



Recreation Program Objectives Policy



These objectives are reviewed/updated on an annual basis and adjusted based on the needs and interests of the County residents.

Athletic Programming Objectives

- Athletic programs encourage a healthy lifestyle good sportsmanship, team work and making sports/exercise a part of daily life.
- Athletic programs provide opportunity for physical activity.
- Athletic programs provide opportunities for participants to develop specific skills and gain a sense of accomplishment.

The following are examples of classes, programs, and services that support these objectives:

- High School Cheerleading Competition
- Jr. Golf Camps
- Pickle Ball Tournaments
- Slam Dunk Summer Basketball Camps
- High School Basketball Showcase
- Fit Mobile

Special Events Objectives

- Increase personal and family enjoyment
- Increase social, recreational, and developmental growth
- Enhance quality of life through community participation and group interaction
- Coordinate events that offer an affordable experience
- Partner with local groups to provide enriching programs and services

The following are examples of classes, programs, and services that support these objectives:

- 9/11 Ceremony
- Westchester Food & Wine Week
- Car & Truck show
- Corn Hole Tournament
- Disabled Dances
- Disabled Picnic
- Ethnic Festivals
- July 3rd Music Festival & Fireworks Show
- Gold Star Mother's Day
- Free Outdoor Concerts
- Free Outdoor Movies
- Westchester Sports Hall of Fame Dinner
- Westchester County Police Night Out
- Winter Wonderland

Health & Fitness Objectives

- Westchester County Parks, Recreation and Conservation provides health and fitness programs/services to reduce obesity levels, combat health conditions and diseases and promotes lifelong health habits through activity.
- Westchester County Parks, Recreation and Conservation provides group exercise classes for residents and guests.
- Westchester County Parks, Recreation and Conservation offers classes for a variety of fitness levels that promotes self-esteem, mood, reduce stress levels and increases energy levels in participants to improve the quality of life for individuals within the community.

The following are examples of classes, programs, and services that support these objectives

- Bicycle Sundays
- Fitness in the Park
- Mall Walk
- MS Walk
- Zumba
- Walk-a-thons (American Heart Association, Multiple Sclerosis, Gilda's Walk, March of Dimes)
- Fit Mobile

Senior (50+) Program Objectives

- Increase knowledge and awareness of local and regional places of interest
- Develop friendships and increase social interactions
- To provide a better quality of life and aging in place strategies for adults aged 50+ through recreation, socialization, education, support and information
- Provide information on community resources and services

The following are examples of classes, programs, and services that support these objectives

- Dance Party
- Hall Fame
- Law Day
- Pool Party
- Salute to Seniors

Evaluation Methods: Staff reviews program evaluations throughout the year. In addition, staff interacts with parents, participants, residents and staff to have conversations about what participants are enjoying most about the programs and ideas for improvements. From those evaluations, improvements and changes are made to particular events/programs.

Reviewed Annually: Mrs. Kathleen O'Connor
Commissioner of Parks, Recreation and Conservation

Last Updated: 10/23

Last Reviewed: 10/23

Signature: _____

Kathleen O'Connor
10/12/23

Date: _____