

REGISTER NOW



Saturdays, October - December 23, 2017

11:00am - 12:30pm

Children Ages 7 - 12

Capoeira is a martial art and dance form that combines elements of dance, acrobatics and music to promote physical fitness and grace of movement. Children benefit from improved physical fitness and develop a positive outlook on life. This ten week program is made possible by Arts Westchester with support from Westchester County government. Taught by Ary Lima, aka mestre Aryranha, who has taught kids and adults capoeira for 27 years. Registration is required. To register or for more information call 914-668-1840, ext. 211 or come by the Children's Reference Desk.



AFTER SCHOOL YOGA

Tuesdays, November 21, December 5 and 19, 2017

4:15pm - 5:00pm Ages 6-10

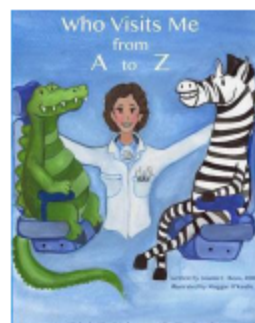
Children's Room

Children will be physically challenged and feel a sense of accomplishment while learning how yoga can help strengthen their minds and bodies. They will move through yoga poses and release energy, while working on focus, flexibility, balance and concentration. For more information, call 914-668-1840 ext. 211 or come by the Children's Reference Desk.

Special Storytime by Author, Dental Hygienist Joanne L. Roos, RDH

Wednesday, October 25, 2017 10:15am

Who Visits Me from A to Z, An Alphabetical Adventure to the Dentist introduce children to the dental hygienist and the importance of taking care of their teeth. All attendees will take home a goody bag with a toothbrush, toothpaste and an activity sheet. Daycares are welcome, but please call ahead so we have enough material for your group. Signed copies of the book are available for purchase after the storytime. For more information call the Children's Room at 914 668-1840, ext.211.



SAVE THE DATE

1ST ANNUAL

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