

## YWCA Cortland Fall 2023 Swim, Gym & Recreation Programs

September 5-December 31 | *The YWCA will be closed 9/4, 11/23-11/25, and 12/22-12/26.*

### Children 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.

**Session 1:** Classes; September 11-October 21. Registration; August 28-September 11.

**Session 2:** Classes; October 30-December 9. Registration; October 16-October 30.

*\*No class on Saturday, November 25. Saturday classes will end on December 16.*

**Private Swim Lessons:** All private lessons are a half-hour and run in a six-week session. Private lessons are available on Monday, 4:00-4:30pm, 4:30-5:00 pm, 5:00-5:30 pm, and 6:30-7:00 pm, Wednesday, 4:00-4:30 pm, 4:30-5:00 pm 6:30-7:00 pm, and Saturday, 10:30-11:00 am.

Six-week session: \$72-members/\$84 for non-members. Private lessons follow the swim lesson schedule.

**Open Swim:** Open Swim is for families and lap and leisure swimmers to enjoy our warm water pool! Open Swim times are on Tuesday, Wednesday, and Thursday, 7:00-8:00 pm, Friday, 3:00-7:00 pm, and Saturday, 11:00-12:00 pm. Lap & Leisure passes can be used for Open Swim.

Single passes: \$5-members/\$7-non-members. *Families of 5 and over only pay \$25 (members) or \$35 (non-members)*

**Gymnastics:** The below gymnastic classes meet on Monday, Tuesday, and Saturday for a six-week session.

**Pixie Gym:** For parents and their toddlers, (ages 1-2). Tuesday, 9:30-10:15 am and 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 work with their child, while taking them through tumbling, beam, and vaulting skills. Games involving gross motor skills will be played. Monday, 5:00-5:45 pm.

**Pre-school Gymnastics:** A gymnastic class for ages 3-5. Saturday, 10:00-10:45 am.

**Beginner Gymnastics:** For children ages 5-10. Monday, 6:00-7:00 pm, Saturday, 11:00-12:00 pm.

**Mon & Tues Classes:** Sep. 18-Oct. 24     **Registration:** Sep. 5-18

**Saturday Classes:** Nov. 4-Dec. 16     **Registration:** Oct. 16-Nov. 4 (*There will be no class on 11/25*)

**Pricing:** 45 min. classes: \$48-members/\$60 for non-members | Hour classes: \$60/members/\$72 non-members

### **Party & Room Rentals**

Pool Parties are one hour of an open swim with a lifeguard on deck plus one hour of room rental. Combo Parties are pool parties with an additional hour of gym time. Pool Parties for groups of more than 25 and any party that runs after 4:00 pm are subject to an additional fee of \$25. The YWCA Gymnasium is also available for rentals, team practices, dances, and parties. Parties run on Saturdays.

A deposit is required for all parties and gym rentals, to be refunded within a week after the event. The gym, pool, and Osborn Room rental deposit are \$50. The Multi-Purpose Room requires a \$100 deposit. Pool/Gym parties that utilize the Multi-Purpose Room are subject to an additional \$25.

<b>Pool/Gym Parties</b>	<b>Members \$130</b>	<b>Non-Members \$145</b>
<b>Combo Parties</b>	<b>Members \$155</b>	<b>Non-Members \$170</b>
<b>Gymnasium Rental</b>	<b>Members \$50</b>	<b>Non-Members \$65</b>
<b>Pool Rental</b>	<b>Members \$50</b>	<b>Non-Members \$65</b>

*Club and scholastic teams pay \$35/hr if scheduling for more than one hour.*

*Gym parties that use the gym for the second half of the party receive a \$10 discount!*

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.

<b>Osborn Room:</b>	<b>Members \$60/hr.</b>	<b>Non-Members \$75/hr.</b>
<b>Multi-Purpose:</b>	<b>Members \$70/hr.</b>	<b>Non-Members \$85/hr.</b>

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

***To schedule your party or rental, call (607)753-9651.***

## **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

**Nutrition Coaching:** Reach your health goals by working one-on-one with a certified nutrition specialist.

1 session-\$48 • 3 sessions \$105

**Personal Safety and Self-Defense:** Learn the 4 Awareness's of self-protection. Learn to be in tune with all of your senses, release yourself from grips & holds and assess what's best to target to defend yourself. For ages 13+. Next class will be offered for two weeks in October on Tuesdays. Date and time TBA.

**Adult Swim:** A swim instructor will provide the drills and skills needed to improve stroke capability, endurance, and confidence in the water. Adult Swim welcomes all levels. Lessons will meet on Friday, 10:30-11:30 am. All lessons are one-hour and run in six-week swim lesson sessions.

**Session 1:** Classes; September 15-October 20. Registration; Monday, August 28-September 15.

**Session 2:** Classes; November 3-December 15. Registration; Monday, October 16-November 3.

*\*Class will not be held on November 24.*

**Open Pickleball:** Open Pickleball times are Monday and Friday, 9:00-11:00 am and Wednesday, 2:00-4:00 pm, and 4:00-6:00 pm. Beginner Open Pickleball time is on Tuesdays, 5:00-7:00 pm.

Single passes: \$7-member/\$9-non-member • 10 Visit Punch Pass: \$50-member/\$75-non-member

**Unlimited Pickleball Package:** 1 month: Member \$42/Non-Member \$57 • 3 month: Member \$115/Non-Member \$130

*Pickleball is **free** for members with Silver Sneakers, Silver and Fit, and Renew Active!*

**Social Seniors:** An opportunity to meet, play games, and socialize every Wednesday in the Osborn room from 12:00-2:00 pm. Cards and games will be provided. Every first Wednesday of the month there will be a speaker/special program.

On September 13, Executive Director Kelly Tobin will discuss her experience in equine facilitated development. Kelly utilizes the therapeutic values horse brings to people in her meditation sessions. This unique combination can bring a sense of awareness and deep healing within the physical body. Lunch will begin at noon and the discussion will begin at 12:30 pm.