

January-April 2020



winter events/class guide

*The YWCA will be closed December 24-25 & January 1
The YWCA will be closing at 6:00 pm on December 31.*

YWCA Cortland

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

cortlandYWCA.org
facebook.com/cortlandYWCA
instagram.com/YWCAcortlandNY
twitter.com/YWCAcortland

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

eliminating racism
empowering women
ywca

YWCA
IS ON A
MISSION

health & fitness rates

Members have the flexibility of a fitpass, or monthly, 6-month or 1-year total wellness option. Your YWCA *total wellness* membership includes unlimited group ex, aquatic exercise, cycling, weight room use, lap & leisure swim, family swim, and open gym (open gym includes pickleball). A current YWCA membership is required to participate in Health & Fitness programs. Annual memberships are not refundable.

ywca total wellness

1-year price draft option*

adult	\$540	\$50
senior	\$440	\$43
2-person	\$740	\$74
yng. adult	\$400	\$40
family	\$825	\$83

6-month price

adult	\$300
senior	\$260
2-person	\$420
yng. adult	\$230
family	\$450

*draft options are 1-year monthly payment contracts, and are subject to a \$50 deposit due at sign-up.

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

1-month price

adult	\$55
senior	\$48
2-person	\$79
young adult	\$45
family	\$88

ywca day pass

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

members	\$8
non-members	\$12

Exercise Membership 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 6 must have adult supervision in the weight room).

*An annual membership is required for each individual who signs up for our 2-person exercise option.

ywca fitpass

Purchase one fitpass, and use it in any exercise program!

Programs/Activities include:

Group Ex., Water Ex., Cycling classes, and the Weight Rooms. One class/activity per punch.

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

10-classes/activities \$60 Seniors \$55

lap & family swim

The YWCA will continue to offer our lap and family swim options.

lap and leisure (L&L)

1 Year	\$220 Best Price!
6 Month	\$138
3 Month	\$86
1 Month	\$40
Monthly Draft*	\$32
	\$4.25 for 1/2 hour
	\$4.75 for 1 hour

lap & leisure punch pass

10 swim times \$38
plus one *free!*

family swim*

1 Year	\$246 Best Price!
6 Month	\$142
3 Month	\$105
1 Month	\$45
	\$4.25 for 1/2 hour (per person)*
	\$4.75 for 1 hour

*For immediate family members

Non-member rates per person:

lap & leisure	\$6/1/2 hour	\$7/hour
family swim	\$7/hour	

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

The YWCA participates with *Silver & Fit, UHC Renew/Active*, and *Silver Sneakers* senior exercise programs. See the front desk for details.

weight training

The YWCA offers weight training in two options. Our 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 training room. Our women's weight room features a Cybex® strength circuit, free weights, and Precor® cardio equipment. *Wi-Fi is 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 session includes testing to help determine the type of weight training workout that best meets your needs. 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 with you to achieve the results you desire. Want to train with a buddy? Small group sessions are also available.

Cost: 20 sessions: \$475 10 sessions: \$280, 5 sessions: \$150, 3 sessions: \$105, or 1 session: \$38. Call for small group training pricing.

women's weight training class

Strength train in a group environment. New routines are introduced with every session under the guidance of a personal trainer.

Class meets Tuesday & Thursday 9-10 am. Enrollment is limited.

session I

Registration: December 19
Classes: January 7-February 27
Members \$80 Non-Members \$90

session II

Registration: February 14
Classes: March 3-April 23
Members \$80 Non-Members \$90

senior strength training class

Strength training is beneficial for anyone, but studies show seniors may benefit the most! This 4-week co-ed class will introduce basic strength training, and use of cardio machines, such as treadmills, as a means toward independent exercise in the weight room. Class size is limited. Class meets Tues. & Thurs. from 11:30-12:30 pm.

Registration begins December 17

session 1 January 7-January 30

Cost: Members \$35

session 2 February 4-February 27

Non-Members \$45



group ex

see pg. 5 for class descriptions

8:00 - 9:00	cardio combo	cardio combo	cardio combo	cardio combo	cardio combo	
9:00 - 10:00	BOSU® cardio pump	tone up time	kickboxing	tone up time	kick butt friday!	
10:15 - 11:15	boomer nation Gym	silver sneakers Classic®	boomer nation Gym	silver sneakers Classic®	boomer nation Gym	
10:15 - 11:00	iyengar yoga		gentle yoga		iyengar yoga	
11:45-12:30	silver sneakers stability®					
5:00 - 5:30	cardio Pump 2.0 NEW!		cardio Pump 2.0 NEW!			
5:30-6:30	step & tone NEW!		step & tone NEW!			

*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. Two-week passes are available to try our exercise programs before becoming a member.*

cycling

mon	tues	wed	thurs	fri
9:15 - 10:30 am Power Pedal		9:15- 10:30 am Power Pedal		9:15 - 10:30 am Power Pedal
	10:15 - 11:00 am Cycle Circuit		10:15 - 11:00 am Cycle Circuit	

**YWCA Group Ex program:
boomer nation**

A class for active older adults. Improve strength, balance and more with a focus on functional fitness and fun. Classes include a low to moderate 20-25 minute aerobic segment. Boomer Nation is a step up from Silver Sneakers.

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 pump 2.0 *NEW format!*

New 30-minute version of muscle conditioning exercises for the entire body that can be adapted to any fitness level.

gentle yoga

Beginning yoga poses, gentle stretching, breathing/mindfulness to increase flexibility.

iyengar 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 butt friday!

It's Friday! Get energized for the weekend with a step, or kickboxing cardio workout, and assorted conditioning exercises with weights, stability balls, and more!

SilverSneakers classic®

Have fun and move to the music! Increase muscular strength, range of movement and balance with 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 your balance, agility & stability with this Silver Sneakers class! *NEW format!*
(All Silver Sneakers classes are open to ywca members)

step & tone *NEW!*

An energizing cardio step workout, plus weights and other equipment to tone the body. A great way to end the work day!

tone-up time

Build muscular strength and endurance with weights, resistance tubing, stability balls and more!

YWCA cycling program:

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

*

**Non-members may take aerobics, water exercise or cycling classes and use the weight rooms with a non-member day pass. Cost: \$12*

pool schedule

January-April

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 3-5	
9:30-10:30 Splash	9:30-10:30 Back-aquatics <i>See pg. 7</i>	9:30-10:30 Splash	9:30-10:00 Waterbabies	9:30-10:30 Splash	9:30-10:00 Waterbabies	
10:30-11:30 Joint Venture	10:30-12:00 Lap & Leisure	10:30-11:30 Joint Venture	10:30-12:00 Lap & Leisure	10:30-11:30 Joint Venture	10:00-10:30 Level 1-2 Private Lessons	10:00-11:30 Lap & Leisure
11:30-1:00 Lap & Leisure	12:00-1:00 Designated Laps Only	11:30-12:45 Lap & Leisure	12:00-12:30 Designated Laps Only	11:30-12:30 Lap & Leisure	10:30-11:15 Level 5 & 6	11:30-1:00 Family Swim
12:30-1:00 Designated Laps Only	1:00-2:00 Joint Venture		1:00-2:00 Joint Venture	12:30-1:00 Designated Laps Only	10:30-11:00 Level 3-4	
1:00-2:00 Silver Sneakers Splash	4:00-5:00 Splash	3:00-4:30 Open Swim	4:00-5:00 Splash	<div style="border: 1px solid orange; padding: 5px;"> Private swim lessons are also available. Contact Lori at 753-9651. learn more. </div>	11:00-12:00 Lap & Leisure	
4:00-5:00 Splash Sampler		4:30-5:00 Preschool 3-5 Private Lesson				
5:00-5:30 Level 1	5:00-5:30 Private Lessons	5:00-5:30 Level 2 <hr/> 5:15-6:00 Level 5 & 6	5:00-5:30 Private Lesson		12:00-1:00 Family Swim	
5:30-6:00 Preschool 3-5	5:30-6:00 Awesome Tadpoles	5:30-6:00 Level 3-4	5:30-6:00 Level 1		<div style="border: 1px solid orange; padding: 5px;"> Pool Parties are on Saturdays and Sundays. To schedule your party contact Meryl at 753-9651. </div>	
6:00-6:30 Waterbabies	6:00-6:30 Preschool 3-5	6:00- 6:30 Awesome Tadpoles	6:00-6:30 Level 2	6:00-8:30 Family Swim		
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			

aquatic exercise

water works

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

back-aquatics

Back-aquatics will follow a new format. 30-minutes of water exercise in the deep end followed by 30 minutes of specialized back exercises done in shallow and deep water.

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.

joint venture

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

splash sampler

Class begins with high energy splash, followed by a specialty format. With a new exercise theme every six-weeks!

designated laps only

An exclusive swim time for dedicated swimmers working on increasing their endurance.

open swim

An earlier swim time Wednesdays, 3:00-4:30 pm *Pay Family Swim rates.*

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 m-24 m

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 flotation 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 and exploration in the deep end.

level 3

In level 3, front and back glides are unsupported, front and back crawl become more accomplished. 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: Jan. 11-Jan. 27

Classes: Jan. 27-March 14*

*No classes Feb. 17-Feb. 22

Session 2 (6 weeks)

Registration: Mar. 7-Mar. 23

Classes: Mar. 23-May 9*

*No classes Apr. 6-Apr. 11

Cost: 1/2 hr. \$36 or 45 min \$50

Aquatics Supervisor: Lori Quail

gymnasium schedule

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				9:15-10:00 Pixie Gym	
10:15- 11:15 Boomer Nation		10:15- 11:15 Boomer Nation		10:15- 11:15 Boomer Nation	10:00-10:45 Preschool Gym II	
					10:45-11:45 Beginner Gymnastics	
						1:00-4:00 Pickleball
	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			

youth programs

gymnastic classes:

pixie gym

For parents and their toddlers (ages 1-2). Games, songs, gymnastics, and rhythm activities are introduced.
Cost: 6 weeks-\$42 8 weeks-\$56

preschool gymnastics I

An introductory pre-school gymnastic class for 2 - 4 year olds and a parent or parents.
Cost: 6 weeks- 42 8weeks-\$56

preschool gym II

For 3 - 4 year olds (parents do not attend). Emphasis on creativity and fun!
Cost : 6 weeks-\$42 8 weeks-\$56

beginner gymnastics

Classes for ages 5-12. Develop tumbling, vault, and beam skills. Improve balance, coordination, and strength.

Cost: 6 weeks-\$53 8 weeks-\$70

gymnastics classes schedule

Session 1 (6 weeks)

Registration: Dec. 21-Jan. 7
Classes: Jan. 7-Feb. 13

Session 2 (6 weeks)

Registration: Feb.8-Feb. 25
Classes: Feb. 25-Apr. 2

Registration for the next session starts: Mar. 28 .

The session begins on Apr. 14.

Session runs Apr. 14-June 4 (8-wks)

saturday gymnastic classes:

Classes offered include, pixie gym, preschool gym I and preschool gym II.

pixie gym: 9:15-10:00 am

preschool gym II: 10:00-10:45 am

beginner gymnastics: 10:45-11:45 am

Session 1 (4 weeks)

Registration: Feb. 29-Mar. 14
Classes: Mar. 14-Apr. 4

Cost:

45-min: \$28

1-hour: \$35

shido-kan karate

For ages 8-12. Classes meet on Tuesday and Thursdays, 6:15-7:15 pm.

Session 1 (8 weeks)

Registration: Dec. 21-Jan. 7

Classes: Jan. 7-Feb. 27

Session 2 (8 weeks)

Registration: Feb. 15-Mar. 3

Classes: Mar. 3-Apr.23

Members \$108

Non-Members \$123

Registration for next session: Apr. 11

The next session begins on Apr 28.

piano and guitar lessons

Instructor Carla Plunkett has been teaching for over 30 years. Classes are for children 5 & up.

Piano Lessons: 4:00-4:30 pm.

Guitar Lessons: 4:30-5:00 pm.

All music classes meet on Fridays.

Session I:

Registration: Feb. 15-Mar. 4*

Classes: Mar. 6, 13, 20, & 27

Cost: \$30

*You must pre-register for all music classes!



*Piano and Guitar Instructor,
Carla Plunkett*

fun for the family

friday combo gym and swim

The YWCA will be hosting combination gym and pool times through out the winter. Start off in the gym for an hour of play. An instructor will provide age appropriate games for you and your children. Then head down to the pool for an hour of open swim. Friday Combo Gym and Swim is a great way to get out of the cold and have fun for the whole family.

We recommend that you pre-register for this event.

Registration for all the gym/swim programs begin January 4, 2020.

Parents and children ages 1-5 January 10 Gym: 5:30-6:30 pm
Swim: 6:30-7:30 pm

Parents and children ages 5-10 February 28 Gym: 6:00-7:00 pm
Swim: 7:00-8:00 pm

Cost: Members: \$12 a family* Non-Members \$17 a family*

*A family is up to 4 members. \$1 for each additional person.

pixie gym day

A one day pixie gym class. Parents and children ages 1-3 sing songs, play games and are introduced to gymnastic skills. Come to one or all the Pixie gym days.

Dates:

Monday, January 20, 5:15-6:00 pm

Sunday, February 2, 11:00-11:45 am*

Saturday, March 30, 11:00-11:45 am*

Cost: \$8

*An additional \$8 will give you Family Swim from 12:00-1:00 pm.

red cross lifeguard training

Red Cross Lifeguard Training

Earn your lifeguard CPR AED and first aid certificates by attending this Red Cross approved training. Participants must be 15 years old and pass a prerequisite swim. Classes will meet on Saturdays & Sundays. The instructor is Jessica Atwater. For more information on the prerequisite swim and the materials needed, contact the YWCA, 753-9651.

Registration: Feb. 22-Mar. 11 (pre-registration date)

Session: Mar. 15-Mar. 29 (final evaluation on Mar. 29)

Time: 8:00-4:00 pm

Cost: \$325 plus the cost for a pocket mask and book

Lifeguard & CPR Review

Registration: Feb. 22-Mar. 11 (Pre-registration date)

Date: Saturday, Mar. 14

Time: 8:00 am start. The water rescue skills will begin at 1:00 pm

Cost: Lifeguard Recertification: \$125. CPR Certification: \$90.

This review is for lifeguards who need to be recertified.

adult classes and activities

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.

Registration starts: December 13
Classes: Monday Wednesday & Friday
11:10 am-12:10 pm.

Session dates: January 6-February 28

Cost:

1 class/week : Member \$60 Non \$70

2 class/week: Member \$104 Non \$114

Spring session dates TBA

shido-kan karate

The adult class is for ages 13 & up.

Classes meet on Tuesdays &

Thursdays, 7:15 - 8:30 pm.

Novice to 5th Kyu: 7:15-8:00 pm,

5th Kyu and up: 7:15-8:30 pm

Session 1 (8 weeks)

Registration: Dec. 21-Jan. 7

Classes: Jan. 7-Feb. 27

Session 2 (8 weeks)

Registration: Feb. 15-Mar. 3

Classes: Mar. 3-Apr. 23

Members \$108

Non-Members \$123

Registration for the next session: Apr. 11

The next session begins on Apr. 28

dog obedience classes

Join Bev Warner from *Good Dogs*

Unlimited on Monday evenings for

6-week sessions of obedience classes.

For more information and to register, call

Bev @ 315-247-2417.

Tuesday evenings, Donnalyn Marone

from *Homefront Canine* offers a 6-week

session of classes.

Contact Donnalyn @ 591-7063.

pickleball

Pickleball times include, Wednesdays,
4:30-6:30 pm. and Sundays, 1:00-4:00 pm.

Members: \$4

Non-members: \$6

10-class pickleball punch pass

\$30 for members

\$50 for non-members

A Total Wellness Membership

includes pick-up pickleball.

tai chi

Tai chi is a tranquil and fluid form of exercise performed in a slow, focused manner. It is a non-competitive, self-paced, gentle stretching form of martial arts. Regular practice of Tai chi has been known to improve balance, reduce stress, and produce an overall feeling of well-being. Studies show that Tai chi may also help with pain management.

Instructor, Bruce Stevens, a practitioner of martial arts for 25 years and Tai chi for more than 16 years will be instructing noontime and evening classes.

Classes meet on Tuesdays &

Thursdays, 12:00-1:00 pm or

5:15-6:15 pm

Session 1 (10 weeks)

Registration: Dec. 21-Jan. 3*

Classes: Jan. 7-Mar. 12

Session 2

Registration: Feb. 29-Mar. 20*

Classes: Mar. 24-May 28

**Must pre-register for this class.*

Cost: Members: \$160

Non-Members: \$170

Single Class:

Members: \$10 • Non-Members: \$15



specialty wellness programs

FIRST: a diabetes management/prevention program

Diabetic? Prediabetic? Elevated blood sugar is present in more than half of adults in the United States. *FIRST* is a 12-week strength training program created by Dr. William Shang. Participants follow a specific strength workout under the supervision of a trainer. Each class includes nutritional information, tips for independent exercise, a 40-minute weight training workout, and more. Upon completion of *FIRST*, *First Track* continues to offer support. *FIRST* meets on Mon. & Thurs. 4:30-5:30 pm. A new session of *FIRST* begins on January 6.

Registration begins December 17 .

Winter session:

January 6-March 26

Cost: Members: \$150 Non-Members: \$165

Your health insurance may cover the cost of the *FIRST* program. Contact your provider.

strive! one day at a time NEW Format!

Trying to lose weight? Having a hard time with all the "Fad Diet" gimmicks out there? *Strive* may be for you. This 8-week program and support group guides you through proper nutrition to lose weight for lasting results. *Strive* meets on Mondays at 5:30 pm, and also on Tuesdays at 12:30 pm

Winter session:

Registration begins December 19

Session 1 January 6-February 25

Session 2: March 9-April 26

Cost: Members \$65 Non-Members \$78



healthy eating workshop series

This 4-week series will focus on balancing the food you eat in a way that your body will respond so you can lose weight. Classes meet on Saturday morning 10-11.

Registration begins December 19

Session: January 11-February 8

Cost: Members \$50 Non-Members \$60

Valerie is available for individual one-on-one nutrition coaching. Call 753-9651 for more information.

meditation with Phil Asaph

We all need more peace and we can have it in 70 seconds. Learn to meditate in a chair easily and effectively, or discover how to improve any form of meditation you may already be practicing. Open to all ages. No experience needed. Come as you are and bring a friend who needs to meditate too.

Meditation is offered on **Monday** mornings 11:30-12:30.

Winter Session 1: January 6-February 10

Winter Session 2: February 17-March 23

Cost: \$40

Single class: \$8



party & room rentals

Have a party! The YWCA provides a fun and safe environment for your celebrations with 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. Dance Parties are one hour with a dance instructor playing games centered around dancing and teaching a dance to be performed at your party. Pool, gym & dance parties are scheduled on Saturdays & Sundays. The ywca Gymnasium is also available for rentals, team practices, dances, and parties.

*Pool Parties: Members - \$90 Non-Members - \$105
*Gym Parties: Members - \$103 Non-Members - \$118
*Combo Parties: Members - \$130 Non-Members - \$145

*Gymnasium Rental: Members - \$45/hr. Non-Members - \$60/hr.

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

**A \$50 Deposit is required for all parties and Gym rentals, to be refunded within a week after the event.*

For more information on parties, or Osborn Room rentals contact Meryl Fish @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 up to 300 at an affordable rate.

For Multi-Purpose Room rentals, contact Mary Coffey @ 753-9651.

*Osborn Room: Members - \$55/hr Non-Members - \$70/hr
*Multi-Purpose: Members - \$65/hr Non-Members - \$80/hr

The Osborn Room rental deposit is \$50. A \$100 deposit is required for events in the Multi-Purpose Room.

****All cancelled events are subject to a cancellation fee.****



child care

School Age Care and Recreation Program

Sites: Am/PM Care Randall, Smith, Homer Elementary and Homer Intermediate. PM only, McGraw, Marathon and YWCA site.

- **School Age Care Recreation Program Supervisor: Janice Meyer**
- Full day holiday and snow day care available at YWCA site
- Weekly swim and open gym provided at YWCA site
- Homework time, snack, recreational activities, games, and arts & crafts provided

Drop-In Child Care

- **Drop-In Coordinator: Kelly Travis**
- 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 & Non-member rates
- Structured play group setting with snack provided.
- Call: 753-9651 for more information or to reserve your spot

Child Care Centers

All day, year round licensed daycare for children, ages 6 weeks to 5 years.

Learning Adventure: 5 Huntington Street, Cortland (753-6762)

Contact: Terisa O'Gorman

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

Contact: Tammy Goddard

- Breakfast, lunch, and snack provided
- Year Round Licensed Childcare
- Cortland City School Universal Pre-K site at Here We Grow
- Partnership classroom with Head Start at Learning Adventure

Summer Camp

- Look for upcoming information this spring. Summer Camp 2020
- Dates: June 29-August 28, 2020

A YWCA membership is required for participation.



girls day out 2019

The YWCA Cortland and SUNY Cortland Athletics in conjunction with the National Girls & Women in Sports Day, invite girls in grades 4-7 to the 2020 Girls' Day Out. This unique event is entering its 9th year and involves activities that will engage girls in health, fitness, education, and much more. This event is sponsored by Walmart, Fadden & Associates Physical Therapy, Edward Jones and Thoma Development

- Gymnastics, swimming, ultimate frisbee and a health education component with SUNY Cortland student athletes, coaches and staff as mentors.
- Interactive career fair with women from the Cortland Community and surrounding areas.
- The opportunity to watch the Women's SUNY Cortland State Basketball team play.
- A boxed lunch and athletic bag will be provided.

Date: Saturday, February 8, from 8:45-2:45 pm.

Location: Park Center (PER Center) at SUNY Cortland

Cost: \$15 if received by Friday, January 24. After the 24th, the cost is \$18. Additional siblings receive a \$10 discount! Please make checks payable to YWCA Cortland.

Registration forms will be available soon at the YWCA front desk. For more information and scholarship opportunities, please call YWCA Cortland at (607) 753-9651.

upcoming events

January is National Mentoring Month! Contact Mindy for information on becoming a YWCA Bridges For Kids mentor.

January 20: YWCA MLK Luncheon. Join us for a lunch of home-made soups and breads. Speaker Martin Sweeney will portray William Osborn Stoddard who grew up in Homer and was the Assistant Personal Secretary to President Lincoln. This event is free and open to the public.

Save the Dates!

May 11: YWCA Annual Meeting

June 10: 2020 "Giving Circle Celebration" for donors of \$1,000 or more.

August 7: 17th Annual YWCA Pig & Par Golf Tournament. Join us for our 16th year at Willowbrook Golf Course. Watch for more details in the Spring/Summer program guide.

Details of all YWCA events can be found on the website, www.cortlandywca.org. Follow the YWCA on Facebook for up to the minute information and announcements.

membership information

ywca parental/guardian supervision policy

The ywca requires parental/guardian supervision of all children under the age of 12 years, at all times while utilizing the building and its programs. For safety reasons, children are not allowed to roam the building or grounds unattended. Children found roaming the building unattended will be directed 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 visitors should be treated with courtesy and respect at all times. Any acts of violence will not be tolerated. Employees, members, and visitors are expected to refrain from verbal threats, fighting, or other conduct that may be dangerous to others. Weapons and other 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, with a Dr.'s note. 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 membership	75
Adults	40
Seniors (age 60 and up)	35
Students (age 13-18, or age 21 for full-time students)	30

**All memberships are for the member and the member's children in their household.*

*Supporting Membership is 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 membership level brings needed support for programs that are empowering women and families and working to eliminate racism in the Cortland community.

WE ARE GREEN!

In an effort to reduce costs 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

eliminating racism
empowering women
ywca

YWCA
IS ON A
MISSION