Program Guide
Classes Begin September 7

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REGISTRATION
ONLINE
YWCAWPCW.ORG

aquatics | before/afterschool care | childcare | competitive teams |
diversity training | early education | fitness and health | girls empowered through meaningful support | gymnastics | programs for people with developmental disabilities | racial justice | residence for women | summer camp | supervised visitation and safe exchange | swim school | vacation camp
The mission of the YWCA is to eliminate racism, empower women and promote peace, justice, freedom and dignity for all.

Programs that support this mission are in three key areas: Empowerment and Economic Advancement; Health and Wellness; and Racial Justice.

**Empowerment and Economic Advancement:** programs include: our Women’s Residence which provides supportive housing for 193 women; our Children’s Learning Center which supports early childhood programs to help children reach their developmental potential, and before/afterschool, and summer programs, all of which provide support to working parents. Scholarships are available to families with low to moderate income and domestic violence programs which provide supervised visitation and drop-in childcare at the Westchester County Courthouse to nurture and keep the children safe while their parents attend to matters before the court. We have ongoing career and financial empowerment workshops for women. The YWCA hosts an In the Company of Women luncheon for 500+ professional women to network and be inspired. The YWCA also hosts our “Turn Up the Heat” event, which highlights women chefs in the restaurant industry.

**Health and Wellness:** activities include: fitness, gymnastics and aquatics programs for children, adults, and seniors. We are on official training site for the Special Olympics, and our breast cancer awareness program provides education, awareness and screening to underserved women in Westchester County. Health and Wellness activities such as yoga and meditation are also offered free of charge to breast cancer survivors.

**Racial Justice:** is accomplished through our Stand Against Racism, Courageous Conversations, Reading to End Racism and Girls Empowered Through Meaningful Support (GEMS) program which helps to promote leadership, activism, and academic advancement for African American and Latina girls (grades 1-12).
GENERAL INFORMATION

Program Membership - Annual
YWCA Program Membership offers priority registration, pricing advantage, access to special events and may be required for some classes and activities. In addition, your membership supports advocacy and mission work of the YWCA. Program membership must remain current for the duration of the class to receive price discount.
Program 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.

<table>
<thead>
<tr>
<th>Program Membership</th>
<th>Annual</th>
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<tbody>
<tr>
<td>Adult (18+)</td>
<td>$105</td>
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<tr>
<td>Youth (under 17)</td>
<td>$80</td>
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<tr>
<td>Youth 2 (2 Children under the age of 18)</td>
<td>$150</td>
</tr>
<tr>
<td>Family (includes 3 children under the age of 18)</td>
<td>$210</td>
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</tbody>
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YWCA membership fees are subject to change at any time. Family program membership rate is available only for All-Access Fitness and Pool Plans.

Persimmon Membership
“Power up” your membership! Support the YWCA’s mission and social justice programming. Persimmon Membership is a non-program membership and is tax-deductible as allowable by law.

<table>
<thead>
<tr>
<th>Persimmon Membership</th>
<th>Annual</th>
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<tbody>
<tr>
<td>Persimmon Supporter</td>
<td>$100</td>
</tr>
<tr>
<td>Persimmon Circle</td>
<td>$500</td>
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Corporate Membership
Align your corporate identity with one of Westchester County’s most well respected and premier non-profit agencies. For information, contact the YWCA Development Office at (914) 949-6227 x147.

Get Involved - Become a Member
Membership at the YWCA signals your support for what the YWCA stands for: racial justice and the empowerment of women and girls. Strengthened by diversity, the YWCA draws together members who strive to create opportunities for women’s growth, leadership, and power in order to attain a common vision of peace, justice, freedom and dignity for all people. Now more than ever, the YWCA membership reflects your belief in the value of supporting a local organization that represents women’s interests.

For almost ninety years, the YWCA White Plains & Central Westchester has adapted our programming to ever changing community needs. To continue our important work, we need committed supporters like YOU. Your membership is a cost effective way to use and support needed services for women, children and families throughout White Plains and Westchester County.

When you join the YWCA, you also become part of a worldwide membership movement. The World YWCA unites over 25 million women and girls in 115 countries.

2019-2020 CLOSING SCHEDULE
Aug 19 - Sept 2     Building closed
Nov 11              Building closed
Nov 27              Holiday schedule
Nov 28 & 29         Building closed
Nov 30 & Dec 1      Holiday schedule
Dec 24              Holiday schedule
Dec 25              Building closed
Dec 26 & 27         Holiday schedule
Dec 30 & 31         Holiday schedule
Jan 1               Building closed
Jan 20              Building closed
Feb 17-21           Holiday schedule
April 6-12          Holiday schedule
May 23 & 24         Holiday schedule
May 25              Building Closed

Learn more. Contact Member Services today at (914) 949-6227 x208.
About the YWCA's Racial Justice Programs
The YWCA works to eliminate racism by addressing disparities people of color face. Through ongoing programs, conferences, events, and initiatives, our YWCA will continue to make visible the negative effects of racism. We strive to move communities to embrace diversity, equity, and inclusion and influence policies and legislation that ensure progress. Focus areas include:

- Policies, practices and community cultures
- Access to education, housing, health services, loans and/or opportunities to build capital
- Employment processes, workplace experiences, and advancement opportunities
- Municipal, law enforcement, and court decisions and service delivery
- Easy access to exercise the right to vote

Stand Against Racism takes place annually during the last week in April, is a signature campaign of YWCA USA to build community among those who work for racial justice and to raise awareness about the negative impact of institutional and structural racism in our communities.

Become a participating site!

Courageous Conversations is a discussion series where we examine and discuss biases, privileges, and experiences around race relations, laws and current events that impact the community. Each forum encourages respectful dialogue at all times, and is considered a “safe-haven” so that participants feel free to communicate without criticism of different viewpoints.

Join us for an engaging dialogue.

Reading to End Racism (RER) empowers youth through literacy and to take a stand and speak out in the face of racism and discrimination whenever and wherever they encounter it. RER aims to stimulate conversations about racism, bullying, and discrimination.

Youth Connection engages our youth by developing themed projects aimed at: encouraging meaningful dialogue to raise awareness of the effects of racism on their lives and how it will affect their ability to lead meaningful lives; embracing advocacy as a tool to combat the harms of racism.

Get involved with our RER & Youth Connection!
The following summarizes the successful YWCA initiatives offered, which can be customized to fit within a timeframe relevant to the needs of the client.

**Unconscious Bias: Overcoming Barriers to Inclusion**
A growing number of studies show a link between hidden biases and actual behavior. Hidden biases can reveal themselves in action, especially when a person’s efforts to control behavior consciously flags under stress, distraction, relaxation or competition. This interactive presentation defines what unconscious bias is and the assumptions made about “others”; examines the potential impact in workplace environments; and identifies how to move persons and organizations towards consciousness of bias and cultural competence.

**Foundation for a Personal Approach to Equity**
The goal is to develop a mutually respectful environment by introducing a sustainable process for resolving issues pertaining to diversity, equity and inclusion. To accomplish this goal, the themes of empathy and compassion will be explored to support a culture of respect. This would involve guiding the audience towards an understanding of how to interpret and respond to adverse situations both inside and outside of the workplace, via introduction of the Five Stages of Intercultural Development Continuum (Denial, Polarization, Minimization, Acceptance, Adaptation); and the Spectrum of Compassion Philosophy (Awareness, Feelings, Action).

**Appreciative Practices Toward Equity and Inclusion**
The YWCA has a commitment to equity and inclusion as we work to create a more just world. One of the most important skills we can have today is understanding how to build bridges to connect with others. No matter the issues (race, gender, immigration, environment) we are most concerned about on a daily basis, all solutions begin with a conversation. This workshop is designed to develop skills and practice for advancing and deepening conversations that center on race.

**Contact Us: 914-816-2358**
Learn more about our interactive sessions where you will learn tools that inspire personal reflection and how to connect with individuals and groups in resilient ways.

Visit our website, www.ywcawpcw.org, for information on our open enrollment training coming soon!

As a trusted social justice organization, YWCA White Plains & Central Westchester continues to lead the way in the field of diversity, equity, and inclusion; facilitating change and generating meaningful action in the workplace and the community.
**Parent/Toddler & Pre-school Levels**

**Baby Fish** (6 months - 18 months old): The Baby Fish class serves as an introduction to what will hopefully become a lifetime of aquatic exercise and plan. Becoming comfortable in the water (while both on the front and back) is the primary foundation, which will allow for the building of skills that are oriented around coordination and focus. Breathing patterns are also introduced in this course where routine and familiarity play a significant role.

**Fish Tots** (19 months - 36 months old): The young swimmers in Fish Tots are now learning the skills of body movement as they relate to aquatics. Our instructors emphasize the student's achievement of a full range of motion for exercises such as reaching into the water or kicking. Once these movements are pronounced, students get an introduction to combining these skills.

**Separation Fish** (3 - 4 years old): Whether there is a fear of the water or parent separation, or just hesitation to get involved, Separation Fish serves to bring these students to the first level of aquatic independence.

**Pre Fish One** (3 - 4 years old): The Pre Fish One level is a critical one in the YWCA's Swim School curriculum. It is here that the foundation is set for a lifetime of proper swimming, with proper head and body position. Once the proper streamline is achieved, a student's arm and leg motions will provide for adequate movement through the water.

**Pre Fish Two** (4 - 5 years old): The Pre Fish Two has shown significant aquatic ability and is now ready for greater challenges. With a proper body position already established, swimmers are now practicing their skills, becoming more efficient in the water, and getting exposure to swimming in deep water. The streamline transition from front to back engages muscles that are essential to higher level swimming.

**Intro Fish** (5 - 9 years old & 10 - 15 years old): This class is a true introduction to swimming for any child that is anxious or brand new to the water. Skills introduced include submersion, bubbles, streamlines, and proper arm movement while helping build confidence. The goal of this class is to increase confidence in a fun, non-threatening manner to prepare for Beginner Fish.

**Mid Fish** (5 - 9 years old & 10 - 15 years old): Students should begin to appear as functional swimmers as they progress through the Mid Fish level, utilizing correct body position to achieve propulsion from their arm and leg movements. An introduction to deep water is established, as students learn to tread water and the breaststroke kick is taught.

**Advance Fish** (5 - 9 years old & 10 - 15 years old): Advance Fish should gain a working understanding of the dolphin kick and breaststroke. Precision of form becomes more important with the freestyle and backstroke, as bilateral breathing and correct streamline positions are stressed.

**Pro Fish** (5 - 9 years old & 10 - 15 years old): Now accomplished swimmers, participants in the Pro Fish level should be moving through the water correctly and proficiently in freestyle and backstroke, with a good breaststroke, and a functional butterfly. The addition of flip turns is a major jump in the development of an aquatic athlete, as now swimmers are performing multiple laps without rest.

**Neptunes** (6 - 15 years old) A class perfect for swimmers looking for an introductory swim team program as well as for those looking for a workout. Please register for Neptunes if you have passed level 6 American Red Cross or our Pro Fish class. Neptunes meets twice a week for a full session. Please refer to our contract for registration for this class.

- **09/10/18 - 12/19/18**
- **Mon & Wed** 4:00 - 5:00pm  
  Contract $840

**Adult Swim** (16 years and up) Overcome your fears, set your goals, and learn in a supportive environment. Instructors work with adults at all levels to accomplish individual goals.

**Beginner Learning the Basics** is designed to help participants gain basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke.

- **Sat (Beginners)** 2:30 - 3:15pm  
  $434/$490

- **Sun (Int)** 1:30 - 2:15pm  
  $434/$490
### Parent/Toddler Fees

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<tbody>
<tr>
<td><strong>Baby Fish (6 months - 18 months)</strong></td>
<td>10:00 - 10:30am</td>
<td>6-18 months old</td>
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<tr>
<td><strong>Fish Tots (19 months - 36 months)</strong></td>
<td>10:30 - 11:00am</td>
<td>19-36 months old</td>
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### Preschool & Youth Fees

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<tr>
<td><strong>Pre Fish One</strong></td>
<td>4:00 - 4:30pm</td>
<td>3-4 years old</td>
<td>3:45 - 4:15pm</td>
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<td>4:00 - 4:30pm</td>
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<td>3-4 years old</td>
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<td>10:00 - 10:30am</td>
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<tr>
<td><strong>Pre Fish Two</strong></td>
<td>4:30 - 5:00pm</td>
<td>4-5 years old</td>
<td>4:30 - 5:00pm</td>
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<td>9:35 - 10:05am</td>
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<td>9:30 - 10:00am</td>
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<tr>
<td><strong>Intro Fish</strong></td>
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<td>9:45 - 10:15pm</td>
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<td>5-9 years old</td>
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**Classes with fewer than 3 students are subject to cancellation**

### Beginner Fish

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<tr>
<td><strong>Mid Fish</strong></td>
<td>3:45 - 4:30pm</td>
<td>5-9 years old</td>
<td>4:00 - 4:45pm</td>
<td>5-9 years old</td>
<td>3:45 - 4:30pm</td>
<td>5-9 years old</td>
<td>9:45 - 10:30am</td>
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<td>10:00 - 10:45am</td>
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<tr>
<td><strong>Advance Fish</strong></td>
<td>4:30 - 5:15pm</td>
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<td>4:30 - 5:15pm</td>
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<td>4:30 - 5:15pm</td>
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<td>5-9 years old</td>
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<td>5-9 years old</td>
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<td>5-9 years old</td>
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<tr>
<td><strong>Pro Fish</strong></td>
<td>4:00 - 4:45pm</td>
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<td>9:00 - 9:45am</td>
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<td></td>
<td>10-15 years old</td>
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<td>10:00 - 10:45am</td>
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**Swim School Policies**

1. Proper attire required. All patrons must wear proper swimming attire. Proper attire includes swim diapers and shorts for non-toilet trained persons. No cut-off shorts or hanging strings will be permitted.
2. Bathing caps required.
3. No cell phone/camera photography or video allowed in pool area.
4. Showering: all swimmers are required to shower with soap prior to entering pool.
5. Illness: any persons suspected of having an infectious or communicable disease MUST NOT enter the pool.
6. Changing/Showering: any child over the age of 5 must use the appropriate gender locker room. A family locker room is provided for your convenience. It is suggested by the YWCA to shower with bathing suit on.
7. Agree to follow all posted rules and regulations within aquatic areas and locker rooms.
8. We will provide ONE make-up per session. Must schedule with Aquatics Director.

The YWCA is not responsible for cancellations due to inclement weather. All funds used in registration are considered donations and may be non-refundable. For YWCA refund or credit policies and procedures, please see front desk associate. Refunds and credits will be issued to participants when enrollment does not meet participant minimums. Participants may also choose another time slot without any penalties.

No shoes allowed on deck. Bring your own towel. Shower before using pool. For the health and safety of our members, pool rules are strictly enforced.
Our swim facility consists of a six-lane heated 25-yard pool with men’s, women’s and family locker rooms. Swim instructors and lifeguards are American Red Cross certified. Swim team coaches are members of USA Swimming.

**Private & Semi-Private Lessons**
Lessons are based on availability of instructor and pool space. Private and semi-private fees are based on ½ hour lesson. There are no makeups for private lessons.

<table>
<thead>
<tr>
<th>Lessons</th>
<th>Private mbr</th>
<th>Private non</th>
<th>Semi-Private mbr</th>
<th>Semi-Private non</th>
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</thead>
<tbody>
<tr>
<td>1 Visit</td>
<td>$45</td>
<td>$55</td>
<td>$75</td>
<td>$85</td>
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Visits are based on number of weeks per session.

**American Red Cross Lifeguarding Training (LGT)**
Certification includes: LGT/First Aid/CPR/AED
**CPR/AED Certification is only valid for 1 year in New York State**

Only candidates who successfully complete the swim test, which includes a 300yd swim, 2 minutes tread and timed brick retrievals, will qualify for the class.
A non-refundable pre-test fee holds your class spot.
Participants must be 15 years of age by the end of the class. Class fee includes pocket mask and lifeguard manual. There must be at least 4 participants to conduct the class.
For more information call the Aquatics Office at (914) 949-6227 ext. 152.
Please check the website for class dates
**Class Fees:** $450/$465

**CPR/AED Training Courses for the Professional Rescuer**
Bring your own pocket mask and LGT book for review.
We can provide mask and book for an additional fee if needed.
Please check the website for class dates
**Class Fee:** $125

**Lifeguard Review Course**
**Current certification cannot be expired**
The Lifeguard review class is a review of lifeguarding and CPR/AED skills. Your lifeguarding rescue skills must be up to standard before the class. There must be at least 4 participants to conduct the class.
Please check the website for class dates
For more information call the Aquatics Office at (914) 949-6227 ext. 152.
**Class Fee:** $250

**Reminders:**
- All participants must wear a swim cap while in the pool.
- One piece swim suits are recommended for females.
- Goggles are allowed for the 300 yard swim during the pretest, but are not allowed at any other time. If the participant wears contacts, please ensure glasses are worn on the day of class.
- There are NO make up classes. If a participant misses part of or a full day of class, he/she will not be allowed to continue with the course.
- Certifications are sent directly from the American Red Cross. For questions regarding your certification, please call 1-800-RED CROSS (1-800-733-2767)
GYMNASTICS

Come Tumble with us!

The year-round gymnastics program serves children of all ages and abilities. Our facility is dedicated exclusively to gymnastics, tumbling and includes an 8,000 square feet air-conditioned gymnasium with fall floor, trampoline, overhead spotting belts and 40 foot Tumbletrack.

Open House
Come see what we’re all about and meet our instructors!
September 6th, 4:00-6:00 pm

FUNtastic Fridays
Gymnastics, tumbling, a movie, games and pizza. Enjoy an evening out while your children have fun with their friends at the YWCA! October 18th Halloween Night and December 20th Drop Your Kids & Go Holiday Shopping Night

Ages 6 yrs and up & Ages 3-5 yrs
Fri: 10/18/19, 12/20/19
6:30 - 10:00pm $40/$50 per day

Vacation Camps
Join us for a half day of gymnastics during school break.

Ages 6 yrs and up & Ages 3-5 yrs
Mon: 10/14/19
12:30 - 3:30pm $55/$60 per day

Open Gyms
Participants are invited to attend our open gym slots! Work on new tricks and master your skills!

Ages 7 yrs and up Sun: 9/22/19, 10/6/19, 11/3/19
1:30 - 3:00pm $25/$30 per day

Clinics
October 27th-Focus: Bars 1:30-3:00pm
November 17th-Focus: Beam 1:30-3:00pm
December 1st-Focus: Back Handspring 10:30-12:00pm

$30/$40 per day

The program stresses safety and fun, with opportunities for all to participate-from youngest to oldest. We are a member of USA Gymnastics. Coaches and instructors are USA Gymnastics and safety certified. **USAG waiver required for participation in all gymnastics programs.**

**Gymnastics Policy:**
1. For the safety of all children and instructors, and to limit distractions, the doors to the gym will be closed after warm-up. Viewing windows allow parents to watch classes from the dressing room area. Parents are invited into the gym during Observation Week.
2. Staff availability may affect class status. Classes require at least 3 participants.
3. No strollers or infant carriers are allowed in the gym.
4. Two make-ups are allowed for the Parent & Tot groups and Preschool classes only. Please contact the office ahead of time to schedule.
5. There are no make-up classes for any of the Youth drop off programs.
6. There are no credits or refunds for cancellations due to inclement weather. See General Information page for full credit/refund policy.
7. A doctor’s note must be provided prior to returning to class for any injury.

**Dress Code:**

**Girls**
Dress in sweats, shorts, T-shirt or leotard. Bare feet, hair tied up, no jewelry. Leotards are available for purchase in the gymnastics office.

**Boys**
Shorts, T-shirt and bare feet. No jeans or belts.
**Fall 2019 Session:** Sep 7 - Dec 22  
No class dates: Nov. 11 Nov. 27-30, Dec 1  
Gymnastics Competition: Winter Solstice, December 14 & 15  
*no classes after 6pm December 13 - 15 - will need to schedule make up classes

### Preschool Parent/Tot

**Cartwheeling Cubs (2-3 years old)**
- **Monday:** 9:30-10:15am  
  - $406/$462
- **Thursday:** 9:30-10:15am  
  - $406/$462
- ***Saturday:** 10:30-11:20am  
  - $406/$462
- ***Sunday:** 9:00-9:45am  
  - $406/$462

### Preschool Kipping Kangaroos (3-4 years old)
- **Monday:** 4:00-5:00pm  
  - $406/$462
- **Tuesday:** 12:30-1:20pm  
  - $435/$495
- **Wednesday:** 12:30-1:20pm  
  - $406/$462
- **Wednesday:** 4:00-5:00pm  
  - $406/$462
- **Thursday:** 12:30-1:20pm  
  - $406/$462
- **Thursday:** 1:50-2:40pm  
  - $406/$462
- **Friday:** 4:00-5:00pm  
  - $406/$462
- ***Saturday:** 10:30-11:20am  
  - $406/$462
- ***Sunday:** 10:00-10:50am  
  - $406/$462

### Youth Co-Ed (4-5 years old)
- **Monday:** 4:00-5:00pm  
  - $448/$504
- **Tuesday:** 4:00-5:00pm  
  - $480/$540
- **Wednesday:** 5:05-6:05pm  
  - $448/$504
- **Thursday:** 4:00-5:00pm  
  - $448/$504
- **Friday:** 4:00-5:00pm  
  - $448/$504
- ***Saturday:** 11:45-12:45pm  
  - $448/$504
- ***Sunday:** 11:10-12:10pm  
  - $448/$504

### Youth Girls (6-7 years old)
- **Monday:** 5:05-6:05pm  
  - $448/$504
- **Tuesday:** 4:00-5:00pm  
  - $480/$540
- **Tuesday:** 5:05-6:05pm  
  - $480/$540
- **Wednesday:** 4:00-5:00pm  
  - $448/$504
- **Wednesday:** 5:05-6:05pm  
  - $448/$504
- **Thursday:** 4:00-5:00pm  
  - $448/$504
- **Friday:** 5:05-6:05pm  
  - $448/$504
- ***Saturday:** 12:55-1:55pm  
  - $448/$504
- ***Sunday:** 12:15-1:15pm  
  - $448/$504

### Youth Girls (8-10 years old)
- **Monday:** 5:05-6:05pm  
  - $448/$504
- **Tuesday:** 5:05-6:05pm  
  - $480/$540
- **Wednesday:** 5:05-6:05pm  
  - $448/$504
- **Thursday:** 5:05-6:05pm  
  - $448/$504
- **Friday:** 5:05-6:05pm  
  - $448/$504
- ***Saturday:** 12:55-1:55pm  
  - $448/$504
- ***Sunday:** 12:15-1:15pm  
  - $448/$504

### Youth Co-Ed (11+ years old)
- **Monday:** 6:15-7:30pm  
  - $462/$518
- ***Saturday:** 2:00-3:15pm  
  - $462/$518

### Youth Boys (5-7 years old)
- **Monday:** 4:00-5:00pm  
  - $448/$504
- **Friday:** 4:00-5:00pm  
  - $448/$504

### Youth Boys (8-10 years old)
- **Monday:** 5:05-6:05pm  
  - $448/$504
- **Friday:** 5:05-6:05pm  
  - $448/$504

### Tumbling Classes Co-Ed
- **Wednesday 7+ yrs**
  - Open Tumbling  
  - 6:30-8:00pm  
  - $504/$560
- **Thursday 7+ yrs**
  - Advanced Tumbling  
  - 6:30-8:00pm  
  - $504/$560
- ***Saturday 7+ yrs**
  - Open Tumbling  
  - 2:00-3:30pm  
  - $504/$560

### Invitational Only, Non-Competitive, Membership Req
- **Sunshines (3-5 years old)**
  - formerly Advanced Preschool and Rec  
  - **Monday:** 4:00-5:00pm  
    - $462
  - **Friday:** 4:00-5:00pm  
    - $462
  - **Wednesday**
    - $490
  - ***Saturday:** 10:30-11:20am  
    - $462
  - ***Sunday:** 10:00-10:50am  
    - $462
  - **Comets II**
    - **Thursday:** 5:05-6:20pm  
      - $504
    - ***Friday:** 6:15-7:30pm  
      - $504
  - **Novas**
    - **Tuesday:** 4:10-6:10pm  
      - $555
    - **Friday:** 4:10-6:10pm  
      - $518
  - **Stars**
    - **Monday:** 4:10-6:10pm  
      - $518
    - **Wednesday:** 4:10-6:10pm  
      - $518
    - **Thursday:** 4:10-6:10pm  
      - $518
  - **Warriors**
    - **Monday:** 6:15-7:45pm  
      - $518
    - **Wednesday:** 6:15-7:45pm  
      - $518
Preschool:

**Parent and Tot 2-3 yrs:** Offered to ages 12 months and up and run 45 minutes. In these classes, we help parent and child work together in a playful, fun atmosphere to develop the child’s hand-eye coordination, body awareness, build strength, agility and flexibility while learning basic gymnastic skills. We use music, games and fun props to create an enjoyable experience for both parent and child.

**3-4 yrs:** Focus is on flexibility, body awareness and coordination through basic gymnastics, games and movement to music.

Youth & Young Adult:

**4-5 yrs:** Gymnasts will focus on core strength, arm strength, and the coordination necessary to learn headstands, handstands, cartwheels and forward rolls - the fundamental building blocks of almost all gymnastics skills.

**6-7, 8-10 yrs, Young Adult (Teen):** Students are registered into correct age group and then divided within the class based on skill. All recreational classes are designed to be a continuation of skills and growth from the previous enrolled class.

**Boys:** Build strength, speed, and coordination and gymnastics skills on all the Men’s apparatus.

Tumbling: Our all tumbling class allows athletes to perfect the skills they need to succeed in cheerleading, gymnastics and dance. Round-off, back handsprings, and back tucks as well as a strong foundation of strength, flexibility, and gymnastics basics.

Competitive Teams:

*Membership is by invitation only from the Head Coach.*

**Tumbllettes (USA Gymnastics)**

- **Level 2-5 Compulsory Teams:** All gymnasts master the same routines and skills before moving to the next competitive level.
- **Level 6-10 Optional Teams:** Routines are individualized for each gymnast while using the particular requirements needed for the level.

**Aerials (USA Independent Gymnastics Clubs)**

- **Copper, Bronze, Silver, Gold, Platinum:** The USAIGC Program offers a broad-based, optional competitive experience outside the traditional Jr. Olympic Program.

Invitational Classes:

*Students are evaluated first before they could register. They need to be recommended to be evaluated.*

**Sunshine (formerly Advanced Preschool and Rec):** Based on Level 1 Skills. Skills include but are not limited to:
- Vault – strong run, proper understanding of jump off spring board
- Bars – Understanding of straight arms and legs, solid front support and cast
- Beam - Minimal fear of high beams, lever, bunny hops
- Floor – Cartwheel, ¾ Handstand, demonstrates understanding of all skills

**Comets:** Based on Level 1/2 and Copper Levels. Skills include but are not limited to:
- Vault – Proper running, Handstand Flat back onto Mat Stack
- Bars – Pullover, Back Hip Circle, casting
- High Beam – ¾ Handstand, leaps, turns
- Floor – Cartwheels, Round-Offs, Walk-overs, Rolls, Handstands, Dance

**Novas:** Based on Level 2/3 and Copper Levels. Skills include but are not limited to:
- Vault – Proper running, Handstand Flat back onto High Mat Stack
- Bars – Pullover, Back Hip Circle, strong cast, Under swing Dismount, Mill Circle
- High Beam – ¾ to Full Handstand, leaps, dance, Side Handstand Dismount
- Floor – Round-Offs, Walk-overs, Handstands, Handsprings, Dance

**Stars:** Based on 3/4 and Bronze Levels. Skills include but are not limited to:
- Vault – Handstand Flat back onto High Mat Stack, Front Handspring over the table
- Bars – Back Hip Circle, 20º above the bar cast, Under swing Dismount, Front Hip Circle, Mill Circle, Kip
- High Beam – Full Handstand, leaps, split jumps, dance, side Handstand Dismount
- Floor – Round-Offs, Walk-overs, Handstands, Handsprings, Dance, Connecting skills

**Warriors:** Based on 4/5 and Bronze Levels. Skills include but are not limited to:
- Vault – Front Handspring over the table
- Bars – Back Hip Circle, 45º above the bar cast, Front Hip Circle, Kip, Long Hang Kip
- High Beam – Full Handstand, Cartwheel, Round off, walkovers, leaps, split jumps, dance, side Handstand ¾ Dismount
- Floor – Round-Off back handspring back tuck, Walk-overs, Rolls, Handstands, Handsprings, and Dance
Through our Fitness Program, we offer an array of activities for youth and adults from Karate and Fencing to personal training, cardio and strength building in our Fitness Center and special activities that provide information on health and wellness for all ages.

**Pre-School Fencing**
Get your young musketeers started with a fun and safe introduction to their favorite sport. Our 4-5 year old classes are filled with fun games and play that help your child develop the motor skills and concentration they will need to excel in anything. Designed especially with the youngest fencers in mind, this program uses safe plastic sabers that are light and easy to handle, allowing the kids to explore their new sports in a way that’s perfect for their needs. Kids in this program run, jump and play as they develop their coordination, balance and strength while they swordplay.

Ages 3 1/2 - 5  $99 per month

**Youth Fencing**
We are pleased to continue our partnership with Sheridan Fencing Academy, which has trained many top fencers including the 2016 NCAA Champion and the 2013 Junior World Champion. Coaching staff includes Jason Sheridan, the only American to complete the prestigious fencing master program at the Academy of Physical Education in Katowice, Poland.

<table>
<thead>
<tr>
<th>Youth Program Ages 6-8</th>
<th>Monday, Wednesday, Thursday 4:00-6:00pm, Tuesday 4:00-7:00pm, Saturday 10:00am-2:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth A</td>
<td>one class per week</td>
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<tr>
<td></td>
<td>$175 per month</td>
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<tr>
<td>Youth B</td>
<td>one class per week plus 1 private lesson</td>
</tr>
<tr>
<td></td>
<td>$225 per month</td>
</tr>
<tr>
<td>Youth C</td>
<td>unlimited classes + 1 private lesson</td>
</tr>
<tr>
<td></td>
<td>$299 per month</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Youth Program Ages 9 and up</th>
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</thead>
<tbody>
<tr>
<td>Monday, Wednesday, Thursday 4:00-6:00pm, Tuesday 4:00-7:00pm, Saturday 10:00am-2:00pm</td>
</tr>
<tr>
<td>Young Adult A</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Young Adult B</td>
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<tr>
<td></td>
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<td>Young Adult C</td>
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<td>Young Adult D</td>
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<td></td>
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<tr>
<td>Young Adult E</td>
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</tbody>
</table>

**Youth Karate**
The YWCA has partnered with Westchester Karate to bring the traditional Okinawan Goju-Ryu Karate. Instructors: Sensei Chris Graham, Roko-Dan Sixth Degree Black Belt, and Sensei Debbie Batterman Go-Dan Fifth Degree Blackbelt.

*No class on Dec. 31, Jan. 21, Feb. 18-22*

<table>
<thead>
<tr>
<th>Mondays Ages 5-12</th>
<th>5:30 - 6:30pm</th>
<th>$462/$518</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays Ages 5-12</td>
<td>5:30 - 6:30pm</td>
<td>$462/$518</td>
</tr>
<tr>
<td>Thursdays Ages 5-12</td>
<td>5:30 - 6:30pm</td>
<td>$462/$518</td>
</tr>
</tbody>
</table>
**Building Closures on page 3**

**Fitness Center Hours**
- **Monday-Thursday**: 6:00 am - 8:00pm
- **Friday**: 6:00 am - 7:00pm
- **Saturday-Sunday**: 8:00 am - 2:00pm

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**Adult Karate**
The YWCA has partnered with Westchester Karate to bring the traditional Okinawan Goju-Ryu Karate. Instructors: Chris Graham; Roko-Dan Sixth Degree Black Belt; Ni Dan Second Degree, Go Dan Fifth Degree; Debbie Batterman, Yon Dan Fourth Degree.

- **Mondays**: 7:30 - 9:00pm
- **Wednesdays**: 7:30 - 9:00pm
- **Thursdays**: 7:30 - 9:30pm

**1 Month** $130/$150  
**3 Months** $350/$410  
**6 Months** $650/$770  
**9 Months** $945/$1,125  
**12 Months** $1,200/$1,400

**Adult Fencing**
(For ages 18+) Sheridan Fencing Academy of Westchester LLC brings its unique program to the YWCA. Students advance through program curriculum by taking periodic tests and assessment of skills.

- **$99 per month**

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**Personal Training**
Become another YWCA success story by working with one of our trainers. A trainer’s guidance and motivation will go a long way in helping you reach your health and fitness goals.

<table>
<thead>
<tr>
<th>Personal Training</th>
<th>Single mbr</th>
<th>mbr</th>
<th>5 Pack mbr</th>
<th>10 Pack mbr</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 minutes</td>
<td>$40</td>
<td>$175</td>
<td>$200</td>
<td>$340</td>
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<tr>
<td>45 minutes</td>
<td>$55</td>
<td>$250</td>
<td>$290</td>
<td>$470</td>
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<tr>
<td>60 minutes</td>
<td>$65</td>
<td>$300</td>
<td>$350</td>
<td>$520</td>
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</table>

**Group Personal Training**

<table>
<thead>
<tr>
<th>Group Personal Training</th>
<th>5 Pack mbr</th>
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</thead>
<tbody>
<tr>
<td>Small Group (3-4 people)</td>
<td>$100</td>
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</tbody>
</table>

Please notify the Fitness Department within 24 hours if you are unable to make your session. Failure to do so will result in the session being counted as used. All sessions must be used within 6 months of purchase. No refunds are issued on personal training.

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**Weight Training Classes for Men and Women**
Stop the degenerative loss of muscle related to aging. It is never too late to regain lean muscle mass! Work on regaining strength in the upper and lower body, improve joint health, increase bone density, enhance balance and increase flexibility. Men and women can improve physical fitness at any age!

- **Tuesdays**: 10:00 - 11:00am  
  - **$330/$390**

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**Adult Afternoon Yoga**
Stretch and strengthen while reducing stress. Instructor, Chris Glover.

- **Mondays**: 12:45 - 2:15pm  
  - **$308/$364**
- **Fridays**: 12:45 - 2:15pm  
  - **$308/$364**
FREE Holistic Wellness for Breast Cancer Patients and Survivors

YWCA White Plains & Central Westchester is committed to health and wellness for all individuals and is pleased to offer these unique programs for those managing life with breast cancer. Classes and workshops, developed by certified instructors, help provide support during all phases of your breast cancer journey. Whether you’re newly diagnosed, currently in treatment, or post-treatment, getting regular exercise is important for your continued health.

Our instructors’ gentle holistic approach, combined with modified techniques, are powerful tools used in managing the daily challenges, side effects, and life-long vulnerabilities of cancer treatments.

**Meditation, Yoga, and Tai Chi**

Inspired? If you’re currently undergoing treatment for breast cancer or if you’re a survivor, ask your doctor if you are healthy enough to take a yoga, Tai Chi, or meditation class.

*No class on Nov. 21, Nov. 22*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Chi</td>
<td>Tuesday</td>
<td>7:15 - 8:15pm</td>
<td>FREE</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Wednesday</td>
<td>6:15 - 7:15pm</td>
<td>FREE</td>
</tr>
<tr>
<td>Meditation</td>
<td>Monday</td>
<td>6:30 - 7:30pm</td>
<td>FREE</td>
</tr>
<tr>
<td>Yoga</td>
<td>Thursday</td>
<td>6:30 - 7:30pm</td>
<td>FREE</td>
</tr>
</tbody>
</table>

To learn more or register for classes, please contact:

Ned Corona at 914-949-6227 ext. 208 or email ncorona@ywcawpcw.org

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**Encore Plus**

Office (914) 949-6227......................................ext. 208

With funding from the Westchester County Department of Senior Programs and Services, 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 eligible women over 40.

For information about our next seminar or to request a presentation at your site, please call the Program Office at 914-949-6227 ext. 208
The Y Leaders Leadership Program at YWCA White Plains & Central Westchester is a leadership initiative that aims to equip young womxn in high school and college with the tools they need to be effective and empowered leaders. Our year-round program and Summer Camp will take our participants through trainings that will teach them how to better communicate with themselves and the world around them, how to build in daily affirmations into their lives, how to empower each other and how to navigate spaces in a way that affects change.

The YWCA’s core mission of empowering women and eliminating racism drives the vision and mission of this leadership initiative. To do our work through a racial justice lens is to approach our work in a way that is not only inclusive but allows for flexibility and changes based on staff, student and community feedback. Our goal is to equip young womxn with the tools they need to be the best leaders they can be while taking care of themselves on their journey.

We recognize that leadership comes in all forms. Some leadership is loud, others quiet, some at the forefront and others as the backbone and support. Our program aims to foster and encourage all types of leadership and recognize that it takes a fully diverse, inclusive and intentional program to prepare students.

Program Criteria:

- Currently enrolled in school.
- Between the ages of 16 and 21.
- A resident of Westchester (college addresses included)
- Y Leaders is open to those who identify as female, womxn, non-binary and gender-nonconforming.

Application Deadline: September 30, 2019
Notification by: October 7, 2019

Y Leaders meets Thursdays at YWCA White Plains & Central Westchester from 6-8pm starting on October 17, 2019

(Bi-weekly meetings. *Our second meeting will be on October 30th instead of October 31st because of Halloween*)

Contact Ariana Quiñones for more information: 914.816.2358 or aquinones@ywcaawpcw.org

Program funded by Westchester Community Foundation

SIGN UP ONLINE: WWW.YWCAWPCW.ORG
Benefits:
Feel and look better as we provide the environment to reach your health and fitness goals: weight loss, muscular development, and overall health management. You will have access to fitness equipment, group exercise classes as well as pool for open and lap swims. Our professionals encourage and help you stay motivated. This is a great low-key facility that allows you to spend time with friends and family and make new fitness-minded friends.

Our Plans:
YWCA is just what you’re looking for! We offer a friendly, co-ed, low-key atmosphere where everyone can feel comfortable. Our staff is always available to answer questions about the equipment or help you find an exercise that works for you. In our spacious Dance Studio, we offer a variety of group exercise classes that are taught by experienced and caring instructors. Class sizes are small, so you are sure to receive lots of personalized attention. Speak with your doctor first. We highly recommend that you check with your physician before beginning any exercise program (medical clearance may be required in some cases).
Health Insurance: Silver Fit; Health Ways; Emblem.

<table>
<thead>
<tr>
<th>Plan</th>
<th>Joiner’s Fee</th>
<th>All Access Plan</th>
<th>Fitness Room Plan</th>
<th>Swim Plan Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Monthly</td>
<td>Monthly</td>
<td>Monthly</td>
</tr>
<tr>
<td>Adult: 18+; women and men</td>
<td>$49.00</td>
<td>$40.00</td>
<td>$32.00</td>
<td>$32.00</td>
</tr>
<tr>
<td>Adult II: Includes 2 adults</td>
<td>$75.00</td>
<td>$74.00</td>
<td>$57.00</td>
<td>$57.00</td>
</tr>
<tr>
<td>Youth: 17 and under; full time students</td>
<td>$25.00</td>
<td>$24.00</td>
<td>$19.00</td>
<td></td>
</tr>
<tr>
<td>Family I: Includes 1 adult and up to 3 children; immediate family only</td>
<td>$100.00</td>
<td>$70.00</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>Family II: Includes 2 adults and up to 3 children; immediate family only</td>
<td>$125.00</td>
<td>$100.00</td>
<td>$73.00</td>
<td></td>
</tr>
<tr>
<td>One Day Guest Pass: Includes access to fitness center, pool, group exercise classes (excludes fee based.)</td>
<td>$15 members</td>
<td>$15 members</td>
<td>$20 non members</td>
<td></td>
</tr>
</tbody>
</table>

Veterans Discount:
Contact our Membership Office for more information at 914-949-6227 x 208

Benefits:
- Use of Fitness Center
- Use of Pool during scheduled public swim times
- Weekly Group Exercise classes water and land (except fee-extra classes)
- 25% off yoga & weight training
- One (1) free 30-minute Personal Training Session (one time only)
- YWCA Program Membership included
- Use of Fitness Center
- One (1) free 30-minute Personal Training Session (one time only)
- YWCA Program Membership included
- Use of Pool during scheduled public swim times
- Water based Group Exercise classes
- YWCA Program Membership included
- Children ages 12-15 must be accompanied by an adult at all times

*Individual and 1 Child Annual Pool Plan for children up to age 12 Child Only Pool Plan is for ages 6-17
Our Early Education program is licensed by the New York State Office of Children and Family Services, Bureau of Early Childhood.

The YWCA Children’s Learning Center provides quality programs that support the “whole” child. Our staff are experienced educators who understand the social, emotional, cognitive, and physical development of young children.

We provide a safe and nurturing environment with an eclectic variety of enrichment activities that encourage social interaction, emotional growth, intellectual challenge, physical development and creative expression. As a reflection of our mission and anti-bias curriculum, we believe in encouraging children to begin exploring their similarities and differences at a young age. Strong emphasis is placed on helping the broaden their understanding of respect of diverse cultures.

Our age appropriate curriculum builds on early literacy, math, and science competencies that are filled with great learning experiences as well as enrichment activities (age appropriate) such as music, gymnastics, swimming, language, arts, physical fitness and much more.

**Infants & Toddlers: 8 wks to 3 yrs.**
Infants and toddlers learn by experiencing the environment through their senses and by exploring their surroundings. Warm, caring teachers help infants and toddlers to develop a sense of trust and confidence through primary caregiving.

Classes are group according to age:
Infants ages 8 weeks to 18 months, Toddlers ages 18 months to 36 months.

**In all of our classes** outdoor time is part of our daily program. In addition, children are inspired through music, art, movement, literature, and educational resources and materials.

- **Music:** Weekly visits from Musical Munchkins reinforces one of the main ways a child develops language skills. Music increases children’s creative thinking and problem solving skills. Music is also just plain fun; from singing to movement and playing rhythm instruments!
- **Nature of Things:** The staff from “The Nature of Things” brings an array of farm and woodland animals each month to all of our classrooms, teaching them about different kinds of animals and their habitats. As one child said, “it’s the best!”
- **“Mad Science”:** Our Pre-K students experience hand on experiments with visits from various science specialists promoting concepts and skills in science. Other science projects are lead by classroom teaching staff.

**Preschoolers: 3 - 5 yrs.**
Our program for preschoolers promotes learning through the exploration of materials. Using The Creative Curriculum® as our framework for classroom learning, teacher directed and child initiated activities are included in the schedule for the day.

- **Handwriting Without Tears Program:** This multisensory technique builds a foundation of readiness in children, developing positive and consistent habits for letter formation without frustration.
- **Spanish Language Program:** An innovative multisensory method of teaching language (Spanish) through music, movement, chanting and singing songs. Pre-K children have an opportunity to further develop listening and phonetic skills in a fun and creative way.
- **Gymnastics:** Our Toddler and Preschool classrooms (children ages 3 and up) participate in weekly gymnastics classes. Gymnastics develops coordination, gross-motor skills, and physical fitness.
- **Swimming:** Designed to orient young children to the aquatic environment and help them gain aquatic skills.
BEFORE AND AFTER SCHOOL CARE

Director..............................(914) 949-6227 x 109

Philosophy
The YWCA Kids’ Connection programs provide rewarding age-appropriate activities in safe, structured, and positive environments. We believe that all programs for children must be based on a solid knowledge of the students served; how they learn, how they play, how they interact with adults, and with peers.

The goal of Kids’ Connection is to encourage exploration, learning, discovery, and independence to help children reach their fullest potential through active learning with well planned activities. In addition, we strive to meet the individual needs of each student, enhancing a positive sense of self within a group setting.

Before School
Kindergarten through 5th Grade
Registration is open to the public; residents of White Plains school district.
Family Atmosphere from 7:00 AM to Bus Pick-up Time
Nutritious Breakfast
Age Appropriate Games and Activities
Choose from 3 or 5 mornings/week.
Superior, experienced staff
Transportation to White Plains Schools

After School
Kindergarten through 6th Grade
Registration is open to the public; residents of White Plain school district.
Homework Help
Arts & Crafts and Special Activities
Fitness and Sports Activities
Indoor & Outdoor Play
Choose from 3, 4 or 5 afternoons.
Transportation from White Plains Schools

Kid’s Night Out
Enjoy a well-deserved break from the rigors of 24/7 parenthood with our Kid’s Night Out program. While you recharge with some precious “me” time, we’ll keep your kids active and entertained with a full schedule of fitness activities, crafts, and games in a safe and caring environment. Nonmembers welcome!! Reserve your child’s spot 24 hours ahead of time.
Ages 6-12
Last Friday of Every Month (beginning in October)
6:30PM–8:30PM      $20/$25

School’s Out
We provide full day and half day programs for most of the White Plains District School closings and early dismissals. Call for dates.
Register for hours of fun and creativity ages 5-12 years.
Full day hours are 8:00 am – 6:00 pm
Half day program 12:00 pm – 6:00 pm.
Full Day:    $80 for YWCA members/ $90 for child non-member
Half Day:   $65 for YWCA members/ $75 for child non-member
Minimum of one week pre-registration is required. Forms available on the website, www.ywcawpcw.org.
CHILDREN’S CENTER

Director..............................(914) 949-6227 x 128

The Children’s Center at the Westchester County Courthouse provides on-site child care for children of litigants in safe, kid-friendly environments. A core element of the Center is our literacy program, which ensures that each child leaves the Center with books that they can read at home.

Funded by NYS Unified Court System and Westchester County Office for Women.

SUPERVISED VISITATION & SAFE EXCHANGE

Director..............................(914) 949-6227 x 128

Supervised Visitation enables children to maintain healthy and positive relationships with non-custodial parents while ensuring safety for children and both parents. Monitored bi-weekly visits take place at the YWCAs in White Plains and in Yonkers. All visits are court mandated.

The program receives financial support from the Westchester County Department of Probation and Westchester County Office for Women.
SERVICES FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES

Director..............................(914) 949-6227 x 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.

In addition, community based recreation resources are available at the YWCA to promote healthy lifestyles. These “Special Fit” activities may be tailored to individual needs.

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 for People with Developmental Disabilities and the Taft Foundation.
**Individuals with Traumatic Brain Injury (TBI)**
Available to people injured prior to age 22. Individualized therapy-based programs of fitness, aquatics and social support for people recovering from Traumatic Brain Injury. Use of Fitness Center and swimming pool.

**Music Lessons: Piano or Guitar**
(Debbie Moran, Instructor) Piano or guitar lessons for children and adults. Scheduled appointments arranged by instructor. Limited space available for non-disabled children at higher rate.

**RECITAL JUNE 7, 2020; 3pm**
**Fall 2019** – 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/26, 11/2, 11/9, 11/16, 11/23, 12/21, 1/11, 1/18, 1/25
No lessons on 10/19, 11/30, 12/7, 12/14, 12/28, 1/4
**Fees:** $375/$405 per session

**Dance the Night Away** (Ages 16 and older)
DJ, dancing, refreshments, novelty gifts and door prizes. No charge for staff or parents. Pre-registration is required for all participants.

**Fees:** $10 (staff free)  
**Fridays:** 7:30 - 9:30PM
**Welcome Back Social**  
September 6, 2019
**Harvest Social**  
November 15, 2019

**Friday Night Socials for Adults**
**(Bingo & Pizza)** (Ages 17 years and older)
Advance registration is required.

**Fee:** $10 per person (staff free)  
**Fridays:** 7:30 - 9:30pm
**Fall 2019** – 9/20, 10/4, 10/18, 11/1, 12/6, 12/20

**Saturday Fun & Fitness** (Adults aged 17 and older)
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.

**Session One $156**
**Fall 2019:** 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/26, 11/2, 11/9, 11/16, 11/23, 12/21, 1/11, 1/18, 1/25
No programs on 10/19, 11/30, 12/7, 12/14, 12/28, 1/4

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

**Fall Session same as Saturday Fun and Fitness**
**Fee:** $50 for uniforms and Equipment, must register for Saturday Fun and Fitness

**Sunday Learn to Swim** (Ages 3 - 21)
Formal instructional swim class: Private 1/2 hour lessons are scheduled mid-day on Sundays. Students register in a series of 6 week sessions listed below. Contact the Special Programs office to register.

**Fees:** $162/$180 per session, membership & pool plan incl.

**Session 1**  
09/08/19 - 10/13/19

**Session 2**  
10/27/19 - 12/08/19
no class: 10/20, 12/1, 12/15, 12/22, 12/29

**Gymnastics Program (Sundays)**
Gymnastics helps all children not only physically, but also in cognitive and self-esteem development. As each child grows more comfortable with each movement and piece of equipment, they also grow more confident in themselves. Participating in team-oriented exercises also helps to show each child how valuable they truly are, as well as helps to expand their communication comfort zones.

**Fees:** $130/$150 per session

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**Sensational Sundays** (Ages 6 - 21)
Safe, nurturing, and well-staffed environment with activities such as art, music, games, swimming, and outdoor play. Contact the Special Programs office, must have OPWDD eligibility.

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* note: no classes 10/20, 12/1, 12/15, 12/22, 12/29

**Sundays**  
12:00 - 4:00pm

**School Vacation Camps** **OPWDD Eligible** (Ages 6-21)
We provide six hours of daytime recreation and socialization during school vacations. Advance registration is required.

**Columbus Day**  
October 14

**Giving Retreiever Program (Pilot)**
Begins October 2019  
1.5 Hours  
$300/6 week program

**Bowling**
Bowlmor Lanes  
47 Tarrytown Road, White Plains, NY 10607  
Transportation is not provided.

**Fall Session:** 84  
6:00pm - 8:00pm
10/1, 10/15, 11/5, 11/19, 12/3, 12/17, 1/21
What if one place existed that could offer all of this to girls?

The YWCA is that place and the GEMS program is how we do it.

Philosophy & Goals

The GEMS program cultivates African American and Hispanic girls in Westchester County to be “beautiful, bold and better than they were the day before”. Much like the coal that ultimately becomes a diamond, the young women in our program are exposed to specific elements to transform them into confident and capable adults. These elements are:

- academic support
- college and career readiness
- health and wellness
- cultural awareness
- community service/citizenship

There is a strong focus on science, technology, engineering and math (STEM).

The Program runs year round. Parental support and involvement is encouraged.

GEMS has come to represent a haven for the girls. The program demonstrates that not only does girl power have enough strength to save a girl, but also a family and a community. The success of our community, our state, our country and our world is directly tied to the success of women and girls.
A Brief History
Since 1930, the YWCA has provided safe, affordable comfortable housing for low income women, working professionals, and women in transition who want independent living without the expense of an apartment. In the beginning, the YWCA had two small houses on Church Street for five women in need of housing, thus starting the first affordable supportive housing in the White Plains area. In 1968 the Presbyterian Church donated the Kennedy Duncan Building on North Broadway and the YWCA residence became a permanent facility. An addition was constructed in 1972 through the generosity of Lila Wallace.

Living at the YWCA
Women who choose to make their home at the YWCA reflect the richness of diversity represented by their color, race, age, nationality, sexual orientation, ethnicity, disability, recovery and life experience. You have a unique opportunity to know and learn from women with varied interests and customs. Living together requires that everyone show and receive respect and consideration at all times.

Education and Employment Services include vocational assessment, referrals to education and training providers, employment counseling/coaching, work transition/adjustment counseling, resume writing, employment readiness and job search assistance, placement services, information and referral, life and financial planning.

My Sister’s Closet is an in-house clothing “store” located on the main floor of KDR (Kennedy Duncan Residence). It is a service which functions totally from donations of clothing and house wares from outside sources. Residents may utilize the store for their clothing needs, free of cost.

The Food Pantry is an in-house food pantry available to residents in need of food. It is located on the main floor of KDR (Kennedy Duncan Building) and is stocked by outside donations and food purchased by the YWCA. Staff and volunteers assist with stocking and maintaining the pantry.

TIPS is a tele-health monitoring program on site two times per week. TIPS is provided by Westchester County Dept. of Senior Program Services, Pace University, and Vital Care Services and offers free non-invasive health screenings and a curriculum provided on chronic disease self-management.

Case Management
Our goal is for our residents to keep their housing and increase their independence. Case Managers provide information, referrals, assistance negotiating with community agencies, individual and substance abuse counseling, family advocacy, and life skills counseling.

Awakenings
(914) 428-1130.....................................................ext. 305
The Awakenings Program provides housing and prevention services for women in recovery who are motivated to maintain a positive life style. Individual case management and group counseling is provided. The services extend for one year.
BE OUR GUEST

One (1) Day Trial Pass
New Members Only

____________________________________________________________
(Print Participant’s Full Name)

Class Attending: ____________________________
Day: ________________________________
Time: ________________________________
Date: ______________