



YOUTH MOVEMENT



STARTING AT AGE 3!

Starting August 18th						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35pm Zumba® Angela Studio (1hr) Ages 10+	5:45-6:15pm Spin® Express Tamicka Studio *Must be 5ft.	7:30pm Zumba® Anna Studio (1hr) Ages 13 +	6:00-6:45pm BASKETBALL "Skills & Drills" Melissa Gymnasium *Non-Members can pay for this program Ages 10+	10-10:45am SOCCER Anthony Gymnasium *Non-Members can pay for this program Ages 3-8	
	6 - 6:45pm BASKETBALL Anthony Gymnasium *Non-Members can pay for this program Ages 9+			6:00pm Yoga for all ages Sanaa Studio (1hr)	11 - 11:45am BASKETBALL Anthony Gym Court *Non-Members can pay for this program Ages 3-8	
	7:35pm Zumba® Anna Studio (1hr) Ages 13 +				12:00 PM Zumba® Phil (1 hr) Studio Ages 10+	

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!