba is for you. Dance, laugh, and smile to this fun, easy to follow class. For any age and fitness level….Move….Shake ….Shimmy at your own pace. Please wear sneakers and bring water. Maximum of 12 participants.

Thursdays, Mt. Pleasant Community Center
FALL SESSION
Sept. 17 thru Nov. 19
44310 (A) 6:15 p.m. to 7:15 p.m.
Fee: $77.00 7 sessions
EARLY WINTER SESSION
Dec. 3 thru Jan. 28 (no class 12/24, 12/31)
54310 (A) 6:15 p.m. to 7:15 p.m.
Fee: $77.00 7 sessions
LATE WINTER SESSION
Feb. 4 thru April 1
14310 (A) 6:15 p.m. to 7:15 p.m.
Fee: $99.00 9 sessions

CORE CONNECTION
Instructor: Carol Migliorelli, ISCA/Promise Certified
Bring your stability ball and strengthen and tone your whole body, emphasis on creating a strong core which leads to less back pain and greater mobility. Hand weights and mats are also required. Maximum of 12 participants.

Mondays, Mt. Pleasant Community Center
FALL SESSION canceled
Sept 21 thru Nov. 23 (no class 9/28 & 10/12)
4314 (A) 7:30 p.m. to 8:30 p.m. Fee: $114.00 8 sessions
EARLY WINTER SESSION
Nov. 30 thru Feb. 1 (no class 12/28 & 1/18)
54314 (A) 7:30 p.m. to 8:30 p.m. Fee: $114.00 8 sessions
LATE WINTER SESSION
Feb. 22 thru April 26 (no class 3/29 & 4/5)
14314 (A) 7:30 p.m. to 8:30 p.m. Fee: $114.00 8 sessions

STEP AND TONE
Instructor: Carol Migliorelli Orelli, ISCA/Promise Certified
Step aerobics and toning combined. A fun interval workout that burns calories and tones muscles. Can be done with or without step (if you have one please bring it) along with 3-5 lb hand weights and a mat for floor work. New earlier time and new format. What more are you waiting for?

Mondays, Mt. Pleasant Community Center
FALL SESSION
Sept. 21 thru Nov. 23 (no class 9/28 & 10/12)
44301 (A) 6:30 p.m. to 7:30 p.m. Fee: $114.00 8 sessions
EARLY WINTER SESSION
Nov. 30 thru Feb. 1 (no class 12/28 & 1/18)
54301 (A) 6:30 p.m. to 7:30 p.m. Fee: $114.00 8 sessions
LATE WINTER SESSION
Feb. 22 thru April 26 (no class 3/29 & 4/5)
14301 (A) 6:30 p.m. to 7:30 p.m. Fee: $114.00 8 sessions
TOTAL BODY SCULPTING TO THE CORE
Instructor: Margaret Cunzio
This workout will sculpt your body “to the core” with precision and control. Bring weights and a mat for a total body workout that incorporates strength, core and flexibility for a total package and a new you! Maximum of 12 participants

Wednesdays, Mt. Pleasant Community Center
FALL SESSION
Sept 23 thru Nov. 18 (no class 11/11)
44308 (A) 9:00 a.m. to 9:45 a.m. Fee: $114.00 8 sessions

EARLY WINTER SESSION
Dec. 2 thru Feb. 3 (no class 12/23 & 12/30)
54308 (A) 9:00 a.m. to 9:45 a.m. Fee: $114.00 8 sessions

LATE WINTER SESSION
Feb 24 thru April 21 (no class 3/31)
14308 (A) 9:00 a.m. to 9:45 a.m. Fee: $114.00 8 sessions

TRAPSHOOTING FUNDAMENTALS
Instructor: Mt. Pleasant Sportsman Club
This is an introductory program for novice or experienced participants with instruction by experienced marksmen. The program will include a 1-hour discussion on firearm safety followed by instruction on trapshooting (clay targets). Everything needed for this event will be supplied by the Mt. Pleasant Sportsman Club including 2 rounds of trap (50 targets), continental breakfast and lunch. Participants must be 12 years or older. Please note that an adult guardian must accompany minors 16 & under. Program is held at The Mt. Pleasant Sportsman Club with the cooperation of Mt. Pleasant Recreation Dept. Please register with the Mt. Pleasant Recreation Dept. before the event date.

For questions on the please contact: Dottie at 914-255-4184, Bud 845-529-3999, Debora 914-417-8696

Mt. Pleasant Sportsman’s Club
121 Clay Bird Lane, Briarcliff Manor, NY
9:00 a.m. to 1:00 p.m. (Sign in 8:45 a.m.)

24200 (A) Saturday, Oct. 3, 2020 - rain date Oct. 10
24200 (B) Saturday, Nov. 7, 2020 - rain date Nov. 14
24200 (C) Saturday, Oct. 24, 2020  no rain date

Fee: $ 40.00 per session/person
Maximum of 15 participants

ADULT TENNIS
Instructor: Lifetime Racquet
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. Maximum of 10 participants

Saturdays, Valhalla Tennis Courts
FALL SESSION cancelled

Saturdays Sept. 26 thru Oct. 24
44204 (A) Beginner: 9:00 a.m. to 10:00 a.m.
44204 (B) Intermediate: 10:00 a.m. to 11:00 a.m.
Fee: $100.00 5 sessions

AS OF 9/8 TENNIS CANCELED – CLINIC TO BE DETERMINED MORE INFORMATION WILL BE POSTED ON TOWN WEBSITE

MAH JONG
Instructor: Regina Klenosky
The Chinese game of skill and Luck. Brush up on your Mah Jongg skills while making new friends! Learn how to assemble tiles into specific patterns. Formulate your hand by picking and discarding tiles. Beginners and amateurs improve their Mah Jongg skills: learning the basic rules, including passing tiles, indispensable strategies, and invaluable betting tactics. Master a social, competitive game that requires practice, strategy—and a little bit of luck! Sets and cards provided by instructor. Maximum of 12 participants.

Mondays, Mt. Pleasant Community Center
FALL SESSION
Oct. 19 thru Dec. 7
44316 (A) 11:00 a.m. to 12:00 p.m.
Fee: $75.00 8 sessions

LATE WINTER SESSION
Jan. 4 thru March 8 (no class 1/18, 2/15)
14316 (A) 11:00 a.m. to 12:00 p.m.
Fee: $75.00 8 sessions

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 a $14.00 fee due at the first class made payable to National Safety Council to receive the certification.

Bradhurst Community Center
October 13 and October 14  (Tues & Wed)
44401 (B) 6:30 p.m. to 9:30 p.m.

Mt. Pleasant Community Center
October 19 and October 20  (Mon & Tues)
44401 (C) 12:00 p.m. to 3:00 p.m.

Bradhurst Community Center
November 16 and November 17  (Mon & Tues)
44401 (D) 6:30 p.m. to 9:30 p.m.

Maximum of 12 participants per class
Fee per session: $35.00

PILATES
Instructor: Stacey Cristiano
Pilates is an effective sequence of movements that firms and strengthens the abs, thighs and buttock muscles. Achieve a flatter stomach and firmer derriere and thighs while improving posture. Pilates is a fun way to reduce stress while you attain a beautiful sculpted body. Bring a mat. Max of 12 participants

Tuesdays, Mt. Pleasant Community Center
FALL SESSION  changes
Sept. 29 thru Nov. 24 (no class 11/3)
44309 (A) 6:00 p.m. to 7:00 p.m.
Fee: $114.00 8 sessions

EARLY WINTER SESSION
Nov. 24 thru Jan. 19 (no class 12/29)
54309 (A) 6:00 p.m. to 7:00 p.m.
Fee: $114.00 8 sessions

LATE WINTER SESSION
Feb 2 thru March 30 (no class 2/16)
14309 (A) 6:00 p.m. to 7:00 p.m.
Fee: $114.00 8 sessions
BALLROOM DANCING
Instructor: Cameron Kelly & Instructors
Dancing with a partner is back! Learn to swing, foxtrot, the 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 into your relationship! Singles meet some fun new people! Everyone has fun! PLEASE NOTE: We do not guarantee singles a partner.
Maximum of 12 participants

Thursdays, Mt. Pleasant Community Center

FALL SESSION changes
Sept. 24 thru Nov. 12
44103 (A) Beginners: 7:15 p.m. to 8:15 p.m.
44103 (B) Intermediate: 8:30 p.m. to 9:30 p.m.
Fee: $114.00 per person  8 sessions

EARLY WINTER SESSION
Nov. 12 thru Jan. 21 (no class 11/26, 12/24 & 12/31)
54103 (A) Beginners: 7:15 p.m. to 8:15 p.m.
54103 (B) Intermediate: 8:30 p.m. to 9:30 p.m.
Fee: $114.00 per person  8 sessions

LATE WINTER SESSION
Feb 4 thru April 8 (no class 2/18, 4/1)
14103 (A) Beginners: 7:15 p.m. to 8:15 p.m.
14103 (B) Intermediate: 8:30 p.m. to 9:30 p.m.
Fee: $114.00 per person  8 sessions

PIZZA IS FUN!
Instructor: Debbie Moran
Now is your opportunity through this course to learn basic keys to play some of your favorite songs on the piano. A keyboard will be provided. Maximum 5 participants  18 years and older

Fridays, Town Hall Tower Room

FALL SESSION: Sept. 25 thru Nov. 13
40118 (A) 1:00 p.m. to 2:00 p.m. Fee: $165.00  8 sessions
EARLY WINTER SESSION
Dec. 4 thru Feb. 5 (no class 12/25 & 1/1)
50118 (A) 1:00 p.m. to 2:00 p.m. Fee: $165.00  8 sessions
LATE WINTER SESSION
Feb. 26 thru April 23 (no class 4/2)
10118 (A) 1:00 p.m. to 2:00 p.m. Fee: $165.00  8 sessions

GUITAR IS FUN!
Instructor: Debbie Moran
If playing guitar is your dream, here is your chance! In this class we will learn easy chords, strumming, finger picking and eventual note reading. Please bring your guitar to class. Max 10 participants  18 years and older

Fridays, Town Hall Tower Room

FALL SESSION: Sept. 25 thru Nov. 13
42107 (A) 2:00 p.m. to 3:00 p.m. Fee: $165.00  8 sessions
EARLY WINTER SESSION
Dec. 4 thru Feb. 5 (no class 12/25 & 1/1)
52107 (A) 2:00 p.m. to 3:00 p.m. Fee: $165.00  8 sessions
LATE WINTER SESSION
Feb. 26 thru April 23 (no class 4/2)
12107 (A) 2:00 p.m. to 3:00 p.m. Fee: $165.00  8 sessions

YOGALATES: BEST OF EAST AND WEST
Instructor: Stacey Cristiano
The absolute best of both worlds Yogalates is sweeping through health clubs because it is so effective. Yogalates combines the inner awareness of Yoga with its flexibility and strength building postures with Pilates’ specialized, effective exercises that concentrate on your “core” muscles. Feel that your entire body has been fully exercised in an integrated way. Leave feeling stronger, but wonderfully relaxed and centered. (BRING A MAT) Maximum of 12 participants

Thursdays, Mt. Pleasant Community Center

FALL SESSION Sept. 24 thru Nov. 12
44319 (A) 9:00 a.m. to 9:55 a.m. Fee: $114.00  8 sessions
EARLY WINTER SESSION
Nov. 12 thru Jan. 21 (no class 11/26, 12/24 & 12/31)
54319 (A) 9:00 a.m. to 9:55 a.m. Fee: $114.00  8 sessions
LATE WINTER SESSION
Feb. 4 thru April 8 (No class 2/18, 4/1)
14319 (A) 9:00 a.m. to 9:55 a.m. Fee: $114.00  8 sessions

PICKLEBALL
Instructor: Charlene Dundie
Pickle ball is a combination of tennis, badminton and ping-pong. It provides exercise, social interaction, competition and fun. Hone up on your skills, forehand, backhand, serve and dink. Practice new techniques, third shot kitchen, lob and volley. Implement various game situations and strategies. Max 12 participants

Mt. Pleasant Community Center

FALL SESSION
Sept. 29 thru Nov. 10 (no class 11/3)
On 10/20 and 10/27 class will begin at 7:30 – 9:00 pm
44326 (A) 5:30 p.m. to 7:00 p.m.
Fee: $110.00  6 sessions

LATE WINTER SESSION
Feb. 12 thru March 19
54326 (A) 5:30 p.m. to 7:00 p.m. Fee: $110.00  6 sessions
THE ALEXANDER TECHNIQUE – Instructor: Carol Strozier
The Alexander Technique works by teaching how to sit, stand, bend and move more easily and safely in everyday life activities. This class is designed to work through use of the entire body beginning with the head and face. Release of holdings through gentle movement of all joints: balance work using lunge and walking; some light, hands on guidance for each student from the instructor and Constructive Rest Position(floor) will be practiced at every class session. Development and stimulation of mental connection to the physical. Learn to release tension and rediscover balance of mind and body. Relieve pain and gain greater range of movement. Max of 7 participants.

Parkinson's Disease - INTRODUCTION
Thursdays, Bradhurst Community Center
24305  (A) 3:30 p.m. to 4:30 p.m.
10/15, 10/22, 10/29, 11/5, 11/12, 11/19
Fee: $130.00 Residents  Fee: $155.00 Non Residents

Parkinson's Disease - CONTINUING
Thursdays Bradhurst Community Center
24305  (B) 4:30 p.m. to 5:30 pm.
10/15, 10/22, 10/29, 11/5, 11/12, 11/19
Fee: $130.00 Residents  Fee: $155.00 Non Residents

THE ALEXANDER TECHNIQUE – Instructor: Carol Strozier
The Alexander Technique works by helping you identify and prevent the harmful postural habits that can stress, pain or cause lack of effectiveness. This class introduces the benefits of learning how to care for your back. With increased awareness you can relieve back and limbs pain and strain, attain better posture, move freely, gain greater range of movement, develop better balance and deepen your breathing. Maximum of 7 participants.

For the Back – INTRODUCTION
Thursdays, Bradhurst Community Center
24305  (C) 6:30 p.m. to 7:30 p.m.  (Introduction)
10/15, 10/22, 10/29, 11/5, 11/12, 11/19
Fee: $130.00 Residents  Fee: $155.00 Non Residents

For the Back – CONTINUING
Thursdays, Bradhurst Community Center
24305  (D) 5:30 p.m. to 6:30 p.m.
10/15, 10/22, 10/29, 11/5, 11/12, 11/19
Fee: $130.00 Residents  Fee: $155.00 Non Residents

ADULTS NIGHT OUT - COMEDY!
Yes, here is your night! What is better than adults getting together for food & drinks and being with friends and crying with laughter! Back by popular demand, John Pizzi, from Americas Got Talent, will entertain us with his humor. Leave your worries at home!! Food trucks will be available for your dinner needs and BYOB! For Adults 21 & over Covid-19 rules will be in effect. 10 foot squares will be painted on the grass 6 feet apart. You must wear your mask while walking to and from your square. While in the square you may take your mask off.
956011 (A) WHEN: Friday, September 18, 2020
WHERE: BROADWAY PARK  Bring chairs
TIME: 6:30 p.m. – 9:30 p.m.
FEE:  Register at the Recreation Dept.: $5.00 pp

ADULTS NIGHT OUT – HAPPY HOUR TRIVIA NIGHT
Now is the time to show us what you got! Get your socially distanced family/friends together for an outdoor Trivia Night. Prizes will be awarded for the smartest group. No more than 6 people in a square.
When: Food trucks will be available for dinner needs and BYOB!
For Adults 21 & over
956012(B) WHEN: Friday, September 25, 2020
WHERE: BROADWAY PARK  Bring chairs
TIME: 6:30 p.m. – 9:30 p.m.
FEE:  Register at the Recreation Dept.: $5.00 pp
MOUNT PLEASANT COMMUNITY BANDS

JOIN US!

MUSICIANS WANTED!

Do you play (or used to play) one of these?........

**Woodwinds!** (Flute, Clarinet, Bass Clarinet, Oboe, Bassoon, Alto/Tenor/Baritone Saxophones)

**Brass!** (Trumpet, French Horn, Trombone, Baritone Horn, Tuba)

**Electric Bass & Percussion!** (Drum Set, Auxiliaries)

*FREE to Join! *No Auditions! Family atmosphere!
*All Ages & Skill Levels (Woodwinds/Brass) Welcome!
*Percussionists must be strong sight readers and able to keep a steady beat. Concert Band experience a plus but not necessary.

**For more information, contact:**
MPCBWNY@gmail.com OR
Call (No text) Marc Seldin (Director): 347-224-1436

Also, find us on Social Media! (Search MPCBWNY)

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943211 (A) Mt. Pleasant Beginner Band: (Weekly 45 minute classes - starting Thursday, 10/8/2020
12 Week Session starting Thursday, 10/8/2020 thru 01/14/2021 (no class 11/26, 12/24, 12/31) FEE: $50.00
Thursday evenings (6:00-6:45 P.M.) TBD

Have you ever wanted to play in a band, but don't know how to play an instrument and read music? (Or, maybe you already know how to play and read music, but would just like to learn another instrument?) Well, now you can do it! Whether you're an adult, senior or child, this class is open to anyone (all ages) who is interested in pursuing your goal completely from scratch.

*Class is open only to woodwind and brass instruments only. (Not open to percussion, piano, guitar and/or string instruments at this time.) *Each student is required to bring their own instrument (including mouthpiece/reeds). Instruments/mouthpieces/reeds will not be provided by the Instructor.

Woodwind Instruments include: Flute, B-Flat clarinet, alto/bass clarinets, oboe, bassoon, alto/tenor/baritone saxophones

Brass Instruments include: Trumpet, French Horn, Tencor, Trombone, Baritone Horn, and Tuba

943211 (B) Mt. Pleasant Big Band:
Year round weekly Rehearsals
(Sunday Evenings: 7:30-9:30 p.m.) Please contact Director to confirm start date Cost: Free to join

Are you into playing big band/jazz/swing type music? If you answered yes, (and can play and read music on the sax, trumpet, trombone or rhythm instrument at an advanced skill level), then you just might be interested in joining the Mt. Pleasant Big Band! We are now developing a top notch 16-18 piece Big Band! Rehearsals on Sunday nights at 7:30-9:30 pm in the Tower Room. Please contact the Director (Marc Seldin) before attending your first rehearsal for more information and to submit an audio/video recording of your performance background. MPCBWNY@gmail.com or 347-224-1436 (call-no text).
ADULT PROGRAMS AND ACTIVITIES

CLUB MEETINGS
All meetings are held at the Mt. Pleasant Community Center on Lozza Drive in Valhalla, from 11:30 p.m. to 2:00 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, and much more.

PLEASANT SENIORS OF MT. PLEASANT
President: Mr. Stanley Majdanski Club meets on Thursdays

DISCOUNTS
Residents over 60 years of age are entitled to discounts of 50% on all programs listed (unless noted otherwise) in the Adult Programs sections of this brochure except trips.

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 and Community Center. Day trips, extended trips and local events are scheduled Throughout the year. Please refer to the monthly Senior Flyer for details.

WEEKLY PROGRAMS

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<tr>
<th>Mondays</th>
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<tr>
<td>10:00 a.m. – 10:45 a.m. Strengthen and Tone $3.00 fee</td>
<td>No class 9/7/2020</td>
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<tr>
<td>TBA Lunch Bunch Suggested contribution</td>
<td>$3.00 with transportation $2.50 without transportation</td>
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<tr>
<td>11:00 a.m. – 12:00 pm Chair Yoga $3.00 fee</td>
<td>No class 9/7/2020</td>
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<th>Tuesdays</th>
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<tr>
<td>12:30 p.m. - 1:15 p.m. Fit and Flex $ 3.00 fee</td>
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<tr>
<td>9:45 a.m. – 10:30 a.m. Tai Chi $3.00 fee</td>
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<tr>
<td>10:45 a.m. – 11:30 a.m. Qi Gong</td>
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<tr>
<td>TBA Shopping Trips to local shopping centers – call 592-6441</td>
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<tr>
<td>TBA Bradhurst Nutrition Program</td>
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<th>Wednesdays</th>
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<tr>
<td>TBA Lunch Bunch Suggested contribution</td>
<td>$3.00 with transportation $2.50 without transportation</td>
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<tr>
<td>11:00 a.m. - 11:45 a.m. Line Dance and Exercise $3.00 fee</td>
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<th>Thursdays</th>
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<tr>
<td>TBA Bradhurst Nutrition Program</td>
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<tr>
<td>10:00 a.m. – 11:00 a.m. Stay Strong &amp; Fit $3.00 fee</td>
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<tr>
<td>11:00 a.m. – 11:45 a.m. Seniorcize $3.00 fee</td>
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<tr>
<td>11:30 p.m.– 2:00p.m. Pleasant Seniors of Mt. Pleasant Club Meeting</td>
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<tr>
<td>2:45p.m. to 3:45p.m. Chair Yoga $3.00 fee</td>
<td>No class on 9/3/2020</td>
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<th>Fridays</th>
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<tr>
<td>TBA Lunch Bunch Lunches suggested contribution</td>
<td>$3.00 with transportation $2.50 without transportation</td>
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<tr>
<td>10:15 a.m. – 11:00 a.m. Senior Deluxe Strength &amp; Tone $3.00 fee</td>
<td>Canceled as of 10/2/2020</td>
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<tr>
<td>11:45 a.m. – 12:45 p.m. Chair Yoga $3.00 fee</td>
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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 a.m. to 2:00 p.m. A nutritious hot lunch is provided as well as nutrition education. Activities include Bingo, Cards and Friendship!

* **Bradhurst Nutrition Center** (2 days/week) T, 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 ongoing 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.

**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 1st, 3rd & 5th weeks of the month we shop at Shop Rite.
  - The 2nd & 4th weeks of the month we shop at Acme
  - 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 or transportation services if they are unable or unwilling 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 funded by the Department of Health and Human Services, NYS Office for Aging, Westchester County Department of Senior Programs and Services.
FAMILY AND SPECIAL EVENTS

FALL FOLIAGE FESTIVAL
SAVE THE DATE
Saturday, October 17, 2020
Come out and enjoy this fabulous community celebration with the family. The day will include pumpkin decorating, face painting, rides, games, music, food, refreshments and our 5th Annual scarecrow decorating!
Broadway Field, Hawthorne 11:00 a.m. to 3:00 p.m.

SCARECROW DECORATING
Here is your chance to express yourself, family or business in joining our 1st Scarecrow Decorating Contest at our Fall Foliage Festival Saturday, October 17, 2020. Create a scary, funny, silly or crazy Scarecrow. Please bring all your scarecrow supplies: shirts, pants/overalls, hats, pillow cases, etc. We will provide hay, markers and stands. Create your own Scarecrow or you can create it before and bring it to the Fall Foliage. Upon completion, we will display your creation for the public to view. Judging will take place at the start of the Fall Foliage Festival.
First, second and third place prizes will be awarded with a gift certificates and the winner will be displayed at the sign board at Rosehill Town Center until November 9, 2020.
You may decorate your scarecrow however you like but it must be appropriate for public display. Be creative, but tasteful this contest is open to everyone. Enter has a group or individual.
Pre-registration is required for this activity by 10/16/2020
41000 (A) 11 am – 12:30pm
Fee: $15 per Scarecrow

HALLOWEEN WINDOW DECORATING
Friday, October 16 for ages 5 thru 12.
Sponsored by the Mt. Pleasant Recreation and Parks Department and the Rosehill Shopping Center Merchants Association.
Windows will be assigned at Rosehill Shopping Center. Fee: $5.00 per person
42504 (A) Group 1: 4:15 p.m. to 5:15 p.m.
42504 (B) Group 2: 5:15 p.m. to 6:15 p.m.
All registration forms must be in the Recreation Office by October 10. NOTE: You must use permanent markers

LADIES NIGHT OUT – Paint Night
Ladies come join the latest craze in painting with Nando! Paint a beautiful masterpiece that you will be proud to take home.
Includes hors d’oeuvres, tea, coffee, dessert, and paint supplies and instruction. No paint experience required. Bring your own beverages! FOR LADIES 21 AND OVER
33000 (A) WHEN: Friday November 13, 2020
WHERE: Mt. Pleasant Community Center
TIME: 6:00 p.m. to ?
FEE: Register at the Recreation Dept: $40.00

TREE LIGHTING CEREMONY
Friday, December 4, 2020
Residents and friends of all ages are invited to gather at 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. FREE

Saturday, December 12, 2020
Mt. Pleasant Community Center
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. 55501 (A) 9:00 a.m. Seating 55501 (B) 11:00 a.m. Seating
NOTE: Tickets will be sold at the Recreation Department Office starting November 4th.
Adults and Children must purchase a ticket.
Limited seating
Fee: $5.00 per person (child or adult)

VALHALLA GAZEBO TREE LIGHTING
Sunday, December 6, 2020
6:00 p.m. at the Valhalla Greens-

SANTA’S CALLING
Wednesday, December 9, 2020
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 4th grade
NOTE: Your child must be available for Santa’s phone call between 6:00 p.m. and 8:00 p.m. COST: FREE

SHARE A VALENTINE
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 Friday, January 29, 2021. Valentines will be distributed to our local senior adults after February 8. 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, and age on the back of their Valentine. Each child who participates will receive a special surprise.
**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 members 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/or cultivating friendships. 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 Mount Pleasant Branch Library, located in the Community Center, offers a variety of reading, viewing, and listening materials for adults and children. Our hours of operation for the fall have yet to be determined. Currently we are offering pickup service at the door for materials you wish to check out. Additionally, digital books, audiobooks, movies and TV shows may be downloaded or streamed from our website. We also offer virtual programs for all ages online, including story times with Miss Debbie.

Please visit our website [www.mountpleasantlibrary.org](http://www.mountpleasantlibrary.org) or call the library to place holds or get assistance in choosing material. Our librarians are here to assist you.

**TOWN OF MOUNT PLEASANT HISTORICAL SOCIETY**

The Town of Mount Pleasant Historical Society is looking for individuals interested in researching, documenting and preserving past events and places in the Town’s 229-year history. The Society meets monthly from September through June in the evening usually at Town Hall. Individuals wishing to assist in the Society’s efforts can contact Society President and Town Hall Historian Jim Maxwell at jimax153@optonline.net for further information.

**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: www.shermanparkll.com and shermanparkll@gmail.com

- **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 & Cheerleading for 3rd, 4th, 5th & 6th grade students of the Mt. Pleasant Central School District. Program runs from August through November
  - Contact: Dan Euvino 522-1589

- **Valhalla Jr. Vikings**
  - Flag Football: Programs for 1st & 2nd graders
  - Tackle Football & Cheerleading: Programs for 3rd – 6th grade students of Valhalla Union Free School District
  - Program runs August thru November
  - Contact: Fred Feit
  - Email: Valhallajrvikings@gmail.com
  - Website: www.valhallajrvikings.org

**Soccer**

- **AYSO**
  - A fun soccer league for Mt. Pleasant and Valhalla school district children from pre-K through 12th grade (ages 4-18). Everybody plays and positive parent coaching.
  - Website/Registration: [www.ayso221.org](http://www.ayso221.org)
  - Email: playays221@gmail.com
  - Contact Football & Cheerleading for 3rd–6th grade students of Valhalla Union Free School District
  - Programs for ages 6 to 15
  - Contact: Robert Occhiogrossi 914-831-3899

**Football**

- **Valhalla Cub Scouts: Pack 1 Boys Grade 1-5**
  - Contact: Robert Occhiogrossi
  - Email: rjmoscout@optonline.net

- **Hawthorne Cub Scouts: Pack 1 Boys Grade 1-5**
  - Contact: Michelle Bergey 914-831-3899
  - Email: michelleb1226@yahoo.com

- **Valhalla Boy Scouts: Troop 1**
  - Boys ages 11 to 17
  - Email: hawthornetroop1.com

- **Valhalla Cub Scouts: Pack 111 Boys grade 1-5**
  - Contact: Michelle Bergey 914-831-3899
  - Email: michelleb1226@yahoo.com

- **Valhalla Boy Scouts: Troop 1**
  - Boys grade 6-12 / ages 11-18
  - Contact: Lisa Stelling 347-224-7555
  - Email: lisarstelling@gmail.com

- **Hawthorne Boy Scouts: Troop 1**
  - Boys ages 11 to 17
  - Email: hawthornetroop1.com
Mt. Pleasant Recreation & Parks Department

(Please fill out & return with your basketball registration)

Name__________________________. School Grade______.

(CIRCLE ONE)

PHONE_____________________. (MALE)  (FEMALE)

EMAIL__________________________.

…………………………………………………………………………………………

(DO NOT WRITE BELOW)

DIVISION: MIDGET  ELEMENTARY  JUNIOR  SENIOR

HEIGHT: (S)  (M)  (T)

PASSING: ______

LAYUP: ______  ABILITY: (A)  (B)  (C)

SET SHOT____

FOUL SHOT____  TOTAL POINTS______

DRIBBLE: ____  (SCALE OF POINTS) 1 2 3 4 5 (5 BEING HIGHEST)

Team Captain__________________________

…………………………………………………………………………………………

TEAM CAPTAIN_____________________. TEAM NAME_____________________-

Captain Phone________________________.  GRADE__________

(A)  (B)  (C)  Tryout #__________

*For updates about cancellations or changes, please call the sports hotline (914)742-2367.
TOWN OF MT. PLEASANT, RELEASE OF LIABILITY, RISK DISCLAIMER AND CERTIFICATION OF HEALTH

By electing to attend any function or event sponsored by the Town of Mt. Pleasant (the "Town") and/or visit any Town owned facility, including, but not limited to: Day Camp, the Town Pool and/or the Senior/Recreation Center (a "Town Event or Town Facility"), during the COVID-19 Pandemic or at any time, all persons must agree to the below terms and Certify Health. I acknowledge, assume, and accept the inherent health and injury risks associated with attending a Town Event or Town Facility. This includes the additional risk of infection and unintentional spread of COVID-19 at a Town Event or Town Facility. I voluntarily agree not to sue and I agree to indemnify and to hold harmless the Town and any and all of its employees, temporary staff, agents, volunteers, elected officials and/or independent contractors from any and all liability, claims, demands, damages, causes of action of any nature whatsoever, if I or any family member, including my minor child, should contract COVID-19 or any similar type illness at a Town Event or Town Facility. This release applies to my heirs, successors and assigns.

- I acknowledge that when I attend a Town Event or Town Facility, I will follow all CDC guidelines, including, when necessary wearing a face covering.
- I agree that when I attend a Town Event or a Town Facility, to follow any and all regulations of the Town, the County and State Health Department and CDC guidelines.

PERSONAL CERTIFICATION OF HEALTH

- If you have tested positive for COVID-19 or had symptoms of COVID-19 (fever, chills, cough, shortness of breath, sore throat, or having exhibited any other flu-like symptoms or respiratory issues), do you certify that you have recovered and been medically released to resume social activities or work by a licensed medical professional? If so, please do not utilize Town Facilities or attend Town Events until you have provided the Town with your medical release.
- If you have tested positive for COVID-19 or had symptoms of COVID-19 (fever, chills, cough, shortness of breath, sore throat, or having exhibited any other flu-like symptoms or respiratory issues) and have now recovered, but have not been medically released to resume social activities or work by a licensed medical professional, do you certify that you:
  
  o Have gone at least 3 days (72 hours) since the last indication of fever (≥100.4F), without the use of fever-reducing medications (e.g., Tylenol); and
  o Had full resolution of respiratory symptoms (e.g., no more cough, shortness of breath); and
  o Gone at least 7 days since your symptoms first appeared; or
  o Received negative COVID-19 tests from at least two consecutive tests conducted at least 24 hours apart?
- If you have not tested positive for COVID-19 or otherwise had symptoms, and do not otherwise possess a medical release to resume social activity or work, do you certify that you have completed a 14-day self-quarantine due to:
  
  o Having traveled to any high risk region with widespread community transmission (as defined by the CDC's travel alert), domestically within the United States or internationally, or returned from a cruise, in the last fourteen (14) days or had close contact with someone who has travelled to any such high risk region or returned from a cruise in the last fourteen (14) days, and finished the 14-day quarantine period without developing symptoms;
  o Having been in direct contact with a person who tested positive for COVID-19, or who experienced fever, chills, cough, shortness of breath, sore throat, and/or exhibited any other flu-like symptoms or respiratory issues in the last fourteen (14) days even without a positive COVID-19 test, and finished the 14-day quarantine period without developing symptoms; and
  o Having been mandated to go into quarantine under local health guidelines, and finished the 14-day quarantine period without developing symptoms;

In the event you test positive for COVID-19 within 14 Days of your last visit to a Town Event or Town Facility, you agree to immediately notify the Town of this positive test. I hereby certify that all statements above are true and accurate and I understand the terms stated above.

PRINT NAME/ PARENT OR GUARDIAN:___________________________
SIGNATURE/ PARENT OR GUARDIAN:___________________________

PURSUANT TO EXECUTIVE ORDER 202.7 and State and Federal Law, this Release of Liability Form may be executed by electronic signature, which shall be considered as an original signature for all purposes and shall have the same force and effect as an original signature.
# ACTIVITY REGISTRATION

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

PLEASE PRINT CLEARLY

Make Checks Payable To: Town of Mount Pleasant

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The undersigned hereby releases the Town of Mt. Pleasant, its Town Board, employees and volunteers of any liability whatsoever in connection with any loss of personal items, damage and/or injuries that the above named person(s) may sustain as a result of his/her participation in the above named program(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 #__________

Did You Sign the COVID-19 Waiver For This Registration? Yes________
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Signature______________________________________________________________________Date __________

Did You Sign the COVID-19 Waiver For This Registration? Yes________
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