

programs
& services

summer
2010

eliminating racism
empowering women
ywca

summer camps
aquatics
fitness
gymnastics
special programs



Welcome to Your YWCA

> YWCA Membership The YWCA is a women's membership movement that invites females age 12 and older into full voting membership. Men are welcome to join as associates. YWCA affiliation is required for virtually all listed activities. Membership fees are not refundable and memberships are not transferable. YWCA identification is needed for access to the building. Access is restricted to members and their guests. The YWCA reserves the right to share membership information, if requested, to ensure the safety of the facility and its members.

> Benefits of Joining Your membership helps support community programs and advocacy efforts furthering our mission to eliminate racism and empower women. Membership is tax deductible.

> Membership Rates

| | |
|--|-------|
| Contributing Member | \$100 |
| Individual Membership | \$ 85 |
| Children (17 and under) | \$ 50 |
| Family (parents and children under 17) | \$175 |
| Seniors (55 and older) | \$ 65 |
| Student (full time) | \$ 65 |

| | | |
|--|-------------------------|-----|
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**Special Holiday Schedules: May 29 - 30, July 3,
August 23 - September 5**

YWCA CLOSED: May 31, July 4 - 5, Sept 6

Please check with individual programs for holiday hours.

Letter from our CEO

Dear Friends,

This year, I think we all are particularly grateful for the spring. I can't remember another time that I was so ecstatic to see the sunshine. In March, the YWCA took a severe beating from the heavy rains. Transformers blew on North Street causing us to lose power. Many trees and utility poles toppled over and the YWCA was forced to close for four days. However, adversity almost always has a counterpoint. The YWCA's response to the storm showed the character and resilience of our staff and our community.



Our maintenance staff worked around the clock to ensure the safety of the building and to make it operational after the power was turned on. Our administrative team, in particular, Teresa DeGroat, program directors and teaching staff continued to work communicating with various community partners, preparing classroom curriculum and educational and other reports in anticipation of the YW re-opening. Site monitors at the YWCA Residence worked diligently to maintain a safe and peaceful environment for our tenants for the duration of the blackout.

Although the closing of our facility posed a great hardship, it made us realize what life would be like without the YWCA. Because we are the only provider of permanent supportive housing for low-income women in Westchester County, without the YWCA, nearly 200 women would be homeless. As one of the largest providers of early childhood education and afterschool, nearly 300 children would lose their nurturing classrooms. The high school students would lose their favorite lunch spot and the girls we mentor through our Girls Empowered through Meaningful Support (GEMS) would no longer have their haven. Adults and children would no longer have a fitness center, dance studio, gymnasium or a pool to swim in.

Being without the YWCA for those several days was an eye opening experience for all of us. I am happy to report that everything is back to normal. This spring and summer, I hope that you will enjoy all that the YWCA has to offer. Please join us on April 30th as we take a Stand Against Racism. The YWCA is sponsoring a free panel discussion on Addressing Racism at all Stages of Education at 1:00 in our Lower Lounge. We also hope that you will support our In the Company of Women luncheon on May 7th at the Rye Town Hilton.

Once again, thank you for your support (and understanding during the storm). We remain, strong alone; fearless together!

Warm regards,

The YWCA hosts its second annual "In the Company of Women Luncheon" on May 7, 2010 at the Hilton Rye Town in Rye Brook, NY. This yearly gala celebrates the agency's powerful commitment to empowering women, eliminating racism, and providing a diverse range of enrichment and wellness programming for families and children. In 2010, we will feature award-winning playwright Lynn Nottage as keynote speaker. Nottage has received numerous accolades for her moving plays that shed light on social issues and situations that fall under the radar, like the complexities of modern Africa.



Thank you
to our supporters for our
2nd annual benefit luncheon:
"In The Company of Women"
May 7, 2010

Honorary Committee

AMWA/Fozia Khan
Liz Bracken Thompson
Delores Scott Brathwaite, Esq.
Hon. Lois Bronz
Jane Cecil
Suzanne Clary
Hon. Janet DiFiore
Kathleen Donelli
Marlene Furtick
Hon. Sandra Galef
Carolyn Glickstein
Dr. Marsha Gordon
Hon. Milagros Lecuona
Hon. Nita Lowey
Roisin McDonagh
William M. Mooney, Jr.
Camille Murphy
Hon. Judy Myers
100 Hispanic Women of Westchester/
Sobeida Cruz
Hon. Suzi Oppenheimer
Hon. Amy Paulin
Hon. Beth Smayda
Hon. Andrea Stewart-Cousins
Lila Stillman
Susan Tolchin
Elaine Weiler
Donna Wilson
Julie Worthey, Esq.
Karen Hill *and* Patricia Mulqueen
Event Chairs

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(list as of April 28, 2010)

Summer Camps

Little Funkist (youngest campers, no trips) At Camp Funkist, we know that the first camp experience can be especially challenging for the little ones. We make sure that they have extra attention as they do some of the same things that the "big kids" do. The curriculum includes arts and crafts, swimming, sports, music, nature and stay-at-camp trips.

Camp Funkist Offers age appropriate activities including arts and crafts, swimming, sports, karate, leather crafts, jewelry making, theatre and nature. Field trips once per session as well as special events. Groups are: All-Stars, Blazers, Champions and Dynamos. Friends may be able to be grouped together.

Funkist & Little Funkist FEES:

| | | |
|--------------|----------------------|--------|
| Session 1 | 6/28 - 7/9 (n/c 7/5) | \$480 |
| Session 2 | 7/12 - 7/23 | \$530 |
| Session 3 | 7/26 - 8/6 | \$530 |
| Session 4 | 8/9 - 8/20 | \$530 |
| All sessions | | \$2070 |

Funkist PLUS: 5th Grade & Up

This older camp group is based on an adventure-type curriculum; campers will be going on more trips, choosing more of their own activities, having MORE Funkist!

FEES:

| | | |
|--------------|----------------------|--------|
| Session 1 | 6/28 - 7/9 (n/c 7/5) | \$503 |
| Session 2 | 7/12 - 7/23 | \$555 |
| Session 3 | 7/26 - 8/6 | \$555 |
| Session 4 | 8/9 - 8/20 | \$555 |
| All sessions | | \$2108 |

Extended care: 8:00am - 5:30pm \$75/wk

Call the Camp Office for information at (914) 949-6227 ext 168.

"Little Friends" Camp for ages 2.6-5

Our days include structured activities that expand children's horizons and abilities, as well as time for free play, independent exploration and making friends. Our staff is highly qualified and trained in early childhood education. Prices range from \$500 - \$650 per session. Participants must sign up for a minimum of two sessions.

Please call the Nursery School Director at (914) 949-6227 ext 142 for details.

Summer Gymnastics (Ages 6 and Up)

Intensive Classes 9 am - 12 pm or Full Day Program 9 am - 4 pm

5 weeks: Monday-Friday, June 28 - July 30

Program Director.....ext 135

Registration is open and ongoing until all spaces are filled. We accept cash, check, Master Card, Visa and Discover. Deposit for each week is \$50.00 and is non-refundable. You may register by mail, fax, or in person at the member services desk. To process registrations, all forms must be completed, including the Gymnastics Federation Waiver. Please call the Gymnastics Office or stop by the Member Services Desk to obtain the correct forms for gymnastics which are not included in this catalog. Forms are also available online.

Attire: Girls - Leotard, hair tied up, no jewelry. Leotards available for purchase through the gymnastics office.

Boys - Shorts and snug fitting T shirt. Children will be barefoot during the class time.

- Students ages 6 and up may enroll in any number of one-week sessions.
- Recommended enrollment: minimum of two weeks to benefit from this training.
- Gymnasts range in age from 6 - 15 years. (Coed)
- Beginner to advanced levels.
- Students are grouped according to their age & ability at the beginning of each week.
- Safety is our primary focus; all of our coaches/instructors are USAG safety certified.
- All events professionally instructed by year-round staff.
- Low instructor/student ratio.
- Safety equipment includes overhead traveling spotting belts; 4- and 12- inch landing mats beneath all equipment.
- Vaulting table and single rail bar.
- Training in the Olympic Events for Girls and Boys
- Tumbling for all levels
- Strength and Flexibility Training
- Daily snack

Gymnastics is the one sport that will develop basic skills for all sports for life. Our program is structured to build confidence in each student from beginner to competitor, and to nurture each student inside and out.

Daily Schedule:

| | |
|---------------|--------------------|
| 9:00 - 9:10 | Arrival |
| 9:10 - 9:30 | Warm - up |
| 9:30 - 10:00 | First class |
| 10:00 - 10:30 | Second class |
| 10:30 - 10:45 | Rest / Snack |
| 10:45 - 11:15 | Third class |
| 11:15 - 11:45 | Fourth class |
| 11:45 - 12:00 | Conditioning |
| 12:00----- | 1/2 day Dismissal |
| 12:00 - 4:00 | Full day Program |
| 4:00----- | Full day Dismissal |

Gymnastics Fees:

Half Day Full Day

| | | |
|----------------------------|-------|-------|
| 1) Jun 28 -Jul 2 | \$300 | \$425 |
| 2) Jul 6 - Jul 9 (n/c 7/5) | \$240 | \$340 |
| 3) Jul 12 - Jul 16 | \$300 | \$425 |
| 4) Jul 19 - Jul 23 | \$300 | \$425 |
| 5) Jul 26 - July 30 | \$300 | \$425 |

Gymnastics Full Day Program includes: swimming, sports, dance, crafts and more! Space is limited to 25 participants per week ages 6 and up.

For further information call ext. 135

*DEPOSIT PLUS MEMBERSHIP ARE NON-REFUNDABLE.

ALL FEES ARE PER WEEK, EXCEPT MEMBERSHIP.

* Membership must be current through last day of the week enrolled. Children's Membership is \$50.

* 10% discount available for second child in the same family.

*ALL BALANCES DUE:

MONDAY, JUNE 4

> NEW! Gymnastics Preschool Mini Session (ages 2-5)

Call ext 135 for more information

Fitness Center and Exercise Programs

Registration Desk.....ext. 101
 Fitness Office.....ext. 130
 Fitness Center.....ext. 150

Are you looking for a quiet and friendly place to exercise and reach your fitness goals? If so, the YWCA is just what you're looking for! We offer a friendly and low-key atmosphere where everyone can feel comfortable, from the beginner exerciser to the serious fitness enthusiast.

We offer a wide variety of group exercise classes in our beautiful Dance Studio, taught by experienced and caring instructors.

Fitness Center Hours

Monday-Thursday 7:00 am to 7:00 pm
 Friday 7:00 am to 7:00 pm
 Saturday 7:00 am to 12:00 pm
 Sunday 7:00 am to 12:00 pm

Holiday Schedules/Closings

Fitness Center Closing Schedule
 May 31, July 4 - 5, Aug 30 - Sept 6

Fitness Center Holiday Hours
 8:00 am to 12:00 pm
 May 29 - 30, Aug 23 - 29

Group Exercise Closing Schedule
 May 29 - 31, Aug 23 - Sept 6

Talk to your doctor first!

We recommend that you check with your physician before beginning any exercise program (medical clearance may be required in some cases).

Group Exercise Classes

Zumba, Low-Impact, Step, Sculpt and Stretch, Pilates, Yoga, Spinning, Abs, etc.

Class Card: Purchase a \$60 class card, good for 5 sessions.

Look for our fitness class schedule online at www.ywcawhiteplains.com

All-Access Plans

- One free 45 min Personal Training Session
- Workout program based on your individual needs and goals
- Unlimited use of the Fitness Center
- Unlimited Group Exercise classes (except fee-extra)
- 50% Off Fee-Extra classes
- Unlimited pool usage during scheduled times

special
\$100 off until July 15th
for yearly all access plans

Prepaid Plans:

No Refunds or Credits on any prepaid plans

>Annual Plan

| | |
|---------------------|-------|
| Individual | \$495 |
| Seniors | \$475 |
| Individual & Spouse | \$850 |
| Adult + 1 child | \$690 |
| Family* | \$950 |

>3 Month Plan (Does not include personal training or 50% off fee-extra classes)

| | |
|----------------------------|-------|
| Individual | \$200 |
| Seniors | \$150 |
| Family* | \$325 |
| Student (15-28 or au pair) | \$ 99 |

*children ages 12-15 must be accompanied by an adult at all times or be enrolled in Fitness 101.

1 Day All Access \$20

Fitness-Room-Only Plans: (does not include pool usage or group exercise classes)

- One Free 45 min Personal Training Session
- Unlimited use of the Fitness Center
- 50% Off Fee-Extra classes

| | |
|-----------------------------|-------|
| Individual | \$400 |
| Seniors | \$375 |
| Individual + Spouse/Partner | \$755 |
| Family* | \$850 |

*children ages 12-15 must be accompanied by an adult at all times or be enrolled in Fitness 101.

Pay-As-You-Go Plan:

| | |
|------------|------------------------------|
| Individual | \$50 One time fee & \$50 mo |
| Family | \$120 One time fee & \$90 mo |

No commitment, cancel anytime with 30 days written notice. First month's fee is prorated from the date you sign-up to the 19th of the month.

Personal Training

(call the Fitness Office at x130)

Become another YWCA success story by working with one of our trainers. Whether you choose to train five times a week or once a month, a trainer's guidance and motivation will go a long way in helping you reach your health and fitness goals.

| Personal Training | Single | 5 Pack | 10 Pack |
|-------------------|--------|--------|---------|
| 30 minutes | \$45 | \$190 | \$340 |
| 45 minutes | \$55 | \$235 | \$430 |
| 60 minutes | \$65 | \$280 | \$520 |

| Group Personal Training (2-3 people) | | |
|--------------------------------------|------|-------|
| 60 minutes | \$80 | \$340 |

All sessions must be used within 1 year of purchase. No refunds. Purchase a 5-pack and get one (1) free session.

Forever Fit Program

(does not include pool usage)

You may qualify for a free "Fitness-Room-Only" plan. If you are a member of any of the following:

- Aetna Medicare HMO or PPO
- ASH Silver & Fit for Seniors
- Active & Fit 18-64 years
- Medicare Advance Prism Network

To apply, please bring your Aetna, American Health Specialty, Prism Network, or Medicare card and drivers license to the front desk.

Upgrade to an "All-Access Plan" for only \$150/year and enjoy access to the pool and group exercise classes. This fee is for one year from the date you sign up. No extensions and no refunds.

Affinity Health Plan members will get 10% off any annual fitness plan.

Adult Classes (fee-extra)

> Weight Training For Seniors

Weight training is essential for everyone, but it's especially important for seniors. It strengthens bones and muscles, keeps joints healthy and improves flexibility and balance.

Fee: \$120

Tuesday 10:30 - 11:30 am
AFT1BC

June 29 - August 17

Thursday 10:30 - 11:30 am
AFH1BC

July 1 - August 19

> Weight-Loss and Toning

Get a full body workout in our Fitness Center under the guidance of a trainer. You will learn how to work at the ideal level of cardiovascular intensity and how to do the exercises with the proper form, to help you burn fat and get toned. Ideal for exercisers of all ages!

Fee: \$120

Tuesday 6:00- 7:00 pm AFT2BC
June 29 - August 17

Thursday 6:00- 7:00 pm AFH2BC
July 1 - August 19

Other Adult Fitness Programs

Parkinson Support Group of Westchester.
For information call Chuck Bronz,
Exercise Leader, at (914) 428-0449

Youth Classes

> NEW! Summertime Toning (Ages 14 & Up)

This class is an age-appropriate introduction to the principles of bodybuilding. Instructor Jon Delarosa is a competing bodybuilder, 2007 Eastern U.S.A. Champion, with 14 years of training experience. Class will cover proper training, cardiovascular conditioning and toning.

Fee: \$120

Monday 5:00 -6:00 pm
YFM1BB

June 28 - August 16 (no class July 5)

Wednesday 5:00 - 6:00 pm
YFW1BB

June 30 - August 18

> Zumba for Kids (Ages 6 - 10)

Learn the latest dance moves while listening to your favorite music. Kids will have fun and learn fabulous dance routines.

Fee: \$120

Monday 4:30 - 5:30 pm YFM1ZB
June 28 - August 17
(no class July 5)



Super Soccer Stars, New York's most popular soccer development program for ages 2 and up continues during the summer at the YWCA of White Plains! Dynamic, international coaches work with small groups of boys and girls to develop skills, self-confidence, and teamwork in a FUN, non-competitive, educational environment. Positive reinforcement and a low child-to-coach ratio ensure that each child will improve his or her soccer skills through engaging warm-ups, drills and games, all while having endless fun! Enroll and keep the ball rolling!

Sunday Fee: \$180 Mini-Gym
June 20 - August 1
(no class July 4)

Ages 2's 9:30-10:10am YFU2SS
3's -Young 4's 10:15-11:00 am YFU3SS
Older 4's - 5's 11:05-11:55am YFU4SS



Fitness Special!

Take advantage of this great summer special.
Sign up for two classes for only \$200*

Must register for two classes on the same visit; cannot
be combined with any other discount.

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

Aquatics Index

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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 to lifeguard before swimming.

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

Private Lessons (call ext 153)

Fee is \$45 per half-hour, based on availability of instructor and pool space. Discounted packages are available. YWCA membership fee required.



Swim Plan Memberships

(includes YWCA membership fee)

| | Annual | 6 mo. | 3 mo. |
|------------|--------|-------|-------|
| Individual | \$430 | \$280 | \$150 |
| Family | \$585 | \$395 | \$210 |
| Senior | \$335 | \$215 | \$115 |

YWCA membership is included in plan pricing. Swim Plans are based on a 48-week schedule. The pool is closed for holidays, swim meets, and for two weeks in August.

Summer Swim Plan Special!

June thru September

| | |
|-------------|-------|
| Individual* | \$125 |
| Family* | \$175 |
| Senior* | \$100 |

*fee includes membership.

Welcome!

Our summer sessions are designed to be flexible for your schedule.

Mini sessions offer two lessons per week for 4 weeks (pg 8)

Super sessions are 8 lessons in only 2 weeks, classes run Monday through Thursday! (pg 10)

Extra special this summer, Swim Team Intensive, a stroke clinic for children aged 5 and up, taught by an experienced swim coach. (pg 10)

FREE COMMUNITY SPLASH EVENTS

Please check the website for a complete listing. Spaces are limited and advance registration is required. RSVP at x 152 or pool@ywcawhiteplains.com

Swim Safety Practices - June 18th, 4:30-6:00pm For children and parents – learn simple rules for keeping yourself safe in, on, and around the water.

Underwater Party - July 16th, 4:30-6:00pm SCUBA diving allows you to experience the water in an entirely different way

Water Dance – August 6th, 4:30-6:00pm Synchronized swimming is a beautiful and fun Olympic Sport. Come try out some moves as the music rocks the pool!

FREE COMMUNITY COURSES

These are important courses that can help you learn how to keep your family and friends safe as you spend time in the water this summer. Spaces are limited and advance registration is required. RSVP at x 152 or pool@ywcawhiteplains.com

Home Pool Safety : June 18, 5:30-6:00pm
 Basic Water Rescue Course:

June 19, 12:00-4:00pm

Pool Party Rentals

Whole or half-pool party rentals available after regular swim hours on Saturdays and Sundays. Enjoy our beautiful pool and party rooms 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@ywcawhiteplains.com

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

Parent-Tot (Ages 6 - 36 mos) & Preschool (Ages 3 - 5 years)

Summer: June 28 - August 22
Weekend classes begin: July 10 & 11

| 30 Minutes Weekly (wks) | Wee Splash | Wee Splash Too | Wee Fish | Clownfish | Angelfish | Goldfish |
|-------------------------------|--|--------------------------|------------|---------------------------|---------------------------|---------------------------|
| Monday \$140 (7) | | | | 2:00 **mini 4:30 *M1CF | 2:00 **mini 4:30 *M1AF | 2:00 **mini 4:30 *M1GF |
| Tuesday \$160 (8) | 1:45 T1WS | 1:45 T1WT | 4:30 T1WF | 2:00 **mini 4:30 T1CF | 2:00 **mini 4:30 T1AF | 2:00 **mini 4:30 T1GF |
| Wednesday \$160 (8) | 1/2 hour Mini Sessions are back! Monday/Wednesday or Tuesday/Thursday AQSSS1 M/W 6/28 - 7/21 \$140 AQSSS2 T/H 6/29 - 7/22 \$160 AQSSS3 M/W 7/26 - 8/18 \$160 AQSSS4 T/H 7/27 - 8/19 \$160 | | | 2:00 **mini 4:30 W1CF | 2:00 **mini 4:30 W1AF | 2:00 **mini 4:30 W1GF |
| Thursday \$160 (8) | | | | 4:30 H1WF | 2:00 **mini 4:30 H1CF | 2:00 **mini 4:30 H1AF |
| Friday | POOL CLOSED July 4 & 5 August 23-September 6 | | | | | |
| Saturday \$140 (7) | | | | | | |
| Sunday \$140 (7) | 10:00 U1WS | 10:00 U1WT 10:30 U2WT | 11:00 U1WF | 10:00 U1CF 10:30 U2CF | 10:00 U1AF 10:30 U2AF | 10:00 U1GF 10:30 U2GF |

*Swim Evaluations take place on the first day of class.

**Mini Sessions offer two classes per week for fewer weeks to allow greater flexibility. Children will be tested the first day and divided into clownfish, angelfish, and goldfish.

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 Classes (Ages 6 - 12 years) Summer: June 28 - August 22

Weekend classes begin: July 10 & 11

| 40 Minutes Weekly (wks) | Level 1 | Level 2 | Level 3 Jr. | Level 3 | Level 4 | Level 5 | Level 6 |
|-------------------------------|---------------------------|---|--------------------------|---|---------------------------|------------|------------|
| Monday \$168 (7) | 2:00 **mini 4:30 *M2SF | 2:00 **mini 4:30 *M2SF | | 4:30 *M2SF | 4:30 *M2SF | 4:30 *M2SF | |
| Tuesday \$192(8) | 2:00 **mini 4:30 T1L1 | 2:00 **mini 4:30 T1L2 | | 4:30 T1L3 | 4:30 T1L4 | | |
| Wednesday \$192 (8) | 2:00 **mini 4:30 W1L1 | 2:00 **mini 4:30 W1L2 | | 4:30 W1L3 | | 4:30 W1L5 | 4:30 W1L6 |
| Thursday \$192 (8) | 2:00 **mini 4:30 H1L1 | 2:00 **mini 4:30 H1L2 | 3:45 H13J | 4:30 H1L3 | 4:30 H1L4 | | |
| Friday | | | | | | | |
| Saturday \$168 (7) | 10:10 S1L1 12:00 *S2SF | 10:10 S1L2 11:00 S2L2 12:00 *S2SF | 9:00 S13J 10:10 S23J | 10:10 S1L3 11:00 S2L3 12:00 *S2SF | 11:00 S1L4 12:00 *S2SF | 10:10 S1L5 | 10:10 S1L6 |
| Sunday \$168 (7) | 10:00 U1L1 11:00 U2L1 | 10:00 U1L2 11:00 U2L2 | 10:00 U13J 11:00 U23J | 10:00 U1L3 11:00 U2L3 | 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 Swim Team Prep, Teen Classes, Lifeguard Training, or Synchronized swimming!

Aquatic Super Sessions Classes meet Monday - Thursday

June 28 - August 19

| | Session I | Session II | Session III | Session IV |
|-----------------------|--|---|--|--|
| 3-5 years (30 min) | 6/28 - 7/8 4:00 - 4:30pm (7 classes) \$140 | 7/12 - 7/22 4:00 - 4:30pm (8 classes) \$160 | 7/26 - 8/5 4:00 - 4:30pm (8 classes) \$160 | 8/9 - 8/19 4:00 - 4:30pm (8 classes) \$160 |
| Clownfish | X1S1 | X1S2 | X1S3 | X1S4 |
| Angelfish | X1S1 | X1S2 | X1S3 | X1S4 |
| Goldfish | X1S1 | X1S2 | X1S3 | X1S4 |
| 6 and up | 4:00 - 4:30pm | 4:00 - 4:30pm | 4:00 - 4:30pm | 4:00 - 4:30pm |
| Level 1 | X2S1 | X2S2 | X2S3 | X2S4 |
| Level 2 | X2S1 | X2S2 | X2S3 | X2S4 |
| Level 3 | X2S1 | X2S2 | X2S3 | X2S4 |
| Level 4 | X2S1 | X2S2 | X2S3 | X2S4 |
| Level 5 | X2S1 | X2S2 | X2S3 | X2S4 |

Special Classes

>Synchro

Swimmers of all levels can participate and have fun. Enjoy a great workout while exploring a beautiful and challenging Olympic sport. Trial Classes Available.

Fee: \$208

Tuesday 7:15 - 8:45 pm
All ages, All Levels AQT1SS

Wednesday 7:15 - 8:45 pm
All Ages, All levels AQW1SS

> Teen Swim (Ages 13-18)

Can't swim well enough to use the water for a workout? Interested in becoming a lifeguard? This swim class combines learn to swim as well as fitness swimming and stroke refinement.

Fee: \$192

All Levels
Tuesdays 8:15-9:00pm AQT1TL

>Swim Team Intensive

Ages 5+ (Children will be divided by age and ability)

For those who want to be on a swim team as well as already competitive swimmers. Coach Edinson Rodriguez and team work on refining strokes in these hour long intensive workshops. You can sign up for individual days as well as for the entire session.

Individual session fee: \$30

Monday 7/12 & 7/26 Freestyle
Tuesday 7/13 & 7/27 Backstroke
Wednesday 7/14 & 7/28 Breaststroke
Thursday 7/15 & 7/29 Butterfly

Fee: \$100

Session 1 AQT11 7/12 - 7/15
Monday - Thursday 4:30 - 5:30pm
Session 2 AQT12 7/26 - 7/29
Monday - Thursday 4:30 - 5:30pm

> Learn to Sail with SEAS

Basic Sailing Certification Society for the Education of American Sailors.

Four weeks of a three-hour evening session and two 8-hour daytime open water sessions.

For more information and to register, call (914) 631-4164.

>Scuba

International PADI certification. Please contact Capt. Mike's at (718) 885-1588.

Adult Swim Classes

Our Adult Programming is uniquely flexible and accommodating. Learning to swim is not a personal luxury, it is an important life skill. We know that it is hard to take time for yourself. If responsibilities make it impossible to get to swim class, be aware that any missed class can be made up in any other appropriate level adult swim class.

> Women's Learn to Swim

Adults can learn to swim too. Overcome your fears, set your goals, and learn in a supportive environment. Taught by a female instructor.

Fee: \$168

Mondays 8:15-9:00 pm AQM1WL
June 28 - August 16

Fee: \$192

Tuesdays 7:15-8:00 pm AQT1WL
June 29 - August 17

> Adult Learn to Swim

It's never too late to learn to swim! Terrified? Curious? Confident? Instructors work with adults at all levels to accomplish individual goals. (ages 16+)

Fee: \$192

Wednesdays 8:15-9:00 pm AQW1AL
June 30 - August 18

Thursdays 7:15-8:00 pm AQH1AL
July 1 - August 19

> 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.

Mondays, Wednesdays 1:45-2:30 pm
10-class ticket \$100
5-class ticket \$55

Deep Water Running & WaterFit
will return in Fall 2010

Certification Classes

> American Red Cross Lifeguarding Standard

Pre-Test Fees: \$20

Class Fees include materials

Member: \$375 Non-Member: \$395

Class #7 - Tues/Thurs/Sat AQLG7
Pretest: June 3 8:15 pm - 9:15 pm
Class: June 8,10,15,17 6:00 pm-9:45 pm
June 12 & 19 9:00 am-6:00 pm

Please see course details online at ywcawhiteplains.com or contact kkent@ywcawhiteplains.com

> American Red Cross Waterfront Certification

(for currently certified American Red Cross Lifeguards ONLY)

Participant must bring own lifeguarding manual, mask, fins, & snorkel.

Pretest Fee: \$50

Member: \$200 Non-Member: \$225

Bridge Course Friday - Sunday AQWF2
Pretest: June 25 7:45 pm - 8:45 pm
Class: June 26-27 10:00 am-6:00 pm

CPR recert option available June 26. \$75

> Advanced/Fitness Swimming

In conjunction with B-Athletics Triathlon Club, we are offering special coached swim sessions Tuesdays and Thursdays 6 - 7am, Friday afternoons. This is a year-round program.

For more information, please contact the Aquatics Director at ext 110 or kkent@ywcawhiteplains.com.



Middies Swim Team

22-Years YWCA National Champions!

The Middies Swim Team is a year-round U.S.A. Swimming age-group program for youth 6 and older. Team information and practice times are available at: www.middiesswimming.org

Call (914) 949-6227 ext 151, or email the coaches at middies@ywcawhiteplains.com

Early Childhood Programs (Nursery School, Enrichment Classes, Child Care Center)

Nursery School Office.....ext. 142

The YWCA Preschool prides itself on the quality of its teaching staff. Our Director has over 20 years experience in Early Childhood education. She leads an experienced, professional, and early childhood trained staff. All nursery classes are led by master's-level teachers. In addition, our social worker is available to meet with parents when needed. Monthly discussion groups designed around the interests and/or concerns of parents are available at no additional fee.

Since 1966, our preschool has offered developmentally appropriate programs for 2-5 year olds. Program activities support social interaction, emotional growth, intellectual challenge, physical development and creative expression. The emphasis on anti-bias curriculum helps children explore similarities and differences, which broadens understanding and works against bias.

Growth and Learning Specials

Every day, children are inspired through music, art, movement, stories and our rich array of educational materials. We focus on growing the whole child - mind and body. Students participate in a wide range of activities, unique to the YWCA including:

Yoga (included for 3 year olds)

Gymnastics (included for ages 3-5) - led by experienced and certified instructors.

Aquatics - teachers in our award-winning program gently and safely teach your 4 & 5 year old how to swim.

Musical Munchkins - help children discover music through singing, creative movement and rhythm instruments.

Nature of Things - teaching children about farm and woodland animals

Mad Science (included in Beyond Preschool Program) offers hands-on science lessons.

Talk N' Drum (included in Beyond Preschool Program) promotes learning Spanish through music.

Handwriting w/o Tears (ages 4-5)

Fall 2010 Registration

Registration is for the entire year and continues until all spots are filled.

If you are considering Nursery School for your child in September 2010, please call the Director and schedule a personal tour. You will visit the classrooms and learn about our programs, philosophy and goals for each child. Please call for fees.

Nursery School Program (We have added an extra two weeks!)

September 13 - June 16, 2011

>2-year-olds (by Nov 1, 2010)

9:15 am – 11:15 am

Available two, or three days a week.

Two year olds are nurtured and parents are supported as they slowly separate from their child. Musical Munchkins and Nature of Things are a part of the nursery program.

>3-year-olds (by Dec. 31, 2010)

9:00 am – 11:30 am or 9:00 am - 3:00 pm
- 3 or 5 Full days

Available three or five days a week. Three year olds are encouraged to socialize and make new friends as they gradually move from parallel to cooperative play. Participation in instructional gymnastics and yoga promotes physical fitness and also builds self-esteem.

>4-year-olds (by Dec. 31, 2010)

9:00 am – 11:55 am five days a week or full day program three or five days a week from 9:00 am – 3:00 pm.

Children continue their social development as they move into pre-kindergarten activities that stimulate their cognitive growth. In addition, our curriculum provides the children an opportunity to experience gymnastics, instructional swim, Musical Munchkins,

and Nature of Things.

The Full Day Program includes an Enrichment curriculum in the afternoon featuring diverse topics - science, Super Soccer, literacy, art and more. Children bring lunch, have a rest time, and outdoor play.

>Beyond Preschool Class

For older 4's & 5 year olds. Five full days offers a diverse curriculum and gives the "in between child" an option.

9:00 am - 3:00 pm five days a week

This innovative program has been specifically designed for children who turn five early in the year, and miss the cut off date for kindergarten. The children enrolled in this class have developed longer attention spans and are ready for a more challenging and sophisticated curriculum. Beyond Preschool is also the perfect alternative for the child who is eligible for Kindergarten and needs the gift of an extra year.

Mad Science, swim, gymnastics, Super Soccer and spanish instruction are additional components to the curriculum.

Additional Hours.....

Early Drop-Off program is available at 7:00 am or 8:15 am.

Late Pick-Up until 3:45 pm is available for 3 – 5 year olds.

Late Pick – Up until 6:00 pm is available for 5 year olds (5 by 12/31/11)

Lunch Bunch for Two's is available from 11:15 am – 12:00 pm.

Stay and Play for Three's is available where children bring lunch and participate in play activities and story time from 11:30 am – 12:30 pm.

Early Education Cont'd

> Breakfast Club

For Elementary school age children and children in our Nursery School program for more informationext. 142

The YWCA offers a Breakfast Club program from 7:00am through the time that the students board their school bus, for families with children in White Plains elementary and private schools. Light breakfast and activities are provided. Kindergarten through 5th grade welcome. Children in our 3 and 4 year-old nursery classes will be brought to their room at 9:00 a.m.

Non-refundable deposit (\$250) is required at time of registration along with \$50 child's membership.

Fees are for the full school year,
September 2010 - June 2011:

| | | |
|------------|---------|--------|
| 5 mornings | \$1,800 | NSEA5D |
| 3 mornings | \$1,200 | NSEA3D |

Kids' Connection After School Program

Directorext. 109

Be active, make friends and have Fun in Kids' Connection. Children will be offered activities such as fitness, cooking, arts and crafts, indoor and outdoor play and dancing. The program observes the White Plains School District calendar through June 2011. Hours are 3:00-6:00pm. A Kids' Connection staff member meets each child on arrival at the YWCA. Children's annual membership fee of \$50 is required. Transportation may be available for out-of-district students. Please call for more information and fee schedule.

Sign up early for Fall 2010!

Child Care Center

Directorext. 133

Our educational philosophy is based on our knowledge of how children develop and learn. We strive to create safe, nurturing, child-centered environments that are age-appropriate for children eight weeks to 5 years old.

Our educational philosophy reflects the mission of the YWCA, which encourages familiarity with, and respect for all cultures.

Extra curricular age-appropriate activities include music, nature, swimming and gymnastics. In addition, the YWCA offers special activities throughout the year such as fitness classes and demonstrations, gardening, summertime fun, guest artists, etc.

The educational program in our Preschool classes offers a solid foundation of learning and cognitive development that prepares our children for kindergarten and beyond.

Our Child Care Center is licensed by the New York State Department of Social Services.

Musical Munchkins

Fun-filled program of music, instrument play, movement games and new friendships. Please call Musical Munchkins office directly at 771-7000 to register and for information.

Thursdays

| | |
|------------------|-------------------|
| 9:40 - 10:25 am | Ones |
| 10:30 - 11:15 am | Twos |
| 11:30 - 12:15 pm | *Friends & Family |
| 12:00 - 12:45 pm | *Babies |

Sundays

| | |
|------------------|------------------|
| 9:00 - 9:45 am | Babies/Young 1's |
| 9:55 - 10:40 am | Older 1's/Twos |
| 10:50 - 11:35 am | Threes |
| 10:50 - 11:35 am | Friends & Family |

*Certain classes have been double booked. Please call Musical Munchkins for more information.

Summer Programs for People with Developmental Disabilities

Participants enjoy a variety of therapeutic recreation programs that support and strengthen cognitive, physical, social and affective skills in a safe, supportive and fun-filled environment. Programs are offered in age appropriate groups and settings. 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 program. YWCA membership is encouraged but not required. Financial assistance is available for those who qualify. Families are encouraged to call Jim Sullivan at ext. 108 to discuss their financial needs.

Summer Respite Sundays

(ages 5 - 21)

Children and teens continue to explore and develop their cognitive, emotional and social abilities in a safe, nurturing, and well-staffed environment. Swimming, art, music, games, outdoor play and more are part of the daily schedule.

Fee: \$165

| | |
|----------------------------|------------------|
| Sundays | 12:00pm – 4:00pm |
| 7/11, 7/18, 7/25, 8/1, 8/8 | SPU1SS |

Summer Respite Camp

(ages 5 - 21)

This program is offered at the conclusion of Children's extended school year programs. Swimming, art, music, games, outdoor play and more are part of the daily schedule.

Fee \$225

| | |
|-----------------|-------------------|
| Monday - Friday | 9:00 am – 3:00 pm |
| August 16 - 20 | SPV1SC |

Transportation:

Fee: \$230

| | | |
|-----------|----------------|--------|
| Mon - Fri | August 16 - 20 | SPT1SC |
|-----------|----------------|--------|

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

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.

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) 949-8903 (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 (see www.ywcawhiteplains.com)

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 (I-287):** Heading East (from Tappan Zee Bridge) take Exit 9A. Bear right and continue to the third intersection, Bryant Avenue. Turn right and continue to North Street. Turn left and drive one block. 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. Program fees are refundable only if the YWCA cancels the program. No refund, credit, or discount is allowed for absence due to illness, holidays, or vacations taken by families, inclement weather closing, or any other circumstances. A Member may be eligible for a pro-rated Program Fee refund (less deposit and membership fee) provided that (i) all Program Fees are paid and up-to-date, (ii) the Member provides a documented medical disability as the reason for withdrawal from the Program and (iii) a written request for a pro-rated refund is submitted to the Program Director.

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 (at street level). Completion of application for a credit/refund does not guarantee same.

Board of Directors

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



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 |
| 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

Class _____ Participant's Name _____ Code _____ Time _____ Fee _____
 _____ Participant's Name _____ Code _____ Time _____ Fee _____
 _____ Participant's Name _____ Code _____ Time _____ Fee _____

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

Holiday Schedules:

May 29 - 30,
Aug 23 - Sept 5

YWCA Closed:

May 31, July 4 - 5, Sept 6
*please check with individual
programs for holiday hours*

Fall Aquatics

Pre-Registration for Fall 2010

Current Participants ONLY begins:
Monday, June 7th

Open Registration for New Students
begins: **Wednesday, July 7th**

Fall Gymnastics

Session: Monday, Sept. 13, 2010-
Saturday, January 22, 2011

Re-Registration for Current
Participants begins:

Monday, June 7, 2010

Open Registration for New Students
begins: **Monday, June 14, 2010**
and will remain open until all spaces are
filled. Registration for the Developmental
Groups (YW Starz, Talent Group, Hot
Shots) will begin on:

Monday, August 16th

Registration for all Teams will take
place after Labor Day. This includes:
Pre Team and Levels 4-8.

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

www.ywcawhiteplains.com

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