

# ywca cortland fall classes

Registration for classes, unless noted, begins on August 27.

## adult classes

### meditation

Come to a free class on Friday, September 14 at 12:30 pm or on Saturday, September 22 at 10:00 am. For all ages and no experience is necessary. For more information, call 753-9651

### FIRST (a diabetes management/prevention program)

Diabetic? Prediabetic? FIRST is a 12-week strength training program created by Dr. William Shang. Participants follow a specific strength workout under the supervision of a trainer. Each class includes nutritional information and a 40-minute weight training workout. FIRST meets on Mondays & Wednesdays, 4:30-5:30 pm. Classes run September 10-December 6.

### strive! one day at a time

If you have tried losing weight in the past without success, Strive may be for you. This 9-week work-out program and support group guides you through a healthy approach to losing weight. Strive meets on Monday and Wednesdays, 6:30-7:30 pm. Registration begins on August 24. The session runs September 5-November 17.

### shido-kan karate

Classes meet on Tuesday and Thursday evenings, 7:15-8:15 pm. Classes for those ages 13 and up. Registration begins August 27-September 11. The session runs September 11-November 1.

## childrens classes

### swim lessons

Red Cross Levels 1-6, Preschool Swim, Waterbabies and Awesome Tadpoles for parents and children ages 2-4. Registration begins August 27-September 10. The session runs September 10-October 20.

### gymnastics

Pixie Gym for parents and children ages 1-2, Preschool (ages 3-4) and Beginner Gymnastics, ages 5 and up. Registration is August 27-September 11. The session is September 11-October 18.

### shido-kan karate

Our beginner class, for ages 8-12 meets on Tuesday and Thursday evenings, from 6:15-7:15 pm. There is a 15% discount for additional family members. Registration is August 27-September 11. The session is September 11-October 18.

## dance classes

The YWCA welcomes back dance instructor Stephanie Roth! Stephanie has taught dance for over 4 years and is a dancer on the Cortland State Kick-line Team.

### **Monday classes:**

**Tap & Jazz** (ages 5-8)  
5:00-6:00 pm

**Boys Hip Hop** (ages 6-12)  
6:00-7:00 pm

**Jazz/Kickline** (ages 7-12)

### **Tuesday classes:**

**Creative Dance** (ages 3-5)  
4:30-5:15 pm

**Jazz** (ages 4-7)  
5:15-6:15 pm

**Registration: August 27-September 10**  
**Session: September 10-October 23**  
**For more information call 753-9651**

# ywca cortland basketball programs

*The YWCA is gearing up for its sixth year of basketball training! All classes meet on Saturdays and run September through December. Coach Chickie Artis has run the program for over two years. She is also a coach for CNY Girls Travel League.*

## first shot basketball

A great introduction for first time players. First shot is for children ages 4-6. Children will learn basic fundamentals, shooting, dribbling and passing through age appropriate activities and games. Smaller balls and lower baskets will be used. *First Shots includes Kindergarten and meets from 10:00-10:45 am.*

## youth basketball

Students will learn basic fundamentals including passing, ball handling, lay-ups and proper shooting form. For grades 1-6.

### Grades 1-3

9:00-10:00 am

### Grades 4-6

10:45-11:45 am.

## girls basketball clinic

Looking to improve your basketball game and be prepared for your upcoming season? Girls in grades 5-8 will work on skills, drills and strengthening exercises. Class meets from 11:45-12:45 pm.

## session dates & cost:

### **Session 1** (6 weeks)

Registration: August 27-September 15

Classes: September 15-October 20

### **Session 2** (6 weeks)

Registration: October 13-November 3

Classes: November 3-December 15\*

\*No class on November 25

## first shot:

Members: \$39

Non-Members: \$49

## youth basketball & girls clinic:

Members: \$50

Non-Members: \$65

*For more information contact the YWCA Cortland  
753-9651*

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**MISSION**