

A GUIDE TO HEALTHY CHOICES

KEEP YONKERS MOVING

FITNESS



NUTRITION



YONKERS COMMUNITY HEALTH COALITION

***Keep Yonkers Moving:
A Guide to Healthy Choices for
Fitness and Nutrition
2006***

**is a publication of the
Yonkers Community Health Coalition,
a work group of the Healthy Yonkers Initiative**

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New York State Department of Health**

YONKERS COMMUNITY COALITION

- American Cancer Society
- American Heart Association
- City of Yonkers/Community Service CLUSTER, Inc.
- Cornell Cooperative Extension
- 55 Plus Yonkers Connections
- Greyston Foundation
- Jewish Council of Yonkers
- Nepperhan Community Center
- Spanish Community Progress Foundation
- Saint Joseph's Medical Center
- Westchester Children's Association
- Westchester County Department of Health
- Yonkers Community Action Program
- Yonkers Department of Parks and Recreation
- Yonkers Downtown/Waterfront BID
- Yonkers Early Childhood Initiative
- Yonkers Municipal Housing Authority
- Yonkers Public Library
- Yonkers Public Schools
- Yonkers YMCA
- Yonkers YWCA

Led by the **Community Planning Council of Yonkers**
and **St. John's Riverside Hospital**

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Keep Yonkers Moving

A Guide to Healthy Choices for Fitness & Nutrition



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MOVING TOWARDS GOOD HEALTH

More exercise and healthy eating help people live longer and happier lives. Being overweight and inactive can lead to diabetes, heart disease, high blood pressure and some cancers. In order to promote a healthy lifestyle, this booklet introduces Yonkers residents to local resources for physical and nutrition programs and information. Please keep in mind that **anyone starting strenuous exercise or making a significant change in diet should see a physician first.**

The Yonkers Community Health Coalition (YCHC), a work group of the Healthy Yonkers Initiative is led by the Community Planning Council of Yonkers and St. John’s Riverside Hospital with many other partners listed on the rear cover, developed and compiled the resource guide.

The information was gathered by questionnaire and telephone interviews with organization representatives. Only nonprofit and public organizations were surveyed.

Thanks to the Yonkers YMCA for printing this 2006 edition of “Keep Yonkers Moving.”

Thanks to the New York State Department of Health Office of Minority Health for funding this project.

And a special thanks to all the dedicated staff and board members of the non-profit organizations who are listed in this edition and who are available to help us improve our fitness and nutrition!

Marry Hotte
Community Planning Council
of Yonkers
Co- Chair – YCHC

Linda Bohan
St. John’s Riverside Hospital
Co-Chair – YCHC

FITNESS RESOURCES

Yonkers Municipal Housing Authority 10 Brook Street Gym Yonkers, NY 914-793-8400	2
Yonkers Police Athletic League 127 North Broadway Yonkers, NY 914-377-7381	1,2,3,7,8,9
Yonkers Public Library Riverfront Library One Larkin Center Yonkers, NY 10701 914-337-1500 Will Library 1500 Central Park Avenue Yonkers, NY 10710 914-337-1500	19
Yonkers YMCA 17 Riverdale Ave Yonkers, NY 10701 914-963-0183	2,3,4,5,6,8,9,10,11,12, 13,14
Yonkers YWCA 87 South Broadway Yonkers, NY 10701 914-963-0640	4,5,6
Youth Theatre Interactions 164 Ashburton Avenue Yonkers, NY 10701 914-963-3040	1,4

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LEGEND	
“Donate”	= Donations Accepted
“Schrlhp”	= Scholarships offered by programs
“ \$ “	= Programs requires fees or other expenses
All telephone numbers are in area code 914	

FITNESS RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE	Location	Page
ACTING					St. John's Riverside Hosptal 967 North Broadway Yonkers, NY 10701	
Youth Theatre 963-3040	10701	Children, Teens	Same	\$50	Cardiac Rehabilitation 914-964-4924 Diabetes Center 914-964-4558	5,14,15 12,14,15
BASEBALL					Southwest Yonkers Boys & Girls Club 146 Woodland Avenue Yonkers, NY 10701 914-963-0872	2,3
Yonkers Parks & Rec 377-6450	10701					
All Yonkers Youth		Children, Teens	10710	\$		
Bryn Mawr Boys/Girls		Children, Teens	10701	\$		
Colts Youth Club		Children, Teens	10703	\$	Westchester County Department of Health 145 Huguenot Street New Rochelle, NY 10801 914-813-5000	15
Dunwoodie Youth Assn		Children, Teens	10704	\$		
E. Yonkers Boys/Girls		Children, Teens	10704	\$		
HS Richards		Children, Teens	10710	\$		
Hillcrest Lakers		Children, Teens	10710	\$		
Lud-Dale		Children, Teens	10705	\$	Westchester County Department of Parks and Recreation White Plains, NY 10601 914-813-7083	3,6,7,8,9,10,11,12,16
McLean Heights		Children, Teens	10701,04, 05,10	\$		
Pacoy		Children, Teens	10701	\$		
Pelton		Children, Teens	10701	\$	Westside Youth Organization P.O. Box Yonkers, NY 10702 212-854-3654	12
Yonkers PAL 377-7381	10701	Children, Teens	All Yonkers	No		
BASKETBALL						
Nepperhan Comm Cntr 965-0203	10701	Children, Teens, Adults	Same	No	Yonkers Community Action Program 164 Ashburton Avenue Yonkers, NY 10701 914-423-5905	2,14
Salvation Army 963-1222	10701	Teens	Same	\$	Yonkers Department of Parks & Recreation 285 Nepperhan Avenue Yonkers, NY 10701 914-377-6450	1,2,3,4,5,6,7,8,9,10,11, 12,13

ALPHABETICAL LIST OF ORGANIZATIONS

FITNESS RESOURCES

ORGANIZATION	PAGE	ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
Cornell Cooperative Extension 26 Legion Drive Valhalla, New York 10695 914-285-4630	15	SW Yonkers Boys/Girls 963-0872	10701	Children, Teens	Same	\$
		Yonkers CAP 423-5905	10701	Children, Teens	Same	\$
Greyston Foundation 68 Warburton Avenue Yonkers, New York 10701 914-376-3900	14	Yks Municipal Housing 793-8400	10710	Teens (Residents only)	Brook St. Gym	No
		Yonkers Parks & Rec 377-6450	10701			
Jewish Council of Yonkers 584 North Broadway Yonkers, NY 10701 914-423-5009	4,5,6,13	All Yonkers Youth		Children, Teens	10710	\$
		Bryn Mawr Boys/Girls		Children, Teens	10701	\$
		Colts Youth Club		Children, Teens	10703	\$
		Dunwoodie Youth Assn		Children, Teens	10704	\$
		E. Yonkers Boys/Girls		Children, Teens	10704	\$
		HS Richards		Children, Teens	10710	\$
		Hillcrest Lakers		Children, Teens	10710	\$
		Lud-Dale		Children, Teens	10705	\$
		McLean Heights		Children, Teens	10701,04 10705, 10	\$
Nepperhan Community Center 342 Warburton Avenue Yonkers, NY 10701 914-965-0203	1,3,5,8,12					
Saint Joseph's Medical Center 127 South Broadway Yonkers, NY 10701 914-378-7000	15	Yonkers PAL 377-7381	10701	Children, Teens	Same	No
		Yonkers YMCA 963-0183	10701	Children, Teens, Adults	Same	\$
Salvation Army, The 110 New Main Street Yonkers, NY 10701 914-963-1222	1	BATON TWIRLING Yonkers Parks & Rec 377-6450	10701	Children, Teens	10710	\$

FITNESS RESOURCES

WEBSITES

ACTIVITY AND ORGANIZATION	ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
BICYCLING West Cnty Parks & Rec 864-7000	10701	Children, Teens, Adults, Seniors, Special Needs	Tibbetts	Park Pass
BOWLING Yonkers Parks & Rec 377-7381	10701	Special Needs	10704	No
BOXING SW Yks Boys/Girls 963-0872	10701	Children, Teens	Same	\$
Yonkers PAL 377-7381	10701	Children, Teens	Same	No
Yonkers YMCA 963-0183	10701	Children, Teens	Same	\$
CANOEING West Cnty Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Croton	Own Canoe Req.
CHEERLEADING Yonkers Parks & Rec 377-6450 H.S. Richards	10701	Children, Teens	10710	\$
DANCE: AFRICAN Nepperhan Com Cntr 965-0203	10701	Children, Teens	Same	No

1% or Less
www.cspinet.org/nutrition/schoolkit.html
 5-A-Day for Better Health
www.health.discovery.com
 Fitness Connection
www.fitnessconnection.com
 Kids Running
www.kidsrunning.com
 Nutrition and kids
www.nutritionandkids.net/10692
 Nutrition Explorations
www.nutritionexploration.org
 Project Lean
caprojectlean.org/
 Smart Mouth
www.cspinet.org/smartmouth/
 Shape Up America
www.shapeup.org
 This is Your Life
www.foodplay.com

BOOKS AND VIDEOS

Exercise books, tapes, and magazines are available at the Yonkers Public Library.

Suggested Books

Don't Get Duped! A consumer's guide to health and fitness – F. Forness, Larry M.

Fat Daddy, Fit Daddy – Lawrence Schwartz

Health living, Volume 1

Physical Fitness – Franklin Watts

Ultimate Fitness – Gina Kolata

Suggested Videos

Exercise for adults: *Walkaerobics*

Funky Aerobics Video Workout

On the Ball Abs Workout for Beginners

Pathways: Exercise video fir people with limited mobility

The Method: Dance to Fitness

Victoria's Technifunk II: *The Dance Attack!*

Viva Aerobic con Ritmo Latino

Zak Lee's *Tai Box Kick to Fit*

FITNESS RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
Yonkers YMCA 963-0183	10701	Children, Teens, Adults	Same	No
Youth Theatre 963-3040	10701	Children, Teens	Same	Donate
BALLET YTI 963-3040	10701	Children, Teens	Same	Donate
BELLY Yonkers Parks & Rec 377-6450	10701	Teens, Adults, Seniors	Same	\$
HAITIAN/STREET/TAP Youth Theatre 963-3040	10701	Children, Teens	Same	Donate
HAWAIIAN Yonkers YWCA 963-0640	10701	Teens	Same	\$
JAZZ Jewish Council of Yks 423-5009	10701	Seniors	All Senior Housing	No

FITNESS RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
LATIN Yonkers YMCA 963-0183	10701	Children, Teens, Adults, Seniors, Special Needs	Same	\$
LINE Jewish Council of Yks 423-5009	10701	Seniors	All Senior Housing	No
Yonkers Parks & Rec 377-6450	10701	Seniors	10701,04	No
EXERCISE: AEROBICS Nepperhan Com Cntr 965-0203	10701	Children, Teens	Same	No
Yonkers Parks & Rec 377-6450	10701	Teens Adults Seniors	10701 10701 10701, 04	\$ \$ No
Yonkers YMCA 963-0183	10701	Children, Teens, Adults, Seniors, Special Needs	Same	\$
Yonkers YWCA 963-0640	10701	Teens, Adults, Seniors, Special Needs	Same	\$
CARDIAC REHAB St. John's Hospital 964-4924	10701	Special Needs	Same	\$

HEALTHY SNACK IDEAS

Fresh fruit
Canned fruit in its own natural juices
Dried fruit such as raisins or apricots
Fresh vegetables such as baby carrots, tomatoes, peppers,

Low fat pudding
Low fat cheese
Skim or low fat milk
Nonfat or low fat yogurt

Fig bars
Breadsticks
Gingersnaps
Air popped corn
Graham crackers
Popcorn or rice cakes
Baked tortilla chips with salsa
Mini bagel or 1/2 regular bagel

Pretzels
Pita bread
Low fat crackers
Low fat granola bar
Baked potato chips
Unsweetened cereal with or without Skim milk

FITNESS RESOURCES

NUTRITION TIPS

Eat **fewer fried foods**.

Use **olive oil** rather than butter, margarine, and fat.

Drink **1% or skim milk** unless you are under 2 years of age.

Eat **whole grain** bread or pasta and use brown rice, it's better for you.

Eat **5 servings** of fruits or vegetables daily (a serving is the size of a light bulb).

You have to walk the length of a football field to use the calories from eating one M & M!

Read labels on food packages; **be low or lower** on sodium (salt), fat, and cholesterol.

Eat **healthy portions** of food: a portion of meat is the size of a deck of cards; a portion of pasta is the size of a scoop of ice cream.

Drink water, fruit juices, or milk, not sugar filled drinks. (Snapple has 13 teaspoons of sugar; Coca Cola has 17 teaspoons of sugar; Sunny Delight has 19 teaspoons of sugar)

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
CHAIR				
Jewish Council of Yks 423-5009	10701	Seniors	All Senior Housing	No
Yonkers Parks & Rec 377-6450	10701	Seniors	10701	No
Yonkers YMCA 963-1083	10701	Seniors	Same	\$
FIT FOR LIFE				
Yonkers YWCA 963-0640	10701	Children, Teens, Adult	Same	\$
KIDS FITNESS				
Yonkers YMCA 963-0183	10701	Children	Same	\$
FISHING				
W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Tibbetts	Park Pass
FOOTBALL; (also Flag/Touch)				
Yonkers Parks & Rec 377-6450	10701			
Bryn Mawr Boys/Girls		Children, Teens	10701	\$
Colts Youth Club		Children, Teens	10703	\$
East Yks Boys/Girls		Children, Teens	10704	\$
Lud-Dale		Children Teens	10705	\$

FITNESS RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
Yonkers PAL 914-864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Same	No
GOLF W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Dunwoodie Sprn Lake, Tibbetts	Park Pass
Yonkers Parks & Rec 377-6450	10701	Teens, Adults, Seniors	10704	\$
Yonkers PAL 377-7381	10701	Teens	Sprain Lake	No
HIKING W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Sprain Ridge Pk, Tibbetts	No
HORSEBACK RIDING W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Eastchester	\$
ICE SKATING/HOCKEY W.C. Parks & Rec 864-7083		Children, Teens, Adults, Seniors	Playland, Tibbetts	\$/ Park Pass
Yonkers Parks & Rec 377-6469 377-RINK	10701	Children, Teens, Adults, Seniors	Murray Rink	\$

FITNESS TIPS

Go dancing, not to the movies.

Turn off the TV and video games.

Get of the bus one stop early and **walk**.

Go out for lunch; don't have it delivered.

Walk, don't drive your children to school.

Take your child to the playground or park.

Don't take the elevator; **walk** up the stairs.

Plant a garden; rake the lawn; mow the grass.

Push yourself away from the table before you are full.

Park the car further away from your office or store and **walk**.

Borrow an **exercise tape** from the library; use it, then buy one.

Buy a pedometer (under \$20) and **walk up to 10,000 steps** each day.

A child needs **at least 1 hour of** exercise each day.
An adult needs **at least ½ hour of** exercise each day.

NUTRITION RESOURCES

FITNESS RESOURCES

NUTRITION SERVICES ORGANIZATION ZIP CODE POPULATION SERVED SERVICE SITE FEE

ACTIVITY AND ORGANIZATION ORG ZIP CODE POPULATION SERVED ACTIVITY SITE FEE

SPECIAL SERVICES

KARATE

CARDIAC
St John's Hosp 10701/03 Children, Teens, Adults, Seniors, Special Needs Various No
 964-4924

Yonkers Parks & Rec 10701 Children 10710 \$
 377-6430 Teens 10710 \$
 Special Needs 10704 No

DIABETES
St John's Hosp 10701 Diabetics Same No
 964-4558

Yonkers PAL 10701 Children, Teens Same No
 377-6450

Yonkers YMCA 10701 Children, Teens, Adults Same \$
 963-0183

PRESENTATIONS

KAYAKING

Cornell Cooperation Extension (Nutrition Education and Cooking Demonstration, Fitness and Nutrition for Women and Reference material for the Community)
 285-6244

W.C. Parks & Rec 10601 Children Teens, Adults, Seniors, Special Needs Sprain Lake, Tibbetts \$
 864-7083

St John's Riverside Hospital
 964-7303

Yonkers YMCA 10701 Children, Teens Same \$
 963-0183

St Joseph's Medical Center
 378-7000

MARCHING BAND
Nepperhan Comm Cntr 10701 Children, Teens Same No
 965-0203

Westchester County Dept of Health
 813-5230

Yonkers YMCA 10701 Children, Teens Same No
 963-0183

MINIATURE GOLF
W.C. Parks & Rec 10601 Children, Teens, Adults, Seniors, Special Needs Tibbetts Brook \$
 864-7083

FITNESS RESOURCES

NUTRITION RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE	NUTRITION SERVICES	ORGANIZATION ZIP CODE	POPULATION SERVED	SERVICE SITE	FEE
MOUNTAIN BIKING W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Sprain Ridge Park	Park Pass	GROUP SESSIONS Greyston Fnd 376-3900	10703	Adults	On/Off Site	No
NATURE STUDY W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Sprain Ridge Park	No	St John's Hospital Cardiac Rehab 964-4924 Diabetes Center 964-4558	10701/03	Overweight/Obese Cardiac, Diabetes	Same Same	\$
OPEN GYM Yonkers PAL 377-7381	10701	Children, Teens	Same	No	Yonkers CAP 423-5905	10701	General	Same	No
Yonkers Parks & Rec 377-6450	10701	Teens	10701/03 05/08/10	No	Yonkers YMCA 963-0183	10701	Children, Teens, Adults, Seniors	Same	\$
Yonkers YMCA 963-0183	10701	Children, Teens, Adults, Seniors	Same	\$	1-to1 COUNSELING Greyston Fnd 914-376-3900	10703	Adults	On/Off Site	No
PERSONAL TRAINING Yonkers YMCA 963-0183	10701	Children, Teens, Adults, Seniors, Special Needs	Same	\$	St John's Hospital Cardiac Rehab 964-4924 Diabetes Center 964-4558	10701/03	Overweight/Obese Cardiac, Diabetes	Same Same	\$ \$
PLAYGROUND W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Sprain Ridge, Tibbetts	No	Yonkers YMCA 963-0183	10701	General	Same	No
Yonkers Parks & Rec 377-6450	10701	Children Teens, Adults, Seniors, Special Needs	All Yonkers	No					

FITNESS RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
WEIGHT LIFTING Yonkers YMCA 963-0183	10701	Children, Teens, Adults	Same	\$
YOGA Jewish Council of Yks 423-5009	10701	Seniors	All Senior Housing	No
Yonkers Parks & Rec 377-6450	10701	Teens, Adults, Seniors	10701	\$

FITNESS RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
RACQUETBALL Yonkers YMCA 963-0183	10701	Teens, Adults, Seniors	Same	\$
ROLLER SKATING W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Tibbetts	Park Pass
Yonkers YMCA 963-0183	10701	Children, Teens, Adults	Same	\$
SKIING(X COUNTRY) W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Dunwoodie Sprain, Grassy Sprain, Tibbetts	No
SOCCER Yonkers Parks & Rec 377-6450	10701			
Bryn Mawr Boys/Girls		Children, Teens	10701	\$
Colts Youth Club		Children, Teens	10703	\$
HS Richards		Children, Teens	10710	\$
Hillcrest Lakers		Children, Teens	10707/10	\$
Yonkers YMCA 963-0183	10701	Children, Teens	Same	\$

FITNESS RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
SOFTBALL				
Yonkers Parks & Rec 377-6450	10701			
All Yonkers Youth		Children, Teens	10710	\$
Dunwoodie Youth Assn		Children, Teens	10704	\$
HS Richards		Children, Teens	10710	\$
Hillcrest Lakers		Children, Teens	10710	\$
SPINNING				
Yonkers YMCA 963-0183	10701	Children, Teens, Adults, Seniors	Same	\$
Swimming				
W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Sprain Ridge, Tibbetts	Park Pass
Yonkers Parks & Rec 377-6450	10701	Children Teens Adults Seniors Special Needs	10701/04 10701 10701/04 10701/04 10704	\$ \$ \$ \$ No
Yonkers YMCA 963-0183 (Lessons) (Lifeguard training)	10701	Children Teens Adults Seniors Special Needs	10701 10701 10701 10701 10701	\$ \$ \$ \$ \$
TAI CHI				
Yonkers Parks & Rec 377-6450	10701	Teens, Adults, Seniors	10701	\$

FITNESS RESOURCES

ACTIVITY AND ORGANIZATION	ORG ZIP CODE	POPULATION SERVED	ACTIVITY SITE	FEE
TENNIS				
W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Tibbetts	Park Pass
Westside Youth	10702	Children, Teens	10701/04	\$/ Sclrhph
Yonkers Parks & Rec 377-6450	10701	Children Teens Adults Seniors Special Needs	10710 10701 10701 10701 10704	\$ \$ \$ \$ No
TRACK/FIELD				
Yonkers Parks & Rec 377-6450	10701	Children, Teens, Adults, Seniors	Various	No
Yonkers YMCA 963-0183	10701	Children, Teens, Adults, Seniors	Same	\$
WALKING				
Nepperhan Comm Cntr 965-0203	10701	Teens, Adults	Same	No
St. John's Hospital Diabetes Center 964-4558	10701/03	Special Needs	Same	\$
W.C. Parks & Rec 864-7083	10601	Children, Teens, Adults, Seniors, Special Needs	Tibbetts	Park Pass