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MISSION

YWCA Cortland Fall 2021 Swim, Gym & Recreation Programs
September 7 – December 31

Children's Programs:

Swim Lessons: Swim lessons meet once a week for a six week session. Choose from Monday, Wednesday or Saturday Classes. ½ hr. classes: $42-members/$54-non-members ● 45 min. classes- $63/$81 Registration for all swim lessons will begin on a Saturday, 2-weeks prior to the first class.
Session 1: September 13-October 23
Session 2: November 1-December 11 (No swim lesson on November 24. Make-up class on December 15)

For more information, call 607-753-9651 or check out our website, cortlandYWCA.org

Private Swim Lessons: All private lessons are a half-hour and run in six week sessions. Registration for private lessons will begin 2-weeks prior to the swim lesson session. Private lessons are available on Monday or Wednesday, 4:30-5:00 pm. Six week session: $72-members/$84 for non-members.

Family Swim: Family Swim meets on Monday and Wednesday, 7:00-8:00 pm. and Saturdays, 11:30-12:30 pm.
Single passes: $7-members/$9-non-members.
10-Visit Family Swim Punch Pass: $55-members/$75 non-members (Each swimmer is marked off for their visit).

Gymnastics: There will be one session of gymnastic classes in October. Choose from Mondays, October 4-November 8 or Saturdays, October 2-October 23. Registration will begin September 18.
Pixie Gym: For parents and their toddlers, (ages 1-2). Monday, 6:00-6:45 pm. or Saturday, 9:00-9:45 am.
Pre-school Gymnastics: For children ages 3-5. Monday, 5:00-5:45 pm. or Saturday, 10:00-10:45 am.
Beginner Gymnastics: For children ages 5-10. Saturday, 11:00-12:00 pm.
45 min. classes: Monday classes: $48-members/$60 for non-members
Saturday classes-$32-members/$40 for non-members
Beginner Gymnastics: $60-members/$72 –non-members

Basketball: Pick-up basketball sessions are available on Tuesday & Thursday, 5:00-7:00 pm.
Single passes: $7-member/$9-non-member ● 10-Visit Basketball Punch Pass: $55-member/$75-non-member

Pro-Active Self Defense for Teens: A proactive class for teens and young adults. Students learn how to identify, avoid and retreat from dangerous situations. Classes are held on Thursdays, 4:00-5:00 pm. The 4-week session runs September23-October 14. Members: $40.00 Members Non-members: $50.00.

Due to the COVID-19 pandemic, YWCA Cortland will need to alter programming at times to comply with guidelines as they evolve, and to ensure the health and safety of our staff and the families that we serve.

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Adult Programs:

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 work with a buddy? Small group sessions are also available. Call 607-753-9651 for small group training pricing.
Cost: 20 sessions: $550 ●10 sessions: $300 ● 5 sessions: $160 ● 3 sessions: $105 ● 1 session: $38

Pro-Active Self Defense for Adults: A proactive class for adults. Students learn how to identify, avoid and retreat from dangerous situations. Classes are held on Thursdays, 4:00-5:00 pm. The 4-week session runs October 21-November 11. Members: $40.00 members, $50.00 non-member.

Pickleball: Pickleball times include, Monday, Wednesday, Friday, 9:00-11:00 am. and Wednesday, 4:30-6:30 pm. We also have pickleball on Saturday, 9:00-11:00 am.*
Single passes: $7-member/$9-non-member ● 10 Visit Pickleball Punch Pass: $50-member/$75-non-member
**Pickleball will be cancelled during scheduled gymnastic classes. First gymnastic session, October 2-October 23.*

Due to the COVID-19 pandemic, YWCA Cortland will need to alter programming at times to comply with guidelines as they evolve, and to ensure the health and safety of our staff and the families that we serve.

Party & Room Rentals

Due to the COVID-19 pandemic, YWCA Cortland will not be offering rentals and pool parties until further notice.

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. Combo Parties are a pool party with an additional hour of gym time. Parties that run after 4:00 pm are subject to an additional fee of $25 per hour. The YWCA Gymnasium is also available for rentals, team practices, dances and parties. Parties run on Saturdays. *A $50 Deposit is required for all parties and Gym rentals, to be refunded within a week after the event. The Osborn rental deposit is $50. A $100 deposit is required for events in the Multi-Purpose Room.*

Pool Parties:	**Members $95**	**Non-Members $110**
Combo Parties:	**Members $130**	**Non-Members $145**
Gymnasium Rental:	**Members $50**	**Non-Members $65**

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.

Osborn Room:	**Members $60/hr.**	**Non-Members $75/hr.**
Multi-Purpose:	**Members $70/hr.**	**Non-Members $85/hr.**

All cancelled events are subject to a cancellation fee.
To schedule your party or rental, call 607-753-9651.