



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUMP IN LEARN TO SWIM

SWIMMING LESSONS
Ages 6 Months and Up
CORTLAND, NY

7-week session

**Classes held once a week
Monday, Tuesday, Wednesday
and Saturday options**

Costs:

**\$38.50 Members
\$49 Community Members**

Classes vary by age and ability.
View placement chart online at
www.cortlandymca.org.

**SWIM FREE offered for all
Cortland County 7-Year Olds,
until their 8th Birthday!**

Session 3
May 14th-June 30th
No Classes on Memorial Day



Cortland County Family YMCA
607.756.2893
www.cortlandymca.org



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KNOW SELF PROTECT SELF RESPECT ALL

KOEI-KAN KARATE-DO
Youth 7-12, Adult 13+
CORTLAND, NY

Monthly Sessions run
the 15th to the 14th
Tuesday and Thursdays

Youth Karate 6:30-7:30 PM
Member: \$23 Com. Mem. \$48
Adult Karate 7:30-9:00 PM
Member: \$23 Com. Mem. \$56

Classes at Cortland YMCA are currently
taught by Peter Korolov (Nidan - 2nd degree
black belt) and Carter O'Gorman, Brian Lann
(Shodans - 1st degree).

All have been training and teaching Koei-Kan
for over 20 years and are direct pupils of
Shihan Bellott and Sensei Busby. (All Koei-
Kan Sensei are Japan Certified and recog-
nized in the Martial Arts World.)



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JUMP, TUMBLE, PLAY STRETCH YOUR LIMITS

CORTLAND YMCA GYMNASTICS
Classes for boys and girls, ages 3 and up!

Come and Join the fun with the longest, traditional running gymnastics program in Cortland County!

Next Session Starts 5/14/18

Progressive Levels run all week, with options for 1 or two classes each week!

Options also available for:
COMETS Gymnastics Team
Pre-team and just tumbling.

View all classes and times online at:

www.cortlandymca.org

REGISTER TODAY!



DON'T FORGET OUR NINJA CLASSES ON SUNDAYS!



All classes held at the JM McDonald Sports Complex
607-758-8630



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FRIENDSHIP ACHIEVEMENT BELONGING



CORTLAND YMCA SUMMER DAY CAMP
Children Entering Kindergarten to Grade 6

**BEST SUMMER CARE VALUE
IN THE COUNTY!**

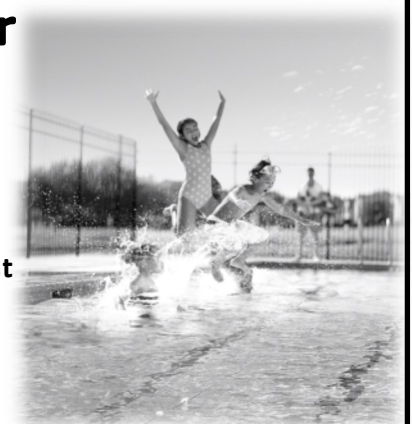
10 Weeks of Summer
June 25th– August 31st

Hours of Operation
8 AM to 5 PM
extended care available for additional cost

REGISTER TODAY!

Early Bird Rates

End 5/31/17
Members: \$135 (\$150 after)
Community Members: \$170
(\$185 after)



CORTLAND COUNTY FAMILY YMCA
22 Tompkins Street
Cortland, NY 13045
www.cortlandymca.org