



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUMP IN LEARN TO SWIM

SWIMMING LESSONS
Ages 6 Months and Up
CORTLAND, NY

8-week session

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

Costs:

\$44 Members
\$56 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!**

**SUMMER
Session 4
JULY 7-AUGUST 29**



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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BorgWarner
CORTLAND YMCA RACE SERIES
 SPRING RUN 5K - Saturday April 21
 MOTHER'S DAY 5K - Saturday May 13
 FATHER'S DAY 5K - Saturday June 16
 CHIRO 5K - Saturday September 22
 TURKEY TROT 5K - Thursday Nov. 22



2018
 and the Cortland YMCA present the

FATHER'S DAY 2.5 / 5k

Saturday June 16th **OPTION RUN**



9:00am Start & End
 at New Lime Hollow
 Education Center
TRAIL RUN!

pre-register online at
www.cortlandymca.org

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STEM Saturday

At the Cortland County Family YMCA
 JULY 7th

It's an... EggSperiment!

Egg Drop STEM CHALLENGE

Come and prepare your eggs as we test to see whose egg safety technique is best or see who makes the biggest splat!



This STEM Challenge will engage youth in engineering and experimentation. Participants will build a safety system they will test out by dropping over the playground wall at the Y.

10:00 to 11:30 AM

\$5 per child

Includes a healthy snack

Cortland County Family YMCA
 22 Tompkins St.
 Cortland, NY 13045
 (607) 756-2893

July 7, 2018