

eliminating racism
empowering women
ywca

YWCA
IS ON A
MISSION



Summer programs and class schedules are listed on pages 10-14. ****Please note that our annual shut-down period is August 27 - September 3. The ywca will be closed on Saturday, May 26, Sunday, May 27, Monday, May 28, and Wednesday, July 4.***

ywca Cortland

14 Clayton Avenue
Cortland, NY 13045
www.cortlandywca.org
607-753-9651

Hours of Operation

Monday - Friday* 6:00 am - 9:00 pm
Saturday * 8:00 am - 4:00 pm
Sunday* 10:00 am - 4:00 pm

****In July & August, the ywca will close at 6 pm on Fridays and be closed on Sundays. The ywca will be closed on Saturdays for the month of August.***



[Facebook.com/cortlandywca](https://www.facebook.com/cortlandywca)

spring & summer events/class guide

May - August 2018

2018 health & fitness rates

Members have the flexibility of the punch pass, 1 month, 6-month, or 1-year total wellness options. Your YWCA *total wellness* programming includes unlimited aerobics, silver sneakers water exercise, cycling, weight room use, lap & leisure swim, family swim, and open gym (open gym includes pick-up basketball and pickleball). A current YWCA membership is required to participate in Health & Fitness programs.

ywca total wellness

	price	monthly draft option*
1-year		
adult	\$480	\$47
senior	\$425	\$40
2-person	\$695	\$70
young adult	\$375	\$37
family	\$750	\$75
6-month		
adult	\$290	
senior	\$250	
2-person	\$405	
young adult	\$220	
family	\$425	

*draft option: 1-year monthly EFT payment contract, and subject to a \$75 cancellation fee.

Total Wellness programming may be purchased on a month-to-month basis.

	price
1-month	
adult	\$52
senior	\$45
2-person	\$75
young adult	\$40
family	\$85

ywca day pass

Take a class, swim, use the weight room, or open gym.

members	\$6
non-members	\$10

Exercise Program Options

- Adult: an individual over the age of 21
- Senior: an individual age 60 and up
- 2-person: (2) individuals residing at the same address*
- Young adult: an individual 13-21 years of age
- Family: up to (2) adults and children ages 13-21 (children under 16 must have adult supervision in the weight room)

*An annual membership is required for each individual who signs up for our 2-person and Family Exercise Option.

ywca fitpass

Purchase one punch pass, and use it in any exercise program!

Programs include Group Ex, Water Ex, Silver Sneakers, Cycling, the Weight Rooms. One class/activity per punch.

All fitpasses are valid for 1 year, and are not transferrable.

10-classes \$47 Adult \$42 Seniors

laps and leisure (L&L)

1 Year	\$195	Best Price!
6 Month	\$125	
3 Month	\$76	
1 Month	\$34	
Monthly Draft	\$28	

\$4.00 for 1 hour

\$3.50 for 1/2 hour

lap & leisure punch pass

10 swim times \$30 **New!**

plus one free!

family swim*

1 Year	\$226	Best Price!
6 Month	\$129	
3 Month	\$94	
1 Month	\$39	

\$3.50 for 1/2 hour

\$4.00 for 1 hour (per person)

*For immediate family members
Children under one are FREE!

Non-member rates:

lap & leisure \$5/half-hour \$6/hour

family swim \$6/hour per person

The ywca accepts cash, checks, VISA, Master Card & Discover for payments.



The YWCA participates in Silver & Fit, Silver Sneakers, and Optum Fitness Advantage senior exercise programs. See the front desk for details.

weight training

The YWCA now offers weight training in two options. Our state-of-the-art co-ed fitness center features a Hoist® strength circuit and Power Cage, free weights, and 15 stations of Precor® cardio equipment for the total workout experience.

For our female members who prefer to exercise in a women-only environment, the YWCA offers a women-only weight room. Our expanded women's weight room features a Cybex® strength circuit, free weights, and Precor® cardio equipment. **Wi-Fi is also available in both YWCA weight rooms for your personal electronic devices. Get the password at the Front Desk.**

If you are new to this type of exercise, to get started, make an appointment for a consultation with a ywca trainer. Your trainer will create a workout, and teach you how to use the equipment. Once your program is in place, our trainers will make adjustments that are needed to make your program as challenging as you would like it to be. If you are already familiar with this type of exercise and do not require a training session, you may start at any time. **All weight room members are required to complete a health history and registration packet.**

personal training

Get fit and stay motivated with a personal training session in the ywca weight room. Our certified trainers will work one-on-one with you to achieve the results you desire. Please call 753-9651 for an appointment.

Cost: 10 sessions for \$250, 5 sessions for \$140, 3 sessions for \$90, or 1 session for \$35. Train with a friend for a discounted price! *Makes a great gift!*

women's weight training class

Learn the basics of a safe, effective weight training workout under the guidance of a certified personal trainer in a group environment. Class meets Tuesday & Thursday 9-10 am. Enrollment is limited.

session I

Registration: April 10
Classes: April 24-June 21 (9 weeks)
Members \$95 Non-Members \$105

session II

Registration: June 13
Classes: June 26-August 23 (9 weeks)
Members \$95 Non-Members \$105

pickleball

Pickleball times include, Wednesdays, 4:30-6:30 pm. *Saturdays, 9:00-12:00 pm. Sundays, 1:00-4:00 pm. For other weekend times, contact Meryl at meryl@cortlandywca.org

See spring schedule on page 9.

*Saturday pickleball: April 28-July 28

Members: \$3 Non-members: \$5

Purchase a 10-class pickleball punch pass

Members: \$25 Non-Members: \$45

Total Wellness Membership includes pick-up pickleball.

spring group ex

April - June

	mon	tues	wed	thurs	fri	sat
6:30-7:00 am		tone & go!		tone & go!		
8:00- 9:00 am	cardio combo	cardio combo	cardio combo	cardio combo	cardio combo	total body bootcamp 8:30-9:30 (1st & 3rd saturday of the month)*
9:00-10:00 am	BOSU cardio pump	tone-up time	tapfit	tone-up time	kick-the-core 1st & 3rd friday step	
9:00-10:00 am			kickboxing (Gym)			
10:15-11:15 am	boomer nation (Gym)	Silver Sneakers® Classic	boomer nation (Gym)	Silver Sneakers® Classic	boomer nation (Gym)	
10:15-11:00 am	hatha yoga		yogalates		hatha yoga	
12:30-1:15 pm					Silver Sneakers® stability	
5:15-6:15 pm	cardio pump		cardio pump			
7:30-8:15 pm	cardio dance		hatha yoga			

All Group Ex classes are held in the Multi-Purpose Room unless otherwise noted. All YWCA Group Ex, Water Ex, and Cycling classes are ongoing. Start at anytime.

cycling

mon	tues	wed	thurs	fri
9:15 - 10:15 am CycleMax		9:15 - 10:15 CycleMax		9:15 - 10:15 am CycleMax
	10:15 - 11:00 am Cycle Circuit		10:15 - 11:00 am Cycle Circuit	

ywca group exercise classes

boomer nation

A class for active older adults. Improve strength, balance and more with a focus on functional fitness and fun. Classes include 20-25 minutes of low-to-moderate aerobics.

BOSU® cardio pump

Muscle conditioning with a balance & core challenge, plus BOSU cardio drills for a total body workout!

cardio combo

Combines muscle conditioning, and low-impact aerobics.

cardio dance

High energy dance-based aerobics.

cardio pump

Muscle conditioning exercises for the entire body that can be adapted to any fitness level.

first & third Friday step

A high energy step class on the first & third Fridays of the month.

hatha yoga

Improve flexibility, balance, and reduce stress. If you're looking for a new fitness challenge, try this class.

kickboxing

Combos of punches and kicks followed with muscle conditioning for a great strength and cardio workout!

kick-the-core

Cardio kickboxing and core-specific conditioning using BOSU, free weights and more

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers® Stability

Improve balance, agility, and stability in this latest Silver Sneakers program.

tapfit

Discover your inner dancer in this aerobic tap-based dance class. No previous dance or tap shoes required. Come try it!

tone & go!

Tone and energize your muscles in 30 minutes, and be ready for your day!

tone-up time

Tone your body with free weights, fitness balls and more. A great class for any fitness level.

total body bootcamp

Kick off your weekend with a total body challenge! Class meets 1st & 3rd Saturday of the month.

(will end on July 15th and resume in September)

yogalates

Strengthen your core, improve flexibility by performing the precise moves and breathing of pilates.

All YWCA group ex classes are on-going. Start at any time. See pg. 12 for the summer class schedule.

YWCA cycling program:

- Open to members* ages 15 and up. Use your Fitpass, or cycling is included in your Total Wellness program.
- **Cycle Circuit**: a cardio cycling class combined with strength segments for the upper body and core.
- **CycleMax**: begin with an off-bike warm-up, hit the road, and finish with an off-bike cool down & balance work.
-

**Non-member may take aerobics, water exercise, or cycling classes and use the weight rooms with a non-member day pass. Cost: \$10*

pool schedule

spring April 1 - June 24

mon	tues	wed	thurs	fri	sat	sun
7:00-8:30 Lap & Leisure		7:00-8:30 Lap & Leisure		7:00-8:30 Lap & Leisure	8:00-9:00 Splash	
8:30-9:30 Waterworks	8:30-9:30 Waterworks	8:30-9:30 Waterworks	8:30-9:30 Waterworks	8:30-9:30 Waterworks	9:00-9:30 Preschool 3-4 Level 1	
9:30-10:30 Splash	9:30-10:30 Aqua Deep	9:30-10:30 Splash	9:30-10:00 Aqua Stretch	9:30-10:30 Splash	9:30-10:00 Preschool 4-5 Level 2	
10:30-11:30 Joint Venture	10:30-1:00 Lap & Leisure	10:30-11:30 Joint Venture	10:30-12:30 Lap & Leisure	10:30-11:30 Joint Venture	10:00-10:30 <u>Waterbabies</u>	
11:30-1:00 Lap & Leisure		11:30-12:45 Lap & Leisure		11:30-1:00 Lap & Leisure	10:30-11:00 Level 3 Level 4, 5 & 6	
1:00-2:00 Silver Sneakers Splash	1:00-2:00 Joint Venture	1:15-2:15 Silver Sneakers Splash	1:00-2:00 Joint Venture	1:00-2:00 Silver Sneakers Splash		10:00-11:30 *Lap & Leisure
					11:00-12:00 Family Swim	11:30-1:00 *Family Swim
	4:00-5:00 Splash	4:00-4:30 Private Lessons	4:00-5:00 Splash		12:00-1:00 Family Swim	
4:15-5:00 Aqua Sampler	5:00-5:30 Level 1	4:30-5:00 Preschool 3-4 Level 2	5:00-5:30 Preschool 4-5 Level 3	Private swim lessons are also available. Contact Lori Quail at 753-9651.		The summer pool schedule will begin on June 25. See pg. 13.
5:00-5:30 Level 2		5:00-5:30 Level 3	5:30-6:00 Level 1 Level 2			
5:30-6:00 Preschool 3-4	6:00-6:30 Level 4 & 5	5:15-6:00 Level 4, 5, & 6	6:00-6:30 <u>Waterbabies</u>			*Sunday lap and family swim will end on June 24. It will resume September 9
6:00-6:30 Level 1		5:30-6:00 Level 1				
6:30-7:30 Splash	6:30-7:30 Joint Venture	6:00- 6:30 Awesome Tadpoles	6:30-7:30 Joint Venture	6:00-8:30 Family Swim	1:00-4:00 Pool Parties	1:00-4:00 Pool Parties
	7:30-8:30 Family Swim	6:30-7:30 Splash	7:30-8:30 Family Swim			

aquatic exercise

aqua deep

A 45-minute aerobic class in the deep end. Exercises are done vertically and horizontally without any impact.

Aqua deep ends June 19. It will be back in the fall.

aqua sampler

A new water exercise class every 6-weeks. Spring classes include: Waterlates, combination of Yoga and Pilates & Water Kickboxing.

Waterlates: June 4-July 9

Water Kickboxing: July 16-August 20

joint venture

This class includes exercises for muscular strength, endurance, balance, and coordination. This class follows the Arthritis Foundation guidelines.

silver sneakers splash

Class offers fun, shallow water movements. A silver sneakers kickboard is included in toning.

splash

A high energy aerobic workout and exercises to tone the body.

water works

This class includes a light aerobic workout & muscle toning exercises.

aqua stretch

A half-hour stretching class that combines yoga, pilates and tai chi. A great way to warm up or cool down. Aqua Stretch will end on June 21 and will resume in the fall.

red cross swim lessons

waterbabies

Parent and child learn water exploration skills. Teacher interaction and group activities will focus on feeling secure and content in the water. For ages 6 months -24 months.

awesome tadpoles

For ages 24 months - 3 years. Parent and child work on aquatic skills that will be taught in preschool swim. Children practice using bubbles and floatation devices.

pre-school swim

A water exploration class for the young child. Blowing bubbles, floats, arm coordination, and strokes will be taught. Children wear bubbles to assist in swimming. Bubbles will be removed according to a child's ability and confidence level.

level 1

Students are oriented to the water and learn elementary skills to move comfortably in the water. All skills are done with support.

level 2

Glides with kicks, front and back crawl, rhythmic breathing is introduced and exploration of the deep end.

level 3

In level 3, front and back glides are unsupported, front and back crawl become more accomplished, and diving from a kneeling position is introduced.

level 4 & 5

Instruction includes coordinating front and back crawl, elementary backstroke, breaststroke, and butterfly. Dive from a standing position in Level 4. Shallow dive in Level 5.

level 6

Students work on efficiency, power and smoothness of previously learned skills. There are four levels within Level 6.

registration and pricing

Session 1 (6 weeks)

Registration: April 28-May 14

Classes: May 14-June 23*

*No classes on 5/26 & 5/28

Monday and Saturday classes are 5 weeks.

Cost: 1/2 hr. \$34 or 45 min \$47

summer swim lessons

Session 1 (4 weeks)

Registration: June 16-July 2

Classes: July 2-July 27*

*The YWCA will be closed on 7/4

Wednesday classes will begin on June 27.

Session 2 (4 weeks)

Registration: July 14-July 30

Classes: July 30-August 24

Cost: 1/2 hr. \$23

45 min \$32

See summer pool schedule on pg.13 for class days and times.

youth programs

shido-kan karate

This class is for ages 8-12 meets on Tuesday and Thursday evenings, 6:15 - 7:15 pm. 15% discount for additional family members.

spring session (8 weeks)

Registration: April 14 - May 1

Classes: May 1 - June 21

summer session (9 weeks)

Registration: June 9 - June 26

Classes: June 26 - August 23

spring session

Members: \$108 Non-Members: \$123

summer session

Members: \$121.50 Non-Members: \$136.50

parent & child yoga

Parents and children ages 3 - 10 will learn beginning yoga poses. Yoga teaches self control, improves balance, and increases strength and flexibility, while parents get to enjoy a stress-free half hour of engaging in a meaningful activity with their children.

Come join us on Mondays from 4:45-5:15 pm.

summer session I:

Registration: June 9 - June 25

Classes: June 25 - July 16

summer session 2:

Registration: July 7 - July 23

Summer session II July 23 - August 13

Cost:

Parent & 1 child Members: \$35
 Non-Members: \$45

Parent & 2 children Members: \$45
 Non-Members: \$55

gymnastics

pixie gym (ages 1-2)

For parents and their toddlers
Games & basic motor skills.

Tuesdays, 9:30 - 10:15 am

Thursdays, 5:00 - 5:45 pm

Cost: 8-weeks-\$52 6-weeks-\$39

preschool gymnastics I (ages 2-4 & parent)

Learn gymnastic skills with your child.

Mondays, 5:45-6:30 pm*

*This class will move to Tuesday in the summer!

Tuesdays, 10:30-11:15 am

Cost: 8-weeks-\$52 6-weeks-\$39

preschool gymnastics II

For 3-4 year olds (parents do not attend).

Emphasis on creativity and fun!

Mondays, 5:00-5:45 pm*

*this class will move to Tuesday in the summer!

Tuesdays, 11:15-12:00 pm **New!**

Cost: 8-weeks-\$52 6-week-\$39

beginner gymnastics (ages 7-12)

Develop tumbling, vault, and beam skills.

Thursdays, 5:45-6:45 pm

Cost: 8-weeks-\$66 6-weeks-\$50

spring gymnastics

Session (8 weeks)

Registration: April 14-April 30*

Classes: April 30-June 21**

No classes on May 28

*There will be a 2-week break before this session begins.

**All Monday classes are 7 weeks.

summer gymnastics

Session (6 weeks)

Registration: June 16-July 10

Classes: July 10-August 16

Cost: 45-minute classes: \$39 1-hour class:\$50

red cross babysitting class

This one-day training will teach students the necessary skills in babysitting. Students will practice basic first aid and develop leadership skills. The instructor, Mindy Gardner, is a certified American Red Cross trainer. For ages 11-15. **Class will meet on Monday, April 23, 2018.**

Registration: April 7-April 18*

Time: 9:00-3:00 pm.

Cost: Members: \$80 Non-Members: \$85

*There may be an opportunity to get into class after preregistration date. Call 753-9651

gymnasium schedule

spring

mon	tues	wed	thurs	fri	sat	sun
6:30-8:00 open walking	6:30-8:00 open walking	6:30-8:00 open walking	6:30-8:00 open walking	6:30-8:00 open walking		
9:00-10:00 BOSU cardio pump	9:30-10:15 pixie gym	9:00-10:00 kickboxing			9:00-12:00 pickleball	
10:15-11:15 boomer nation	10:30-11:15 preschool gym I	10:15-11:15 boomer nation		10:15-11:15 boomer nation		
	11:15-12:00 preschool gym II					
		Dance Classes: April 3-May 8			Saturday Pickleball will begin April 28.	1:00-4:00 pickleball
	4:30-5:15 preschool ballet, tap & jazz	Summer Gymnastics July 10-August 16				
5:00-5:45 preschool gym II	5:15-6:15 Jazz/Hip Hop	4:30-6:30 pickleball	5:00-5:45 pixie gym			
5:45-6:30 preschool gym I	6:15-7:15 boys hip hop		5:45-6:45 beginner gymnastic			
	7:15-8:15 girls hip hop					

adult classes

chair yoga

Using a chair for balance, Chair Yoga can increase flexibility, muscular strength, & endurance; protects the spine & joints, and improves cardio/circulatory health while reducing stress.

spring/summer session:

Classes on Mon. Wed & Fri

11:10 am-12:10 pm

Registration starts June 1

Classes: June 13-August 17

No class July 4, plus another date TBA

Cost:

1 X/week \$63 Member \$73 Non-Member

2 X/week \$108 Member \$118 Non-Member

3 X/week \$135 Member \$145 Non-Member

strive! one day at a time

If you have tried losing weight on your own without success, Strive may be for you!

This 8-week program and support group guides you through a healthy approach to losing weight through goal setting, healthy eating, and exercise. Strive meets on Mon. & Wed. 6:30-7:30 pm. Continuing group meets 6-7 pm. **New** daytime group on Tuesday & Thursday 9-10 am. Register now for the April session.

Sessions: April 30-June 21, and

June 25-August 23

Members \$72 Non-Members \$82

FIRST, a diabetes management program

Diabetic? Prediabetic? The 12-week *FIRST* program, created by local physician Dr. William Shang, begins a new session in April. Working with a trainer, the group learns strength training techniques that are designed to help reduce the body's blood sugar level. In addition to the workout, the class includes nutrition information, tips for exercise adherence, and more. The *FIRST* program fee includes 3 months of YWCA Total Wellness exercise, a journal to track diet and exercise, and a copy of Dr. Shang's book, *Fighting Insulin Resistance With Strength Training*.

Registration: *Register now!*

Session: April 9-June 27

Cost: Members \$164* Non-Members \$174*

*Check with your health insurance provider if eligible for reimbursement.

shido-kan karate

The advanced class is for ages 13 & up. Classes meet on Tues. & Thurs, 7:15-8:30 pm. *Novice to 5th Kyu: 7:15-8:00 pm, 5th and up: 7:15-8:30 pm.* A 15% discount for additional family members. See pg. 8 for schedule!

dog obedience classes

Local dog trainers offer classes on week-nights. Contact them for more information
Bev Warner; 325-247-2417

Donnalyn Marone; 607-591-7063

lights, camera, action-stars of ywca

- ywca Summer Care and Recreation Program: 9 weeks, Monday-Friday, running from June 25-August 24 (closed Wednesday, July 4) 6:30-6:00 pm.
- 2-sites: YWCA and Parker Elementary (with the last week at Suggett Park Rotary Shelter 8:00-5:00 pm)
- Enrollment opens: In house-second week of April General public: end of April

Join us as we roll out the red carpet for an award winning summer of action at the ywca! Children will engage in action packed activities inspired by individuals who have won on the world's biggest stages. Some favorites being: Gold Medalists of the Olympics, Grammy Award winning musicians, Broadway's biggest hits and our countries most inspirational role models.

Be ready for a week filled with activities outside and in, including swim time at the YWCA pool. Fridays are our field trips days where we travel to the Rosemond Gifford Zoo, Camp Casowasco, Skate Estate, NY State Parks and more! Snacks & lunch provided, however lunch can be brought from home. Space is limited. Enrollment ensured when all forms are completed, registration, membership fees and first week are paid. For more information, please contact Janice Meyer at 753-9651. See you this Summer.

gymnasium schedule

summer

mon	tues	wed	thurs	fri	sat	sun
6:30-8:00 open walking	6:30-8:00 open walking	6:30-8:00 open walking	6:30-8:00 open walking	6:30-8:00 open walking		
9:00-10:00 BOSU cardio pump	9:30-10:15 pixie gym	9:00-10:00 kickboxing			9:00-12:00 pickleball	
10:15-11:15 boomer nation	10:30-11:15 preschool gym I	10:15-11:15 boomer nation		10:15-11:15 boomer nation		
	11:15-12:00 preschool gym II					
						1:00-4:00 pickleball
					<div style="border: 1px solid orange; padding: 5px;"> In July and August the ywca will be closed on Sundays. The ywca will be closed on Saturdays for the month of August. </div>	
5:15-6:15 cardio pump	5:00-5:45 Preschool Gym II	4:30-6:30 pickleball	5:00-5:45 pixie gym			
	5:45-6:30 preschool gym I		5:45-6:45 beginner gymnastics			

summer group ex

June 25 - August 24

	mon	tues	wed	thurs	fri
6:30-7:00 am		tone & go!		tone & go!	
8:00-9:00 am	cardio combo	cardio combo	cardio combo	cardio combo	cardio combo
9:00-10:00 am	BOSU® cardio pump	tone-up time	tapfit kickboxing (Gym)	tone-up time	kick-the-core 1st & 3rd friday step
10:15 - 11:15 am	boomer nation (Gym)	Silver Sneakers® classic	boomer nation (Gym)	Silver Sneakers® classic	boomer nation (Gym)
10:15-11:00 am	hatha yoga		yogalates		hatha yoga
12:30-1:15 pm					Silver Sneakers® stability
5:15 - 6:15 pm	cardio pump (Gym)		cardio pump		
5:30-6:15 pm	hatha yoga <i>New day & time!</i>				
7:30-8:15 pm	cardio dance		hatha yoga		

See page 5 or aerobics class descriptions. For your comfort, the fitness and cycling studios, and the weight rooms are air conditioned during the summer months. No Saturday Total Body Bootcamp class in July & August. Classes will resume in September.

summer cycling

June 26 - August 25

mon	tues	wed	thurs	fri
9:15-10:15 am CycleMax	10:15-11:00 am Cycle circuit	9:15-10:15 am CycleMax	10:15-11:00 am Cycle circuit	9:15-10:15 am CycleMax

Summer aerobics and cycling classes are subject to change in the event of low enrollment.

pool schedule

summer June 25 - August 24

mon	tues	wed	thurs	fri	sat
7:30-8:30 Splash	7:00-8:30 Lap & Leisure	7:30-8:30 Splash	7:00-8:30 Lap & Leisure	7:30-8:30 Splash	
8:30-9:30 Waterworks	8:30-9:30 Waterworks	8:30-9:30 Waterworks	8:30-9:30 Waterworks	8:30-9:30 Waterworks	8:00-9:00 *Splash
9:30-10:30 Joint Venture		9:30-10:30 Joint Venture		9:30-10:30 Joint Venture	9:00-11:00 *Lap & Leisure
10:30-11:00 Preschool 3-4 Level 1		10:30-11:00 Level 2 Level 3		10:30-11:00 <u>Waterbabies</u>	11:00-1:00 *Family Swim
12:00-1:00 Lap & Leisure	12:00-1:00 Lap & Leisure	12:00-12:45 Lap & Leisure	12:00-12:30 Lap & Leisure	12:00-1:00 Lap & Leisure	
	1:00-2:00 Joint Venture		1:00-2:00 Joint Venture	1:00-2:00 Silver Sneakers Splash	1:00-4:00 *Pool Parties
	4:00-5:00 Splash	4:00-4:30 Private Lessons	4:00-5:00 Splash		*The pool will be closed on Saturdays for the month of August.
4:15-5:00 Aqua Sampler	5:00-5:30 Level 1	4:30-5:00 Preschool 3-4 Level 2	5:00-5:30 Preschool 4-5 Level 3		
5:00-5:30 Level 2	5:30-6:00 Awesome Tadpoles	5:00-5:30 Level 3	5:30-6:00 Level 1 Level 2		Private swim lessons are also available. Contact Lori Quail at 753-9651.
5:30-6:00 Preschool 3-4	6:00-6:30 Level 4 & 5	5:15-6:00 Level 4, 5, & 6	6:00-6:30 <u>Waterbabies</u>		For swim lesson schedule see pg. 7
6:00-6:30 Level 1		6:00-6:30 Awesome Tadpoles			Friday night Family Swim will end on June 22. It will resume in the fall.
6:30-7:30 Splash	6:30-7:30 Joint Venture	6:30-7:30 Splash	6:30-7:30 Joint Venture		
	7:30-8:30 Family Swim		7:30-8:30 Family Swim		

child care

School Age Care and Recreation Program

Sites: Randall, Parker, and Smith Elementary Schools, Homer Elementary , Homer Intermediate, Appleby Elementary and McGraw Elementary. *Enrollment opens June 4. Program begins first week of school in September.*

- **After School & Recreation program supervisor: Janice Meyer**
- Before and After School programs
- Full day holiday and snow day care available at ywca site.
- Weekly swim and open gym provided at ywca site, on full days.
- Homework time, snack, recreational activities, games, and arts & crafts provided.
- **Summer Camp Enrollment Information:** In-house enrollment April 9, Open enrollment begins April 23, 2018. See pg. 10.

Drop-In Child Care

- **Drop-In Coordinator: Eliza Fuller**
- Children ages, 6 weeks to 5 years.
- Operating hours – 8:30-3:00 pm.
- By the hour care for up to 3 hrs./day (sibling and fitness participant discounts).
- Member rate: \$5.75/hr. and Non-Member rate: \$6.75/hr.
- Structured play group setting with snack.

Child Care Centers

All day, year round licensed daycare for children ages 6 weeks to 5 years. Learning Adventure opens at 6:00 am, Here We Grow opens at 6:30 am. Both sites close at 5:30 pm.

Learning Adventure: 5 Huntington Street, Cortland
Contact, Terisa O’Gorman (753-6762)

Here We Grow: 16 Miller Street, Cortland
Contact, Camille Goyette (756-6070)

- Breakfast, lunch, and snack provided.
- Part time and full time enrollment options.
- Universal Pre-K sites with NYS certified teachers (Free 3-hour program for eligible 4 year olds in Cortland district).
- Integrated 4 year old class at Learning Adventure with Francicska Racker Center.

****A ywca membership is required for participation in any Child Care program****

Please check out our Facebook page with our Give Gab Post to help us raise funds for our child care center. You can also go on line, www.givegab.com/campaigns/YWCA-Cortland-childcare Child care matters and we need your help!

upcoming events

May 14: YWCA Cortland Annual Meeting. Dr. T Montague, President TC3 will speak. Reception is at 5:30 pm followed by the meeting at 6:00 pm. The Annual Meeting is open to all members.

June 15: YWCA Giving Circle Celebration. A celebration honoring the women and men of our Giving Circle. For more information, contact Mary Coffey at 753-9651

August 3: 16th Annual Pig-n-Par Golf Tournament. Join us for a fun filled day of golf, followed by the best pork BBQ in town. Captain and Crew format. Shotgun start at 9 am. This year's event will be held at Willowbrook Golf Course. Teams and sponsors needed. All proceeds benefit the programs and services of the ywca. For more information, contact Mary Coffey at 753-9651.

August 29: Annual Bridges for Kids School Supply Drive. The ywca Bridges for Kids Mentoring Program provides school supplies to over 150 enrolled children each year. Donations of backpacks, pencils, paper etc. are welcomed and accepted at anytime.

parties & room rentals

Having a party? The ywca provides a fun and safe atmosphere for celebrations for family and friends.

Pool Parties are one hour of swim with a lifeguard on deck plus one hour room rental. Pool Parties for groups of more than 25, are subject to an additional fee of \$25. Parties that run after 4:00 pm are subject to an additional fee of \$25 per hour.

Gym Parties are one hour of games in the gym with an instructor plus one hour room rental. Pool and gym parties are scheduled on Saturdays and Sundays. The ywca Gymnasium is also available for rentals, team practices, dances, and parties. For more information, or to schedule your party, contact Meryl Fish at 753-9651.

For intimate events, such as bridal and baby showers or receptions, our vintage Osborn Room provides the perfect setting. For larger events our Multi-Purpose Room is available for groups of to 300 at an affordable rate. For Multi-Purpose Room rentals, contact Mary Coffey at 753-9651.

*Pool Parties:	Members - \$80	• Non-Members - \$95
*Gym Parties:	Members - \$92	• Non-Members - \$107
*Room Rental:	Members - \$40/hr	• Non-Members - \$55/hr
*Multi-purpose:	Members - \$50/hr	• Non-Members - \$65/hr
*Gym rental:	Members - \$45/hr	• Non-Members - \$60/hr
*Combo Parties:	Members - \$120	* Non-Members - \$135

Combo Parties are 1 -hour swim, 1 -hour of gym, and 1-hour of room rental. Your gym time will include an instructor to take you through activities.

*A \$25 deposit is required for all pool & gym parties. The Osborn rental deposit is \$50. A \$100 deposit is required for events in the Multi-Purpose Room. All deposits will be refunded 48 hours after the event, with area left as rented.

Unless the event is rescheduled, cancelled parties are subject to a \$25 cancellation fee and the Multi-Purpose Room is subject to a \$50 cancellation fee.

membership, cancellations & refunds

ywca parental/guardian supervision policy

The ywca requires parental/guardian supervision of all children under the age of 12 years while utilizing the building and its programs at all times for safety reasons. Children should not be allowed to roam around the building or grounds unattended. Children found roaming the building unattended should be directed to go to the front desk or the front desk staff should be made aware of the matter. The front desk staff will then notify the adult/guardian to pick up the child immediately. Repeated incidents will result in the termination of building usage. Your cooperation with this policy will help ensure the safety of all.

ywca anti-violence policy

All employees, members, and guests should be treated with courtesy and respect at all times. Any acts of violence will not be tolerated. Employees and customers are expected to refrain from verbal threats, fighting, or other conduct that may be dangerous to others. Weapons and other dangerous or hazardous devices or substances are prohibited from the premises. Such acts could result in termination from the program/ywca building or employment.

ywca cancellation policy

The ywca reserves the right to cancel any class. Classes may be cancelled or postponed due to insufficient registration, inclement weather, or unforeseen circumstances. If a class is cancelled by the ywca, members may receive a credit voucher or a refund. Otherwise, the ywca can only provide refunds before a class begins or for medical reasons. We cannot provide a refund or credit due to absences. We will accept a written physician's excuse. The refund will be pro-rated.

annual membership fees:

Family (2 Adults and children ages 13-21 using Total Wellness)	\$100
Supporting	\$75
Adults	\$40
Seniors (age 60 and up)	\$35
Students (age 13-18, or age 21 for full-time students)	\$30

supporting membership

Designed for mission-based members who wish to support the programs of our YWCA at an annual level. Benefits include all the benefits of the regular membership and additionally includes:

- Access to the YWCA USA Affinity Groups & Newsletter
- Invitations to special mission-based events
- Participation in the annual local Advocacy Day, as well as the bi-annual YWCA USA Capital Hill Day
- Recognition in the annual year-end report

This new membership level brings needed support for programs that are empowering women and families and working to eliminate racism in the Cortland community.

DON'T FORGET WE ARE GREEN!

In an effort to reduce cost and materials, the ywca has gone green. Please call the ywca, 753-9651 with your correct e-mail address. If you would like to receive a hard copy of the program guide, please send an e-mail to info@cortlandywca.org

Thank you for your support!

