

YWCA Cortland Winter/Spring 2024 Swim, Gym & Recreation Programs
January 2, 2024 - May 18, 2024

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.

Pricing: 20 sessions: \$550 • 10 sessions: \$300 • 5 sessions: \$160 • 3 sessions: \$105 • 1 session: \$38

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

Tuesday 4:30-6:30 pm (Beginner)

Wednesday 2:00-4:00 pm and 4:00-6:00 pm

Friday 9:00-11:00 am

- Single passes: \$7-member/\$9-non-member
- 10 Visit Pickleball Punch Pass: \$50-member/\$75-non-member
- 1-Month Unlimited Pickleball Package: Member \$42/Non-Member \$57
- 3-Month Unlimited Pickleball Package: Member \$115/Non-Member \$130

****Winter Pickleball Special:** Purchase one pickleball punch pass between January 2 & January 31 and receive 50% off your second punch pass.

Beginner Pickleball Workshop: A four-week workshop for students 18 and up to learn about the playing area, equipment, skills, and general rules such as serving and sequence, scoring, faults, etc. Instructor, Pam Kavalesky, will lead the group in one hour of instruction and one hour of play. A limited number of paddles will be available, so sign up ASAP!

Classes: Thursday, 4:30-6:30 pm, January 11-February 1. **Pre-registration:** December 18-January 8.

Price: Member \$50 / Non-member \$60

Women's Meditation Retreat: This one-day retreat at the YWCA includes meditation instruction, breathwork, relaxing body flow with Usui Reiki Master Rhonda Giglio, and a healthy lunch. Participants should bring a journal, water, and a blanket or mat to sit on. The retreat will be on Sunday, February 4, 8:30-2:30 pm. Pre-registration is December 22-February 2.

Pre-registration Price: \$125 for members and non-members

Day-of Registration Price: \$150 for members and non-members

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.