



YOUTH MOVEMENT



STARTING AT AGE 3!

Starting July 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>5:35pm Zumba® Angela Studio (1hr) Ages 10+</p>	<p>5:45-6:15pm Spin® Express Tamicka Studio *Must be 5ft.</p>	<p>7:30pm Zumba® Anna Studio (1hr) Ages 13 +</p>	<p>6:00-6:45pm BASKETBALL "Skills & Drills" by Malik Gymnasium *Non-Members can pay for this program Ages 10+</p>	<p>10-10:45am SOCCER Louis Gymnasium *Non-Members can pay for this program Ages 3-8</p>	<p>11-11:45am TUMBLE TIME! Fundamentals of movement, stretch & flexibility! *Non-Members can pay for this program Guerdyna A&B Room Ages 3-8</p>
	<p>6 - 6:45pm BASKETBALL Malik & George Gymnasium *Non-Members can pay for this program Ages 9+</p>			<p>6:00pm Yoga for all ages Sanaa Studio (1hr)</p>	<p>12:00 PM Zumba® Phil (1 hr) Studio Ages 10+</p>	<p>12 - 12:45pm BASKETBALL Malik Racquetball Court 2 *Non-Members can pay for this program Ages 3-8</p>
	<p>7:35pm Zumba® Anna Studio (1hr) Ages 13 +</p>					

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

We post class updates on



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