



STARTING AT AGE 3!

Starting January 15th

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.	5:00 - 5:45pm SOCCER Gynmasium *Non-Members can pay for this program Ages 3-5	5:00pm VOLLEYBALL Recreational co-ed play monitored by Malik Gynmasium Ages 9+	10-10:45am SOCCER Gynmasium *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 +	6:00pm Yoga for all ages Sanaa Studio (1hr)	11-11:45am SOCCER Gynmasium *Non-Members can pay for this program Ages 6-8	11-11:45am TUMBLE TIME! Tumbling fun foryour tike learns the fundamentals of movement, stretch & flexibility! Alexandra A&B Room Ages 3-8
	7:35pm Zumba® Anna Studio (1hr) Ages 13 +				1-1:30pm NINJA WARRIORS! 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
					1:30-2:15pm NINJA WARRIORS! 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



You can also sign up at the front desk for email alerts!