

Youth Fitness Programs Fall 2008

Classes take place in the second floor studio unless otherwise noted. Occasionally these classes change, please check for updates periodically

Term Dates: Sept 15 – Jan 18 No classes: Nov 27-30, Dec 24-Jan 2, Jan 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					9:15-10:15 Ballet (216)		
					10:15-11:15 Ballet	9:30-11:55 Super SoccerStars Mini-Gym	
		12:30-4:30 Super SoccerStars			11:15-12:15 Ballet		
AFTER-SCHOOL CLASSES					12:15-1:15 Ballet		
4:00-5:00 Fitness 101 5 th -8 th Grade		4:00-5:00 Fitness 101 5 th -8 th Grade		4:00-5:00 Fitness 101 5 th -8 th Grade	1:00-2:00 Fitness 101 5 th -8 th Grade		
4:00-5:00 Yoga for Kids Ages 6-10	4:00-5:00 Hip Hop* Kids Connection	4:30-5:30 Ballet	4:00-5:00 Fitness* Kids Connection	4:00-5:15 Ballet			
5:00-6:00 Zumba for Kids Ages 6-10	5:00-6:00 Hip Hop 3 rd -5 th Grade	5:30-6:30 Ballet	5:30-6:30 Ballet	5:15-6:30 Ballet	<u>Additional Information</u> Classes in shaded boxes take place in the Fitness Center Classes with an asterisk are not open to the general public For Ballet Levels & Age Information or the SuperSoccerStars program, please visit: http://www.ywcawhiteplains.com/Fitness_Fal08.pdf		
6:15-7:15 Beginner Karate Room 216		6:15-7:15 Karate (216)	6:30-7:30 Ballet (216)	6:15-7:15 Beg. Karate			6:30-7:30 Ballet (216)
				7:15-8:15 Intermediate Karate			

Important telephone numbers: YWCA main number (914) 949-6227, Registration Desk: ext 100, Fitness Office: ext. 130, Fitness Center: ext. 150

Check the website www.ywcawhiteplains.com for updated information