

# winter programs for children at the ywca

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## children's programs

### gymnastic classes

Gymnastic classes range from parent and tot classes to preschool gymnastics (ages 3-5), and beginner gymnastics for ages 5-12. Registration runs December 21-January 8. Classes are January 8-February 14. For class times call the YWCA, 753-9651.

### swim lessons

Swimming lessons range from waterbabies, parent and tot classes, for ages 2-4, preschool swim lessons (ages 3-5), and Red Cross Swim lessons for levels 1-6. Registration runs January 12-January 28. Classes are January 28-March 16.

### shido-kan karate

Classes meet on Tuesdays and Thursdays, 6:15-7:15 pm. For ages 8-12. Registration runs December 21-January 8. Classes are January 8-February 28.

## back at the ywca!

### little tikes soccer

Class is for 4-6 yr. olds. Participants will learn basic skills of soccer with fun games and age appropriate activities. Classes will meet on Mondays, 4:30-5:15 pm. Registration begins on January 12-January 28. Classes start January 28-March 11.

### youth soccer

For ages 7-10. Class instruction is dedicated to learning proper dribbling, shooting and passing. Skills will be applied to game situations. Classes meet on Mondays, 5:15-6:15 pm. Registration begins January 12-January 28. Classes are January 28-March 11.

### volleyball clinic

Classes are for grades 5-8 & meet on Mondays, 6:30-7:30 pm. Participants learn proper skills and techniques in volleyball. Registration runs January 12-January 28. Classes are January 28-March 11.

### saturday dance

Registration runs January 12-February 2. Classes are February 2-March 16.

**Creative Dance-** For ages 3-5, meets from 9:30-10:15 am.

**Boys & Girls Hip Hop-** For ages 6-12, meets from 10:15-11:15 am

**Jazz/Kickline\*-** For ages 7-10, meets from 11:15 am-12:15 pm

\**Kickline:* Dancers perform in a line with synchronized kicks, jumps and turns.

### Piano and guitar lessons

For ages 5 & up. Classes meet on Fridays. Piano, 4:00-4:30 pm and Guitar, 4:30-5:00 pm. Pre-registration runs from February 9-February 27. Classes are March 1-March 22.

# something for everyone at the ywca

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## adult programs

### meditation

We all need more peace and we can have it in 70 seconds. Learn to meditate in a chair, easily and effectively. Meditation is offered on Tuesdays. Morning class is 11:30-12:15 pm. The evening class is 6:00-6:45 pm. Classes run January 8-February 11 & February 18-March 25. Register today.

### tai chi

Tai chi is a tranquil and fluid form of exercise performed in a slow focused manner. Regular practice of Tai chi has been known to improve balance, reduce stress, and produce an overall feeling of well-being. Instructor, Bruce Stevens, a practitioner of martial arts for 25 years and Tai chi for more than 16 years, will be instructing morning and evening classes.

There will be a **FREE** class on January 29 at 5:15 pm.

Classes meet on Mondays & Wednesdays, 8:00-9:00 am or

Tuesdays & Thursdays, 5:15-6:15 pm. Pre-registration runs January 12-January 30.

The session runs February 4-April 11.

### Shido-kan karate

The adult class is for ages 13 & up. Classes meet on Tuesdays & Thursdays, 7:15-8:30 pm. Registration runs December 21-January 8. Classes are January 8-February 28.

### FIRST: a diabetes management/prevention program

Diabetic or 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, tips for independent exercise, a 40 minute weight training workout and more. Classes meet on Mondays & Wednesdays, 4:30-5:30 pm. A new session of FIRST begins on January 7. *Meet our FIRST trainer on January 3 at 6:00 pm to learn more about the program.*

### strive! one day at a time

If you have tried to losing weight in the past without success, Strive may be for you. This 8-week program and support group guides you through a healthy approach to losing weight. *A FREE informational meeting on January 3 at 6:30 pm.* Classes meet on Mondays and Wednesdays, 6:00-7:00 pm. New morning class on Tuesdays and Thursdays, 9:00-10:00 am. The session will run January 7-February 24.

### ***Coming in January... Dog Obedience Classes!***

***The YWCA also offers aerobic, cycling, morning, afternoon & evening water exercise, pickleball & pick-up basketball!***

YWCA of Cortland  
14 Clayton Avenue  
Cortland, NY 13045  
607-753-9651

**YWCA**  
**IS ON A**  
**MISSION**