

Aquatics

For Swim School Philosophy and Parent Guideline see our website.

Aquatics Director	ext. 110
Pool Office	ext. 152
Private Lessons	ext. 153
Pool Parties	ext. 110

Pool Policy

Schedules are available at the front desk or online. Please check the pool office for cancelled and added swim and class times. The pool is closed for holidays, swim meets, and for two weeks in August.

Pool rules are strictly enforced and are listed on our website.

You **MUST** present your membership card with swim plan sticker or membership card and dip ticket before swimming.

Swim Memberships

See Inside Cover, Page 2

Private Lessons

\$45 per 1/2 hour, based on availability of instructor and pool space. Discounted packages are available. YWCA membership fee required. Call ext 153.

Swim Fees

(exact change required if not purchasing pass at front desk)

17 years and under

Members	\$ 3
Dip Ticket (12 Swims)	\$30
Guest	\$ 7

18 years and over

Members	\$ 4
Dip Ticket (12 Swims)	\$40
Guest	\$10

Seniors

Members	\$ 3
Dip Ticket (12 Swims)	\$30
Guest	\$ 7

1-Day Pass (non-members) \$15

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Pool Closed:
Oct 29 @4:30pm,
Oct 30-31, Nov 11, 25-28,
Dec 24-25, 31, Jan 1, 17

No classes: Nov 24,
Dec 25-31, Jan 1-3

Register your child for more than one preschool or youth class per week prior to 9/12 and received a 35% discount off the second lower priced class. After 9/12, the second class discount is 25%.

Pool Party Rentals

Whole or half-pool party rentals available after regular swim hours on Saturdays and Sundays.

Half Pool Rental - Max. 25 persons
\$225 for members
\$250 for Non-members

Whole Pool Rental - Max. 65 persons
\$325 for Members
\$350* for Non-members
*fees include room rental

Enjoy our beautiful pool for your special event. As a bonus, your guests will receive one free open swim pass to come back and visit us another time. For information call: (914) 949-6227 ext 110 or email:kkent@ywcawpcw.org.

WELCOME to the FALL 2010 Swim Session!

Understanding these difficult times, we have NOT raised the price of our swim lessons. Swimming is an essential life skill to which everyone needs access.

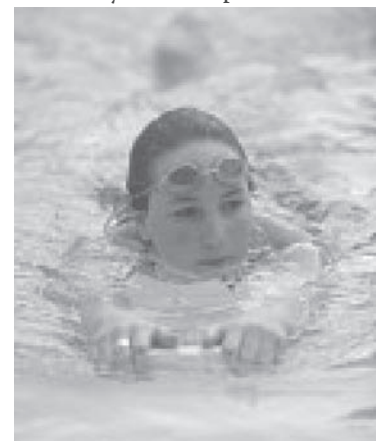
The Fall swim session is long, offering great continuity. Learning/improving swimming ability is challenging and requires the dedication and continuity that our extended Fall session provides.

We know that schedules are busy, and it can be hard to balance swimming with all the other demands. Now mini sessions offer a shorter alternative for pre-school aged children. In addition, we have decreased the number of classes/session to 8 weeks for our Adult classes. Now, you can find the time to commit to a confidence-building and health-boosting educational experience that can change your life. So....

- Take a look at our new water exercise classes
- Sign up to receive a water exercise class trial card by emailing pool@ywcawpcw.org.

Thank you for taking the time to check out our award-winning aquatics program.

We look forward to seeing you in the pool!



Weekly Aquatic Classes

September 13 - January 30

Parent-Tot (Ages 6 mos - 36 mos) & Pre-School (Ages 3 - 5)

30 Minutes Weekly	Wee Splash	Wee Splash Too	Wee Fish	Clownfish	Angelfish	Goldfish
Monday 18 weeks: \$360	9:15 M1WS	9:15 M1WT		2:00 M1CF 3:45* M1SF 4:30 M2CF	2:00 M1AF 3:45* M1SF 4:30 M2AF	2:00 M1GF 3:45* M1SF 4:30 M2GF
Tuesday 19 weeks: \$380	10:00 T1WS	10:00 T1WT		1:00** Mini 2:00 T1CF 3:45 T2CF 4:15 T3CF 4:45 T4CF	1:00** Mini 2:00 T1AF 3:45 T2AF 4:15 T3AF 4:45 T4AF	1:00** Mini 2:00 T1GF 3:45 T2GF 4:15 T3GF
Wednesday 18 weeks: \$360	FALL MINI SESSIONS (ages 3-5) Session 1 9/14-11/2 Tuesday 1:00-1:30pm 8 weeks \$160 T1MS 9/16-10/28 Thursday 1:00-1:30pm 7 weeks \$140 H1MS Session 2 11/10-12/21 Tuesday 1:00-1:30pm 7 weeks \$140 T2MS 11/4-12/23 Thursday 1:00-1:30pm 6 weeks \$120 H2MS			2:00 W1CF 3:45 W2CF 4:30 W3CF	2:00 W1AF 3:45 W2AF 4:30 W3AF	2:00 W1GF 3:45 W2GF 4:30 W3GF
Thursday 17 weeks: \$340				1:00** Mini 2:00 H1CF 3:45 H2CF 4:15 H3CF 4:45 H4CF	1:00** Mini 2:00 H1AF 3:45 H2AF 4:15 H3AF 4:45 H4AF	1:00** Mini 2:00 H1GF 3:45 H2GF 4:15 H3GF 4:45 H4GF
Friday 17 weeks: \$340	10:00 F1WS	10:00 F1WT		10:30 F1CF 1:30 F2CF 2:00 F3CF 3:45* F1SF	10:30 F1AF 1:30 F2AF 2:00 F3AF 3:45* F1SF	10:30 F1GF 1:30 F2GF 2:00 F3GF 3:45* F1SF
Saturday 15 weeks: \$300	10:00 S1WS 10:30 S2WS	10:00 S1WT 10:30 S2WT	11:00 S1WF 11:45 S2WF	9:00 S1CF 9:30 S2CF 11:45 S3CF 1:00* S1SF	9:00 S1AF 9:30 S2AF 11:45 S3AF 1:00* S1SF	9:00 S1GF 9:30 S2GF 11:45 S3GF 1:00* S1SF
Sunday 15 weeks: \$300	10:00 U1WS 10:30 U2WS	10:00 U1WT 10:30 U2WT	11:00 U1WF 11:30 U2WF	10:00 U1CF 10:30 U2CF 11:00 U3CF 11:30 U4CF	10:00 U1AF 10:30 U2AF 11:00 U3AF 11:30 U4AF	10:00 U1GF 10:30 U2GF 11:00 U3GF 11:30 U4GF

*Swim Evaluations take place on the first day of class. ** Mini Sessions offer fewer weeks and greater flexibility. Evaluations first day of class.

Wee Splash (6-18mos) & Wee Splash Too (18mos and up)

Parent or caregiver will be in the water. This instructor-led course uses songs, games, group and individual activities to support the introduction of basic swimming skills and water safety. Children are challenged at a developmentally appropriate level.

Wee Fish: Transition class. Children must be 3 by **end** of session. The session begins with parents, children, and instructor in the water practicing water exploration skills. The session ends with parents out of the water as children continue their exploration independently with the instructor.

Clownfish: Beginner skills. Children must be 3 at **beginning** of session. Water exploration, bubbling, submersion, freestyle and floating introduction begin in positive, comfortable environment of gentle encouragement and fun.

Angelfish: Prerequisites: Comfortable submersion and some floating ability, no locomotion. Swim skill development continues in a framework of fun and games. Intermediate skills include freestyle and backstroke development.

Goldfish: Prerequisites: Some swimming skills. Our little swimmers work on advanced skills including coordinated freestyle, rhythmic breathing, backstroke and diving – this class take place entirely in deep water. Usual progression to Level 3 Jr. or Level 4.

Youth Level Classes (Ages 6 - 12)

40 Minutes Weekly	Level 1	Level 2	Level 3 Jr.	Level 3	Level 4	Level 5	Level 6
Monday 18 weeks: \$432	3:45* M2SF 4:30 M1L1	3:45* M2SF 4:30 M1L2	4:30 M13J	3:45* M2SF 4:30 M1L3	3:45* M2SF 4:30 M1L4	3:45* M2SF 4:30 M1L5	3:45* M2SF 4:30 M1L6
Tuesday 19 weeks: \$456	3:45 T1L1 4:30 T1L2	3:45 T1L2 4:30 T2L2		3:45 T1L3 4:30 T2L3	4:30 T1L4	4:30 T1L5	4:30 T1L6
Wednesday 18 weeks: \$432	3:45 W1L1 4:30 W2L1	3:45 W1L2 4:30 W2L2	3:45 W13J 4:30 W23J	3:45 W1L3 4:30 W2L3	3:45 W1L4 4:30 W2L4	3:45 W1L5 4:30 W2L5	3:45 W1L6 4:30 W2L6
Thursday 17 weeks: \$408	3:45 H1L1 4:30 H2L1	3:45 H1L2 4:30 H2L2	3:45 H13J	3:45 H1L3 4:30 H2L3	4:30 H1L4	4:30 H1L5	4:30 H1L6
Friday 17 weeks: \$408	3:45* F2SF	3:45* F2SF		3:45* F2SF	3:45* F2SF	3:45* F2SF	3:45* F2SF
Saturday 15 weeks: \$360	9:00 S1L1 10:00 S2L1 11:00 S3L1 1:00* S2SF	9:00 S1L2 10:00 S2L2 11:00 S3L2 1:00* S2SF	9:00 S13J 10:00 S23J 11:00 S33J	9:00 S1L3 10:00 S2L3 11:00 S3L3 1:00* S2SF	10:00 S1L4 11:00 S2L4 1:00* S2SF	10:00 S1L5 11:00 S2L5 1:00* S2SF	10:00 S1L6 11:00 S2L6 1:00* S2SF
Sunday 15 weeks: \$360	10:00 U1L1 11:00 U2L1 12:00 U3L1	10:00 U1L2 11:00 U2L2 12:00 U3L2	10:00 U13J 12:00 U23J	10:00 U1L3 11:00 U2L3 12:00 U3L3	10:00 U1L4	11:00 U1L5	11:00 U1L6

Class maximums are contingent upon swim level and instructor. Our basic guideline is an 8:1 ratio, but enrollment can be less or greater than the guideline. Please note that the YWCA reserves the right to combine classes.

Level 1 Beginner skills: Participants work on exploration and submersion. Freestyle and floating are introduced.

Level 2 Advanced beginner skills: Freestyle and backstroke development continue and include breathing skills. Deep water orientation and treading.

All Level 3 and above classes are taught entirely in the deep end.

Level 3 Junior (Ages 4-6) Evaluation or instructor recommendation required. This course for our younger intermediate swimmers includes level 3 skills with emphasis on building endurance and strength.

Level 3 (Ages 7 and up) Intermediate skills: Freestyle and backstroke refinement include alternate breathing and endurance. Elementary backstroke and breaststroke kick, and diving are introduced. Swimmers work at increasing distance.

Level 4 Advanced Intermediate skills: Stroke development includes the breaststroke. The butterfly stroke is introduced as well as increasing endurance. Diving skills are emphasized.

Level 5 Advanced skills: Stroke refinement includes freestyle, backstroke, butterfly and breaststroke. Sidestroke is introduced as well as flip turns.

Level 6 Stroke Clinic: Endurance and ongoing stroke refinement to cultivate efficiency of movement, proficiency in swimmer self-correction, and an understanding of the swim workout. Continue swimming in Pre Team, Lifeguard Training, or Synchronized swimming!

Siblings & Friends: See page 12

Adult Learn-to-Swim

NEW Adult Class Sessions

8 week sessions for adults allow more flexibility. Missed adult swim classes can be made up in any other adult learn-to-swim class during the course of the 8 week session. Adult swim class sign up includes 12 independent practice sessions.

	Mon	Tues	Wed
Session 1	9/13-11/1	9/14-11/2	9/15-11/3
Session 2	11/8-12/20	11/9-12/21	11/10-12/22*

*Wednesday Session 2 is 7 weeks only.

Regular 8-week Session Fee:	\$200
Wednesday, Session 2 Fee:	\$175

> Adult Learn to Swim

Adults can learn to swim, too. Overcome your fears, set your goals, and learn in a supportive environment. Instructors work with adults at all levels to accomplish individual goals.

Mon	10:15am-11:00am	M1A1 / M1A2
Mon	9:00pm-9:45pm	M2A1 / M2A2
Wed	8:45pm-9:30pm	W1A1 / W1A2

> Women's Learn to Swim

Swim class for all levels taught by a female instructor. If requested in advance, we are able to provide female lifeguarding staff and a private environment for some women's learn-to-swim classes. Please contact the Aquatics Director at x 110.

Tues	9:00 pm-9:45 pm	T1W1/ T1W2
Wed	10:15am-11:00am	W1W1 / W1W2

Special Aquatics

> Siblings & Friends

For your convenience when registering multiples, a skill level evaluation on the first day ensures proper placement by age and ability. Lessons follow standard swim school format thereafter. Please note that if this time fits your schedule, single enrollments can be approved by the front desk.

Mon	3:45PM	Ages 3-5 / 6+	M1SF/M2SF
Fri	3:45PM	Ages 3-5 / 6+	F1SF/F2SF
Sat	1:00PM	Ages 3-5 / 6+	S1SF/S2SF

> Pre-Team Program*

Already an accomplished swimmer, but not ready for a team? This is an introduction to swim team terminology and workouts. Coaches work on refining strokes, increasing endurance, starts, and turns. Coaches' approval required. For information and evaluation please call (914) 949-6227 x152. Minimum commitment one day/week.

Tuesday	3:45 - 4:30pm	T1PT	\$456
Thursday	3:45 - 4:30pm	H1PT	\$408
Saturday	9:00-9:45am	S1PT	\$360

>Synchronized Swimming*

Learn basic skills, simple patterns and routines of this Olympic sport. Taught by veteran coach and national silver medal winner. Participants must be able to swim in deep water and be comfortable under water. Please call Coach Dale at 917-533-4811. Trial class available.

Ages 9+:			
Tuesday	3:45 - 5:15pm	T1SS	\$513
Ages 6 and up:			
Thursday	3:45 - 5:15pm	H1SS	\$486
Ages 6 - 8:			
Saturday	9:00 - 9:45pm	S1SS	\$360
Ages 9+:			
Saturdays	11:00 - 1:45pm	S2SS	\$405

* Multiple class discounts for pre-team and synchro. 50% discount for 2nd class registration prior to 9/13. 35% discount for 2nd class after 9/13.

Certification Classes

>American Red Cross Lifeguard Training (LGT)

Certification includes LGT/first aid/CPR/AED. Successful candidates must complete a 300yd swim test to qualify for the class. A non-refundable pre-test fee holds your class spot. Only candidates who have successfully completed the pretest may register for the class. Participants must be 15 years of age by end of the course.

Pre-Test Fees: \$20

Class Fees include materials:

Members \$375 Non-Members \$395

Sunday	U1LG
Pretest: Sunday, Sept 26	12:30pm
Oct 10 - Nov 21	11:30am - 2:30pm
Oct 31	9:00am - 5:00pm

Water Safety Instructor

Our next WSI class will begin Feb. 2011.

Competitive Swimming

> Middies Swim Team

22-Year YWCA National Champions!
Middies Office ext. 151

The Middies Swim Team is a year-round U.S.A. age-group program for swimmers age 6 and older. Contact the coaches at middies@ywcawhiteplains.com.

Team information and practice times are available at: www.middiesswimming.org

2010 try-out schedule

September 7 th - 10 th	
All Ages:	5:30 - 7:30pm
Returning Seniors Practice Begins:	
September 9 th & 10 th	6:00 - 8:00pm

Aquatic Exercise & Adult Class Schedule

Aquaerobic Classes

>Deep Water Running

Classes taught in the deep and shallow water. Flotation devices worn while working in deep water.

>Waterfit

Get in shape, stay in shape, or lose weight. The shallow water workout for all ages.

(Aquaerobics Class Cards)

8-class ticket \$150

12-class ticket \$220

20 -class ticket \$340

Fitness and swim plan members receive a 20% discount on Aquaerobic Class Card purchase.

Therapeutic Classes

Please note: medical release form available on line at www.ywcawhiteplains.com. Form must be submitted prior to class participation.

>Arthritis Foundation Aquatic Program (AFAP)

Specially designed recreational exercise for persons with arthritis. Have fun and meet others. It is not necessary to know how to swim.

>Deep Water Workout

Non-weight bearing exercise is excellent for those with balance & support issues and/or injuries. Flotation devices are used for support.

>Water Walk

The water provides strengthening resistance while buoyancy supports balance. this class is a great introduction

to a fitness program. Individualized group format.

(Therapeutic Class Cards)

10-class ticket \$100

5-class ticket \$55

>Fitness & Triathlon Specific Master's Training

Focus on drills and workout sets to improve swim technique, endurance, and triathlon swim performance. This is a year round program offered in continual 8 week sessions. Led by USA Triathlon Level II Coach Jeff Boyer.

Fees: \$150 Annual YWCA Masters Fee
Session Fee: \$200 (*payable to B-Athletics*)

Tuesdays & Thursdays 6:30 - 7:15am
Fridays AQTRI 1:00pm

Call Coach Boyer for information at (914) 960-7762 or email: info@b-athletics.com

Have your class card punched each time you attend. Fit your exercise to your schedule, not the other way around.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 9:45am Waterfit	6:30 - 7:15 Master's Training	9:00 - 9:45am Waterfit	6:30 - 7:15am Master's Training	9:15 - 10:00am Deep Water Workout		
10:15 - 11:00am Deep Water Running	10:15 - 11:00am Water Walk	10:15 - 11:00am Deep Water Running				

10:15 - 11:00am Adult Learn to Swim		10:15 - 11:00am Women's Learn to Swim				11:30 - 2:30 Lifeguard Training
			PM Classes			
1:00 - 1:45pm AFAP		1:00 - 1:45pm AFAP		1:00 - 1:45pm AFAP	Aquatic Personal Training	
---		---		---	The water is an excellent environment for Rehabilitation and Fitness. If you would prefer a more private and exclusive atmosphere than our group exercise and therapeutic movement classes, request a one-on-one personal training session.	
				1:00 - 1:45pm Master's Training	30 minute session: \$45	
9:00 - 9:45pm Adult Learn to Swim	9:00 - 9:45pm Women's Learn-to-Swim	8:45 - 9:30pm Adult Learn to Swim			45 minute session: \$55	

Gymnastics

(Preschool, Youth, Teen)

Directorext. 135

The year-round gymnastics program serves children of all ages and abilities. Our Facility includes 8,000 square feet of air-conditioned gymnasium dedicated exclusively to gymnastics with spring floor, trampoline, BAB system and 40 foot Tumbletrack. The program stresses safety and fun, with opportunities for all to participate-from youngest to oldest-in YWCA League and USA Gymnastics Federation sponsored events throughout the year.

Please be sure to obtain correct gymnastics registration forms from the Registration Desk or the Gymnastics Office. USAG waiver required for participation in all gym programs. No make-ups for gymnastics classes. Classes cancelled due to inclement weather are not automatically scheduled for make-ups or is credit issued to participant.

Registration is open for all participants effective June 14, 2010.

Registration for Girls Invitational Groups (YW Starz, Talent Group) will begin on Monday, August 16, 2010.

Registration for all Teams (Pre Team and Levels 4-8) will take place after Labor Day.

Session: Monday, September 13, 2010 - Saturday, January 22, 2011

(A) = A gym (enter 3rd floor/double doors near water fountain)

(B) = B gym (enter 3rd floor near Peace Site)

No class dates:

Mondays	10/11	12/20	12/27	1/17
Tuesdays	11/2	12/21	12/28	
Wednesdays	11/24	12/22	12/29	
Thursdays	11/11	11/25	12/23	12/30
Fridays	11/26	12/24	12/31	
Saturdays	11/27	12/25	1/1	

Staff availability may affect class status. Minor changes are possible.

> Pre-school Gymnastics

Coed, ages 2-5

Children learn the basics of movement, group dynamics and beginning gymnastics. The program emphasizes real gymnastics exercises based on the Olympic events.

Please note: Participants in Parent & Tot classes must have an adult with them at all times to assist their child in class. Only children enrolled in the gymnastics program are allowed in the gym during class time. These classes are designed for a 1:1 ratio of parent to child.

No strollers or infant carriers are allowed in the gym.

- We do not offer make-up classes for any of the drop off programs or for occasional absences.
- 2 make-ups are allowed for the Parent & Tot groups ONLY.
- Cancellations due to inclement weather are not automatically scheduled for make-ups or issued credit to participant.

Parent/Tot ratio: 7:1

Pre-school ratio: 5:1

Fees: \$345 Mon, Thurs

\$380 Tues, Wed, Sat

Dress Code and Age Requirements

Dress in sweats, shorts, t-shirt or leotard. Bare feet, hair tied up, no jewelry. Unless otherwise noted, children must have turned the designated ages by September 2010.

Birth certificates are required for proof of minimum age for all 2 and 3 year old groups. Leotards are available to purchase through the gymnastics office.

Parent & Tot

2-3 years with parent - Birth certificate required. Age as of September 2010

(B) Wed 12:55 pm - 1:40 pm GYW2P2

(A) Thu 9:45 am -10:30 am GYH1P2

(B) Sat 9:30 am -10:15 am GYS2P2

(B) Sat 10:30 am -11:15 am GYS1P2

All of the following classes, age as of September 2010.

Preschool Schedule

3-4 years

Birth certificate for 3's required.

(B) Mon 12:50 pm - 1:40 pm GYM1P3

(A) Mon 1:50 pm -2:40 pm GYM2P3

(A) Tue 12:50 pm -1:40 pm GYT2P3

(B) Tue 1:50 pm - 2:40 pm GYT3P3

(A) Wed 1:50 pm - 2:40 pm GYW1P3

(B) Thu 9:45am -10:35 am GYH1P3

(B) Thu 12:50 pm - 1:40 pm GYH2P3

(B) Sat 11:30 am-12:20 am GYS1P3

4-5 years

(A) Mon 12:50 pm - 1:40 pm GYM2P4

(B) Tue 12:50 pm -1:40 pm GYT3P4

(A) Tue 1:50 pm - 2:40 pm GYT2P4

(A) Wed 12:50 pm - 1:40 pm GYW1P4

(A) Thu 12:50 pm - 1:40 pm GYH1P4

(A) Sat 10:30 am - 11:20 am GYS1P4

(A) Sat 11:30 am - 12:20 pm GYS2P4



Gymnastics

(cont'd)

Children's Gymnastics

We offer all Olympic events for girls and boys 5 years and up. Our program is designed to develop sound learning progressions in a safe, friendly atmosphere.

Our staff is trained to teach all levels of gymnastic ability. Ratio 7:1.

Fees: Mon, Thurs	\$385
Tues, Wed, Fri, Sat	\$420
Teen Class	\$475

> Boys & Girls Gymnastics Guide

N* (Novice) Beginner

0-6 months experience and new program participants.

RI (Roller 1) Beginner

Able to perform forward roll, back roll, bridge, cartwheel.

RII (Roller 2) Intermediate

Able to perform handstand forward roll, back hip circle, pullover.

ARI (Archer 1) Advanced

Able to perform back walkover, round-off, mill circle.

ARII (Archer 2) Advanced

Able to perform back handspring (with light spot), front walkover.



> Girls' Schedule by Age

Dress Code: Leotard/ bare feet/ hair tied up/ no jewelry. Leotards are available for purchase through the gymnastics office.

5-6 years

(B) *N, R1 Tue 3:45 pm - 4:45 pm
GYT1G5

(B) N, R1 Tue 4:55 pm - 5:55 pm
GYT3G5

(A) *N, R1 Wed 3:45 pm - 4:45 pm
GYW1G5

(B) N, R1 Wed 4:55 pm - 5:55 pm
GYW2G5

(A) N, R1 Thu 3:45 pm - 4:45 pm
GYH1G5

(A) *N, R1 Fri 3:45 pm - 4:45 pm
GYF1G5

(B) N, R1 Fri 6:30 pm - 7:30pm
GYF2G5

(B) N, R1 Sat 12:45pm - 1:45 pm
GYS1G5

*Recommended for Beginner Students

7-9 years

(A) R11, AR1 Mon 3:45 pm - 4:45 pm
GYM1G7

(A) *R1, R11 Mon 4:55 pm - 6:10 pm
GYM2G7

(A) *R1, R11 Tue 3:45 pm - 4:45 pm
GYT2G7

(A) R11, AR1 Tue 4:55 pm - 6:10 pm
GYT1G7

(B) R11, AR1 Wed 3:45 pm - 4:45 pm
GYW1G7

(B) AR1, AR11 Thu 3:45 pm - 4:45 pm
GYH1G7

(A) R1, R11 Fri 4:55 pm - 6:10 pm
GYF1G7

(A) R1, R11 Sat 12:45 pm - 1:45pm
GYS1G7

*Recommended for Beginner Students

9-10+ years

(A) AR1, AR11 Wed 4:55 pm - 6:10 pm
GYW1G0

(A) AR1, AR11 Thu 4:55 pm - 6:10 pm
GYH1G9

(B) Teen Thu 4:55pm - 6:20pm
GYH1TE

(B) *R1, R11 Fri 6:30 pm - 7:30 pm
GYF1G9

(B) R11, AR1 Fri 6:30 pm - 7:30 pm
GYF2G9

(A) *R1, R11 Sat 12:45 pm - 1:45pm
GYS1G7

(A) 10+, AR1, ARII Sat 12:45 pm - 1:45pm
GYS1G0

*Recommended for Beginner Students

> Boys' Schedule

Boys Dress Code: Snug fitting shorts and t-shirt / bare feet.

5-7 years

Monday 3:45 pm - 4:45 pm GYM1B5

Friday 3:45 pm - 4:45 pm GYF1B5

7-10 years

Monday 4:55 pm - 5:55 pm GYM1B7

Friday 4:55 pm - 5:55 pm GYF1B7

Boys ages 11+ may be eligible for Talent Group by invitation only. Please inquire at the Gymnastics Office.

> Girls By Invitation Only

Fees: YW Starz and Talent Group

1 Day / week \$500

2 Days / week \$650

3 Days / week \$815

YW Starz 2-hour intensive class Ages 7 -11

Monday 4:00pm-6:00pm GYM1GY

Wednesday 4:00pm-6:00pm GYW1GY

Thursday 4:00pm-6:00pm GYH1GY

Talent Group Advanced group Ages 11 and older

Monday 6:30pm-8:30pm GYM1GT

Tuesday 6:30pm-8:30pm GYT1GT

Thursday 6:30pm-8:30pm GYH1GT

Services for People with Developmental Disabilities and Their Families

Significant financial support for these programs is provided by: Hudson Valley Developmental Disabilities Service Office, a regional office of the State of New York Office of Mental Retardation and Developmental Disabilities.

Program Information

Director.....ext 108

Offering therapeutic recreation programs that support and strengthen cognitive, physical, social and affective skills in a safe, supportive and fun-filled environment. Family members receive support, respite, and the opportunity for family participation in recreational activities. New participants are provided with a pre-registration assessment and tour prior to beginning the program. Financial assistance is available to those who qualify. Families are encouraged to call Jim Sullivan at ext 108 to discuss assessment and financial need.

>Learn to Swim (Ages 5 1/2 - 21)

Formal instructional swim class: 4 students per instructor supported by 2 additional teaching assistants. Children with 1:1 aides will need to be accompanied by those persons in the lessons. Students have a single assessment session followed by six weeks instructional swim. Families must contact the Special Programs office in order to register.

Assessment fee is \$12 for each session. *This fee is non-refundable.* SPU1PT

Session I	SPU1LS
Assessment Date: Sept 11	\$12
Class dates: Sept 19 - Oct 24	\$144
Session II	SPU2LS
Assessment Date: Oct 23	\$12
Class Dates: Nov 7 - Dec 12	\$120
<i>(No Program Nov 28)</i>	

Session III	SPU3LS
Assessment Date: January 8	\$12
Class Dates: Jan 9 - Feb 13	\$120

>School Vacation Camps

(Ages 6 - 21) We provide six hours of daytime recreation and socialization

during school vacations. Advance registration is required.

Columbus Day Camp

October 11	9:00 am - 3:00 pm
Camp Fee: \$55	SPV1CD
Transportation Fee: \$55	SPT1CD

December Vacation Camp

December 27 - 30	9:00 am - 3:00 pm
Camp Fee: \$195	SPV1SH
Transportation Fee: \$230.00	SPT1SH

>Sensational Sundays (Ages 4 - 21)

For children and teens. Safe, nurturing, and well-staffed environment with activities such as art, music, games, swimming, and outdoor play.

Fee: \$305 13 sessions
Sundays SPU1SS

Sept 19 - Jan 16	12:00 - 4:00 pm
<i>(No Program Oct 31; Nov 28; Dec 19, 26; Jan 2)</i>	

>Friday Night Pizza, Movies, & Games

Evening for children, family and friends. Families may extend the evening by participating in the YWCA Family Swim this evening from 7:45 - 9:00 pm. There is no additional fee for participation in Family Swim when you register for the Pizza/Games Program.

Advance registration is required

Fee: \$8.00 per person

Fridays	6:30 - 8:30 pm
September 10	SPF1PM
October 8	SPF2PM
November 5	SPF3PM
November 19	SPF4PM
December 3	SPF5PM
December 17	SPF6PM
January 7	SPF7PM

>Music Lessons: Piano or Guitar (Debbie Moran, Instructor)

Individual lessons for children and adults. Scheduled appointments arranged by instructor. **Limited space available for non-disabled children at higher rate.** Call Special Programs staff x108 for details.

Sept 18 - Jan 15 Saturdays by appoint.
Fee: \$306 SPS1ML
(No Program Oct 31; Nov 28; Dec 19, 26; Jan 2)

>Individuals with Traumatic Brain Injury (TBI)

Available to persons injured prior to age 22. Individualized therapy-based program of fitness, aquatics and social support for people recovering from Traumatic Brain Injury. Use of Fitness Center and swimming pool. Call ext. 108 for details.

>Fun & Fitness for Adults

Adults aged 17 and over enjoy 4 hours of enhanced therapeutic recreation that supports health and positive social interaction. Designed for adults still living at home. Group homes should call ext. 108 to explore options for participation.

Fee: \$180 14 sessions
Saturdays SPS1FF

Sept 18 - Jan 15	10:00 am - 2:00 pm
<i>(No Program Oct 30; Nov 27; Dec 25, Jan 1)</i>	

>Saturday Bowling

Adults can enjoy weekly bowling at White Plains Bowl. **Special Olympic Competitors** must participate in session I (there is no additional charge for SO competitors in session I)

Fee: \$48 per session
Sessions must be paid for in advance.

Saturdays	9:30 - 11:30 am
Session I: Sept 18 - Oct 23	SPS1SB
Session II: Oct 30 - Dec 11	SPS2SB
Session III: Jan 8 - Feb 12	SPS3SB

>Dance the Night Away

DJ, dancing, refreshments, novelty gifts and door prizes. No charge for staff or parents. **Pre-registration is required for all participants.** Ages 16 and Over.

Fees: \$8.00 per person

Fridays	7:30 - 9:30 pm
Sept 10	Welcome Back Stomp SPFDWB
Oct 22	Harvest Moon Social SPFDHM

Why the YWCA? A member of the YWCA joins a world of caring and warmth devoted to serving the needs of the community.

> Special Olympics Training and Competition

The YWCA is an official training site for Westchester-Putnam Special Olympics. Registered adult athletes can train and participate with Certified Special Olympic Coaches in Special Olympic sanctioned events including: swimming, bowling, track and field and Adapted Games. Uniforms and personal training equipment is provided.

Fee: \$50 14 sessions
Saturdays SPS1SO

Sept 18 - Jan 15 10:00 am – 2:00 pm
 (No Program Oct 30; Nov 27; Dec 18, 25; Jan 1)

> Friday Bingo & Pizza for Adults (Age 17 years & older)

Fee: \$8.00 per person

Fridays 7:30 - 9:30 pm

September 24 SPF1PB

October 8 SPF2PB

November 5 SPF3PB

November 19 SPF4PB

December 3 SPF5PB

December 17 SPF6PB

January 7 SPF7PB

Advance registration is required.

The YWCA strives to build community. Many organizations meet regularly at our Activity Center, such as:

The Authentic Mom

Sahaja Meditation

Jack & Jill of America

The Links, Inc.

National Association of Letter Carriers

Weight Watchers

White Plains Democratic Committee

Mission: The YWCA is not only for women, and is much more than just an activity center. We're people of all ages, shapes and races working together to make a difference in our community. Our mission is to eliminate racism and empower women. With a diverse staff of over 250 employees, the YWCA provides the following programs:

> Women's Residence

Associate Executive Director, Housing and Clinical Services

(914) 428-1130 /Fax (914) 428-1439

Located at 69 No. Broadway in White Plains, the Women's Residence offers:

- Safe, affordable housing
- Economic empowerment
- Counseling
- Health and fitness

> Awakenings

(914) 428-1130, ext. 302

Since 1987, the Awakenings program, housed at the Residence, has provided counseling and treatment referral to 12 homeless, formerly incarcerated women who are in recovery from chemical addictions.

> Stand Against Racism

The Stand Against Racism raises awareness of racism in our community through a weekend of dynamic and engaging activities and presentations. Participants are asked to sign a pledge of tolerance. This year's Stand Against Racism will take place on April 30, 2011. For more information, contact events@ywcawpcw.org.

> GEMS Girls Empowered through Meaningful Support

Director.....ext. 136

The GEMS program has assisted school-age girls in White Plains for more than 40 years by offering opportunities to enhance their cultural awareness, health and wellness, and to develop college

and career paths. Elementary school participants also attend the YWCA's Kids' Connection after-school program.

> Children's Center at the County Courthouse

Site Supervisor (914) 824-5466

With funding from the New York State Permanent Judicial Commission on Justice for Children and the Westchester County's Office for Women, the Center provides child care for families who come to court with their children.

(Note - Volunteers are needed to assist the staff. Please call the Site Supervisor if you wish to volunteer.)

> Encore Plus

Director (914) 428-1130, ext. 306

With funding from the NYC Affiliate of the Susan G. Komen for the Cure, the Westchester County Department of Senior Programs & Services and the Breast Cancer Alliance.

Encore Plus empowers women to become active, responsible participants in maintaining their health. Stressing the life-saving potential of early breast cancer detection, the program provides education and referrals for mammograms to low-income, un- or under-insured women over 40.

For information about our next seminar or to request a presentation at your site, please call the Director.

> Supervised Visitation & Safe Exchange Program

Director.....ext. 128

Supervised Visitation enables children to maintain healthy and positive relationships with non-custodial parents while ensuring safety for the children and the custodial parents. Monitored, weekly visits take place at the YWCAs in White Plains and in Yonkers. All visits are court mandated. The program is funded through the Westchester County Department of Probation.

General Information

Ground Rules: The YWCA staff works diligently to ensure the health and safety of all who use our facilities: staff, members, participants, and guests. We rely on YOU for courtesy and cooperation. Should you notice unsafe behaviors or facility conditions, please bring them to the attention of one of our member services or administrative staff.

- All children under the age of 12 MUST be escorted into and out of their classrooms.
- Any child left in the building during programs/classes MUST have emergency information on file.
- The YWCA cannot be responsible for theft or loss.
- Illegally parked cars are subject to tow.
- Please respect the 15 minute parking zones.

Registration: Registration should be received at least two weeks prior to the first class meeting. Currently enrolled students may pre-register in selected classes. Confirm with registration desk or program director for registration information.

Online registration is available for select programs at www.ywcawhiteplains.com. To register by mail or fax, use the form on the opposite page. Visa, Discover and MasterCard are accepted. Fax registration form to (914) 949-2021 (credit card payment only). During peak registration periods, faxed registrations will be processed after 2 p.m. on the day they are received. In-person or online registration is suggested for classes with large enrollment.

Photography and Publicity: Photographs, videotapes and films of YWCA activities and programs are used for publicity and/or in promotion of the YWCA. Those who do not want to be photographed or filmed for any purposes are asked to submit a written statement to the appropriate program director.

Directions: The YWCA is located at 515 North Street in White Plains, opposite White Plains High School. Bryant Avenue is the nearest intersection. **From Hutchinson River Parkway, North and South:** Take Exit 25 (Route 127, North St.) west toward White Plains. YWCA is on the left, approximately 1 mile. **From Cross Westchester Expressway Heading East** (from Tappan Zee Bridge) take Exit 8E (Westchester Mall Place). At the end of exit ramp, make a right at the light onto Westchester Avenue. Bear right after overpass to Route 127/North Street towards Harrison. Continue on North Street past Bryant Avenue; YWCA is on the right hand side. **Heading West** (from Port Chester / Connecticut): take Exit 9N-S toward Hutchinson Parkway/Meritt Parkway/Whitestone Bridge. Turn slightly left onto Westchester Avenue. Turn left onto Bryant Ave. Turn left onto North Street. YWCA is on the right. **By bus:** Bee Line Bus #5 (from bus terminal at Metro-North White Plains or Harrison Station). For a bus schedule call (914) 813-7777.

Cancellations: The YWCA reserves the right to cancel or modify classes or change instructor assignments. When a class is cancelled due to inclement weather or other unforeseen events,

we will attempt to contact all scheduled participants. Be sure to indicate your home, work and alternate phone numbers on the registration form to assist us with timely notification. **There will be no credit or refund for such closings.**

Refund Policy: **No refunds** are given for membership fees, deposits or program fees unless the YWCA cancels the program/class. Documented medical disability may entitle a member to a prorated program fee and a request should be submitted to the Program Director. No refunds are made for classes cancelled due to weather.

Credits: Participants may request a credit in medical cases or special hardship circumstances. Credits are good for one year from date of issue, are transferable within the participant's immediate family, and may be applied to any YWCA activity. Credit policies may vary from department to department. Refund and credit request forms are available through your program director and the member services desk. Completion of application for a credit/refund does not guarantee same.

Returned Checks: A \$25 fee will be charged for all returned checks.

Emergency Closings: Building closings necessitated by inclement weather or other emergency will be posted on the YWCA web site (www.ywcawhiteplains.com) and on our telephone answering system.

<i>Chief Executive Officer</i>	Extension	104
<i>Finance Office</i>		105
<i>Residence Housing and Clinical Services</i>	428-1130, ext. 301, 303	
<i>Development & Public Relations</i>		147
<i>Youth & Community Services</i>		114
<i>Information Technology</i>		148
<i>Facilities</i>		157
<i>Human Resources</i>		106
<i>Room Rentals</i>		107
<i>Membership Office</i>		127
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<i>After School & Breakfast Club (Kid's Connection)</i>		109
<i>Aquatics</i>		110
<i>Child Care/Children's Center</i>		133
<i>ENCORE Plus</i>	428-1130, ext. 306	
<i>Fitness Center</i>		130
<i>Gymnastics Office</i>		135
<i>Middies Swim Team</i>		151
<i>Nursery School</i>		142
<i>Programs for People with Developmental Disabilities</i>		108
<i>Supervised Visitation and Safe Exchange Program</i>		128

Membership is required for all classes and programs unless otherwise noted.
Membership fee is NON-REFUNDABLE

**eliminating racism
empowering women
ywca**

Ms./Mrs./Mr. (Parent or Guardian's Name) _____
Participant/Member's Name _____ Date of Birth _____
Address _____
City _____ State _____ Zip _____
Cell Phone _____ Home Phone _____
Email: _____
*Race/Ethnicity: (Please check one) ___ White ___ Hispanic ___ Black or African American ___ Asian ___ Other/Two or more races
*Annual Family Income: (Please check one) ___ Under 25K ___ 26-60K ___ 61-100K ___ Over 100K
*(Optional. We request this information for statistical and demographic reports to our funders and national office. Names are never used in reporting; this information is assured confidentiality.)
Employer _____ Business Phone _____
Emergency Contact _____ Contact's Phone _____

Emergency Treatment Consent Form for Minor Participants

Should a serious injury befall your child while in program at the YWCA, reasonable efforts will be made to reach a parent or designated emergency contact. Your signed consent will smooth the process of accessing care should we deem it necessary to transport your child to White Plains Hospital *for emergency treatment only*

I, _____, consent that my child, _____, Child's Name - Print
_____, Parent or Guardian - Print
receive such medical treatment as deemed necessary by the attending hospital and/or physician in case of an emergency. I give permission for a representative of the YWCA of White Plains & Central Westchester to consent (sign) on my behalf for emergency treatment by the hospital/attending physician.

Signature of Parent/Guardian _____ Date _____
(Additional contact and health information will be recorded by your child's Program Director)
For further information, call (914) 949-6227 or visit our website www.ywcawhiteplains.com
Mail or deliver to: YWCA of White Plains or fax your registration to:
515 North Street (914) 949-2021
White Plains, NY 10605

YWCA Hold Harmless Statement

I hereby release and agree to hold harmless the YWCA of White Plains and Central Westchester, its principals, directors, officers, agents, employees and volunteers from any loss, liability, or damage they may incur arising out of or related to my or my child(ren)'s participation in _____, to the greatest extent allowed by law.

Signature _____ Date _____

Annual Membership Fees

Memberships that will expire during class session must be renewed at registration

Type	Amount Enclosed
Contributing Member	\$ 100
Individual Adult	\$ 85
Children (Age 17 and under)	\$ 50
Family (Parents and children)	\$ 175
Students (Full time)	\$ 65
Seniors (55 and older)	\$ 65
Persimmon Patron	\$ 35
Scholarship Fund Contribution	\$ 5
Total Membership	\$ 5.00

YWCA membership helps support our community programs and our mission: to eliminate racism and empower women. Our members are committed to making our community, and our world, a better place for all to live and work. At the YWCA of White Plains, we strive to support families and to respond to our community's changing needs and concerns.

Class Registration

_____ \$ _____
_____ \$ _____
_____ \$ _____
Tax Deductible Contribution \$ _____
Payment Method (check one) Total Membership and Class Fees \$ _____
___ Mastercard ___ Visa ___ Discover ___ Check ___ Money Order
Credit Card # _____ Expiration Date _____
Cardholder's Signature _____

Facility Rentals

The YWCA is the perfect place to hold business, social or family events as well as weekly or monthly meetings for clubs or other groups. Reserve early for your choice of spaces.

Capacity ranges from 35 people (club room) to 160 people (dance studio). Chaperones and certificate of liability insurance are required. Fees vary according to usage. For information contact Room Reservations, ext. 107.

Business, Social or Family Events

Club Room • Dance Studio
Indoor Pool

Contact Room Reservations,
ext. 107

Pool Rental

Whole or half-pool party rentals available after regular swim hours on Saturdays and Sundays.

Contact the Pool Office at ext. 110.

www.ywcawhiteplains.com

NON-PROFIT ORG.
U.S. POSTAGE
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White Plains, NY

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empowering women

ywca

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