

Youth Group Exercise Schedule

Free with membership!

Updated May 2nd to reflect reopening of Small Pool Changes!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 7pm Family Swim small Pool	5:15 - 6:00pm BASKETBALL 3-5 Year olds Gymnasium	4:30 - 5:00pm Hip Hop Tatum Ages 3 & up Studio	5:15 - 6:00pm SOCCER 3-5 Year Olds Peter Gymnasium	5:15 - 7pm Family Swim small Pool	8-8:45am HAVING A BALL Kickball, Catch the Flag, Bounce the ball, all sorts of ball fun! 3-5 Year Olds Gymnasium	2:00 - 4:00pm Family Swim small Pool
5 - 5:45pm VOLLEYBALL Ages 9+ Gymnasium	5 - 5:30pm Strength & Conditioning Ages 9+ Heather Studio	5:15 - 7pm Family Swim small Pool	6:40pm Pilates @ Alice (1hr) Ages 13 & up Community Room	5:15 - 5:45pm BOOT CAMP Dan Ages 4 & up Studio	9-9:45am HAVING A BALL Dodgeball, Kickball, Catch the Flag, lots of ball fun to stay active! 6-8 Year Olds Gymnasium	2-2:30pm MARTIAL ARTS Peter Ages 3-4 Studio
	5:35pm Zumba @ Angela Ages 10 & up	5:15 - 6:00pm BASKETBALL 6-8 Year olds Gymnasium	7:30pm Zumba @ Angela (1hr) Ages 13 & up	5:45-6:15pm Spin @ Express Heather *Must be 5ft. Studio	10-10:45am SOCCER 6-8 Year Olds Peter Gymnasium	2:30-3:15pm MARTIAL ARTS Peter Ages 5-6 Studio
	6 - 6:45pm BASKETBALL Ages 9+ Gymnasium	5-5:30pm KIDS ONLY Zumba@ Tatum Ages 3 & up Studio		6:35pm Yoga for all ages James (1hr) Everyone welcome! A & B Room	11-11:45am SOCCER Ages 9+ Peter Gymnasium	
	6:40pm Pilates @ Alice (1hr) Community Room Ages 13 & up	5:45-6:15pm Spin @ Express Heather *Must be 5ft. Studio			12:00pm Zumba @ Phil (1 hr) Ages 10 & up Studio	
	7:35pm Zumba @ Anna Ages 13 & up Studio	6-7:00pm WALLYBALL Floor trainer monitors Ages 7 and up Raquetball Court #2			2-2:45pm Ballet Tatum 3-4 year olds Studio	
					2-4pm Family Swim small Pool	
					3-3:45pm Ballet Tatum 5-6 year olds Studio	

Classes in **ITALICS** are for members only and can not be paid for as a Program Member. We encourage you to consider the benefits of membership!

Parents must be present for ages 3-8
Ages 9 to 13 parents must be onsite

We post class updates on



Classes are 45 minutes unless otherwise noted

Free babysitting for all members!

Monday - Friday 5:30pm-8:30pm, Saturday & Sunday 8:30am-2:30pm

The White Plains YMCA reserves the right to move the location of its classes to accommodate organizational needs.

914 949-8030

www.whiteplains.ymca-cnw.org