



YOUTH MOVEMENT



STARTING AT AGE 3!

Starting November 26th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35pm Zumba® Angela Studio (1hr) Ages 10+	5:45-6:15pm Spin® Express Heather Studio *Must be 5ft.	5:15 - 6:00pm SOCCER Gynnasium *Non-Members can pay for this program Ages 3-5	5:00pm VOLLEYBALL Recreational co-ed play monitored by Malik Gynnasium Ages 9+	10-10:45am SOCCER Gynnasium *Non-Members can pay for this program Ages 3-5	10-10:30am Little fingers big FUN Arts & Crafts with Alexandra. A different project every week. Lobby/Child Watch Ages 3-8
	6 - 6:45pm BASKETBALL Malik & George Gymnasium *Non-Members can pay for this program Ages 9+		7:30pm Zumba® Studio (1hr) Ages 13 +	5:45-6:15pm Spin® Express Heather Studio *Must be 5ft.	11-11:45am SOCCER Gynnasium *Non-Members can pay for this program Ages 6-8	11-11:45am TUMBLE TIME! Tumbling fun for your tike learns the fundamentals of movement, stretch & flexibility! Alexandra A&B Room Ages 3-8
	6:40pm Pilates® Community Room (1hr) Ages 13 +			7:30pm Yoga for all ages James Studio (1hr)	12-12:30pm MARTIAL ARTS A&B Room *Non-Members can pay for this program Ages 3-4	12 - 12:45pm BASKETBALL Malik & Alexandra Raquetball 2 *Non-Members can pay for this program Ages 3-5
	7:35pm Zumba® Anna Studio (1hr) Ages 13 +				12:30-1:15pm MARTIAL ARTS A&B Room *Non-Members can pay for this program Ages 5-8	1-1:45pm BASKETBALL Malik & Alexandra Gymnasium *Non-Members can pay for this program Ages 6-8
					12:00pm Zumba® Phil (1 hr) Studio Ages 10+	2-2:45pm SUPER HERO TRAINING ACADEMY Wear your favorite costume & train to be a SUPER HERO! Malik & Alexandra Studio Ages 6-9
					1 - 1:30PM Hip Hop Tatum Studio *Non-Members can pay for this program All ages 3+	3- 3:45pm SUPER HERO TRAINING ACADEMY Wear your favorite costume & train to be a SUPER HERO! Malik & Alexandra Studio Ages 3-5
					1:30 - 2PM KIDS ONLY Zumba® Tatum Studio *Non-Members can pay for this program All ages 3+	
					2-2:45pm Ballet Tatum Studio *Non-Members can pay for this program Ages 3-4	
					3-3:45pm Ballet Tatum Studio *Non-Members can pay for this program Ages 5-6	

914 949-8030

www.whiteplains.ymca-cnw.org

Ages 3-8: Parents must be in the activity area for ages 3-8.

Ages 9 to 13: Parents must be onsite. *Unless the child has completed the Youth PFP program

Classes are 45 minutes unless otherwise noted

Free babysitting for all members!

We post class updates on

