

60+

MAT Yoga

Be prepared to enhance your energy level and stretch your stiffness away. Prior yoga experience required. Bring a mat and wear loose clothing

Day/Time Tuesday, 10:30 – 11:30am
April 14 – May 19 (6 sessions)
Course # 163410-M1
Location White Plains Public Library, 100 Martine Ave. - Auditorium
Fee: Resident \$5, Non-Resident \$55

Supervised Bridge

Improve your game with play and discussion of hands. Practice your skills with random hands and receive constructive criticism. Class is not for beginners. **Class is limited to 16 participants.**

Day/Time Tuesday, 1 – 3pm
Course # 165110-B1 Begins April 28 - June 23 (8 sessions) No class on 5/26
Course # 165110-B2 Begins June 30 – August 4 (6 sessions)
Location White Plains Public Library, 100 Martine Ave. – Room B
Fee (8 sess.) Resident \$30, Non –Resident \$55
Fee (6 sess.) Resident \$25, Non-Resident \$45

ADULT PROGRAMS

Slow Flow

Slow Flow is a mindful, steady yoga practice that integrates conscious breathing and focused, fluid body movement in order to build strength, increase flexibility and cultivate mind-body awareness.

Age Group: 18 & Older
Day/Time: Wednesday, 6:45 – 7:45pm
Course #: 142310 – Y3 Begins April 15, 10 sessions (No class 5/27)
142310 – Y4 Begins July 8 – 6 sessions
Location: White Plains Public Library, 100 Martine Ave.
Fee: 10 sessions, \$130
6 sessions, \$78

Registration: Ongoing at the White Plains Recreation & Parks Department

Art Inspiration

Creativity by the Masters -Enjoy experiencing art making skills while exploring art history. The course will focus on introducing a variety of artists, their works and art making processes. Travel through time to experience the High Art of the Renaissance, the defiance of the Impressionist artists through contemporary stylized art. A variety of materials will be presented to inspire individual creativity and skill development. No prior experience is necessary, just come and unleash your imagination. All materials will be provided.

Age Group: 18 & Older

Day/Time: Thursdays, 6:30pm – 8:00pm

Course #: 143010 – A1 Begins April 16 – (8 sessions) (no class 4/30 & 5/28)
143010 – A2 – Begins July 9 – (6 sessions)

Location: White Plains Public Library, 100 Martine Ave. - Auditorium

Fee: 10 sessions, \$130
6 sessions, \$78

Registration: Ongoing at the Recreation & Parks Department

Jewelry Making Techniques

This class will teach a range of basic jewelry skills, plus how to make fabulous pieces you have seen in stores and catalogs. Think crimping, stretchy bracelets, wire-wrapped earrings, multi-wrap bracelets and knotted necklaces. You will make and take home finished pieces, along with life-long skills. Supplies will be purchased at wholesale prices at first class.

Age Group: 18 & Older

Day/Time: Tuesday, 6:30 – 8:00pm,

Course #: 143010 – J1 – Begins April 21, 8 sessions (no class 5/26)
143010 – J2 – Begins July 7, 6 sessions

Location: White Plains Public Library, 100 Martine Ave. –Room B

Fee: 8 sessions, \$104
6 sessions, \$78

Registration: Ongoing at the Recreation & Parks Department

Getting Started with Salsa Styles & Techniques

If you think you would like to try this dance of energy and passion that flows when being performed, then join our Salsa class and develop your partnering technique and basic salsa steps and turns that will get you on the dance floor. Learn the basics, get some exercise, and have a great time! No partner required – its liveliness is contagious enough to make you get on your feet and dance to the sounds and rhythm of this hot dance.

Age Group: 18 & Older
Day/Time: Tuesday, 6:30 – 7:30pm
Course #: 146410 – S1 – Begins April 14 (No class May 26) (8 sessions)
146410 – S2 – Begins July 7 – (6 sessions)
Location: White Plains Public Library, 100 Martine Ave. - Gallery
Fee: 8 sessions, \$104
6 sessions, \$78
Registration: Ongoing at the Recreation & Parks Department

Teen Programs

Programs will be exciting, social and exuberating and will be well supervised by experienced recreation staff. SCHOOL ID REQUIRED. RESIDENTS ONLY!

Teen Yoga

This class builds strength in muscles and bones, helps with ideal posture alignment, and develops the skills and awareness to help physically relax by focusing on deep breathing. Students will develop a basic understanding of yoga and its common poses which will help develop ones coordination and balance and help prevent injuries. Make new friends, get physically fit and have fun, all while getting a great workout.

Age Group: Grades 5-8
Day/Time: Wednesday, 5:30 – 6:30pm
Course #: 132310 – Y1 - Begins April 15 (No class 5/27) (8 sessions)
132310 – Y2 - Begins July 8 (6 sessions)
Fee: 8 sessions, \$104
6 sessions, \$78
Location: White Plains Public Library, 100 Martine Ave. – Room B