

**Fall 2024 Swim, Gym & Recreation Adult Programs**  
**September 3 – December 31, 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. Call us at (607)753-9651 or stop by to get started!

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

**Open Pickleball:** Play pickleball with friends to work on your skills or compete in some friendly competition!

**Schedule:**

Time	Tues	Wed	Thurs	Fri
9:00-9:30 am				Open Pickleball
9:30-10:00 am				
10:00-10:30 am				
10:30-11:00 am				
2:00-2:30 pm		Open Pickleball		
2:30-3:00 pm				
3:00-3:30 pm				
3:30-4:00 pm		Open Pickleball	Beginner Open Pickleball	
4:00-4:30 pm				
4:30-5:00 pm	Beginner Open Pickleball			
5:00-5:30 pm				
5:30-6:00 pm				
6:00-6:30 pm				

**Pricing:**

Type	Single	10 punches	1 month	3 months
<b>Member</b>	\$7	\$50	\$42	\$115
<b>Not-yet Member</b>	\$9	\$75	\$57	\$130
<b>Sr Insurance</b>	\$0	\$0	\$0	\$0

**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:** Monday, 4:30-6:30 pm, October 28-November 18

**Pre-registration:** October 4–October 25

**Price:** Members \$50 / Not-yet-members \$60

**9/8 Women's Meditation Retreat:** This one-day retreat at the YWCA includes meditation instruction, breathwork, relaxing body flow and individual Reiki sessions with Usui Reiki Master Rhonda Giglio. Participants should bring a journal, water, and a blanket or mat to sit on. A healthy lunch will be provided as well. The retreat will be on Sunday, September 8, 8:15-2:30 pm. Coffee and tea will be provided at 8:15 am and we will begin promptly at 8:30 am.

**Pre-registration Price:** \$130 for members and not-yet-members

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

**9/18 Sound Serenity:** Join Kelly Tobin for a one-hour sound journey; a deeply immersive, full body listening experience. Every part of the body, from our organs to our cells, has a resonant frequency or vibration and when exposed to a certain frequency, these parts of the body can be stimulated, promoting balance and harmony in the body. Participants should bring a blanket, a journal, and water. This sound healing session will be held on Wednesday, September 18, 5:30-6:30 pm.

**Registration:** Opens August 19

**Price:** \$25 for members and not-yet members

**Tai Chi:** Join instructor Mike Kniffin for a six-week session of Tai Chi. This ancient form of exercise, developed in China, is a series of movement and breathing techniques designed to connect the mind and body. It improves balance, reduces stress, and can improve cognitive function.

**Classes:** Tuesday and Thursday, 12:00-1:00 pm, September 24-October 31

**Registration:** September 3–September 23 **Price:** Members \$95 / Not-yet-members \$105

**Meditation Class:** This four-week meditation class with certified Yoga instructor Brenna Ricci, focuses on balancing one's energy. Take 30 minutes of your evening to step away from your busy life and put yourself first!

**Classes:** Tuesday, 6:30-7:00 pm, October 1-October 22. **Pre-registration:** September 3–October 1

**Price:** For members and not-yet-members, \$7 per class or \$20 for the entire four-week session

**Have more time and want to stretch to improve flexibility? Try Yin Yoga!** Join Brenna earlier on Tuesdays from 5:15-6:15 pm for one of the only Yin Yoga classes offered in Cortland. Yin Yoga is a relaxing and restorative style of yoga, where the Chinese Meridian theory and chakras are explored in longer-held, seated yoga postures.

**Prenatal Yoga:** This six-week class with certified Prenatal Yoga instructor, Brenna Ricci, is catered specifically for pregnant people to improve strength, flexibility, and endurance and reduce general back and sciatic nerve pain. Connect with others that are expecting in a supportive environment to not only address the physical challenges that come with being pregnant, but also calm the mind to improve mental strength. *This class is not meant to address the needs of those who are postpartum.*

**Classes:** Saturday, 9:00 – 10:30 am, October 5-November 9. **Pre-registration:** September 3–October 1

**Price:** Members \$90 / Not-yet-members \$100

**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.