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


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

Private Swim Lessons: All private lessons are a half-hour and run during the six week swim lesson session. Registration for private lessons will begin 2-weeks prior to the swim lesson session. Private lessons are available on Monday, 4:30-5:00 and 5:00-5:30, Wednesday, 4:30-5:00 and Saturday, 11:00-11:30 am. Six week session: $72-members/$84 for non-members.

Family Swim: Family Swim meets on Monday and Wednesday, 7:00-8:00 pm. and Saturday, 11:30-12:30 pm. Single passes: $5-members/$7-non-members. Families of 5 or more pay $25-members/$35-non-members.

Gymnastics: There will be 2 sessions of gymnastic classes. Registration for Session I runs December 27-January 10. Session I classes are offered Monday and Tuesday, January 10-February 15. Registration for Session 2 runs March 7-March 19. Session II classes are on Saturday, March 19-April 9.

Session I:
Pixie Gym- For parents and their toddlers, (ages 1-2). Gross motor skills will be learned while children play games and sing songs. The gym will also have an obstacle course of mats to climb on, tunnels to go through and slides to go down. Tuesday, 9:30-10:15 am.

Pre-school Gymnastics- A gymnastic class for ages 3-5. Monday, 5:00-5:45 pm

Beginner Gymnastics- For children ages 5-10. Monday, 6:00-7:00 pm

Session II
Pixie Gym- Saturday, 9:00-9:45 am.

Pre-school Gymnastics I- For parents & children ages 2-4. A great introductory class to pre-school gymnastics. Parents learn spotting and coaching techniques, while taking their children through tumbling, beam and vaulting skills. Games involving gross motor skills will also be played. Saturday, 10:00-10:45 am.

Pre-school Gymnastics- For ages 3-5. Saturday, 11:00-11:45 am

Cost:
Monday classes:
Preschool Gymnastics- $48-members/$60- non-members
Beginner Gymnastics-$60-members/$72- non-members

Saturday classes:
Pixie Gym, Pre-school Gymnastics I and Pre-school Gymnastics-$32-members/$40- non-members

Basketball- Pick-up basketball is on Tuesday, 5:00-7:00 pm. Thursday pick-up basketball will return on March 17.

Single passes: $7-member/$9-non-member ● 10-Visit Basketball Punch Pass: $55-member/$75-non-member

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.
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 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** - A proactive class for ages 13 & up. Students learn how to identify, avoid and retreat dangerous situations. Classes are held on Thursday, 4:30-5:30 pm. Registration begins January 3. The 4-week session runs January 27-February 17. Members: $40.00 members, $50.00 non-members.

**Healthy Me Nutrition** - This class will help you learn how what foods to eat to reach your goals in a simple, sensible, affordable way. Classes are held on Thursday, 5:30-6:30 pm. Registration begins January 3. The 4-week session runs January 27-February 17. Members: $40, $50 non-members.

**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, March 5-March 26.

**Party & Room Rentals**

*Pool parties and room rentals will start up on Saturday, January 8th. Reserve your party today!*

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 is a pool party with and 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.

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<tr>
<th></th>
<th>Members</th>
<th>Non-Members</th>
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<tbody>
<tr>
<td>Pool Parties</td>
<td>$95</td>
<td>$110</td>
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<tr>
<td>Combo Parties</td>
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<td>$145</td>
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<tr>
<td>Gymnasium &amp; Pool Rental</td>
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<td>$65</td>
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For intimate events, such as bridal and baby showers, or receptions, our vantage 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.

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<tr>
<td>Osborn Room</td>
<td>$60/hr.</td>
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<tr>
<td>Multi-Purpose</td>
<td>$70/hr.</td>
<td>$85/hr.</td>
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All cancelled events are subject to a cancellation fee.

To schedule your party or rental, call 753-9651.