



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. | 5:00 - 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 + | 7:30pm Yoga for all ages James Studio (1hr) | 11-11:45am SOCCER Gynmasium *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 |
| | 7:35pm Zumba® Anna Studio (1hr) Ages 13 + | | | | 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 |
| | | | | | 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

