

YWCA Cortland Fall Children Programs

Swim Lessons:

Swim classes meet once a week for a six-week session. Choose from Monday, Wednesday, or Saturday classes. The YWCA offers Waterbabies, Preschool with Parent, Preschool Swim, and Red Cross Swim Lessons Level 1-4.

Classes are September 11-October 21.
Registration is August 28-September 11.

Private Swim Lessons:

All private lessons are a half-hour and run in a six-week session. Private lessons are available on Monday, Wednesday, and Saturday and follow the same class and registration schedule above.

Open Swim:

Open Swim is for families and lap and leisure swimmers to enjoy our warm water pool! Open Swim times are on Tuesday, Wednesday, and Thursday, 7:00-8:00 pm, Friday, 3:00-7:00 pm, and Saturday, 11:00-12:00 pm.

Gymnastics:

Gymnastics classes meet on Monday, Tuesday, and Saturday for a six-week session.

Monday & Tuesday classes run from September 18-October 24.
Registration is September 5-18.

Saturday Classes run from November 4 - December 16.
Registration is from October 16-November 4.

Coming soon: Pickleball for kids!

**YWCA
IS ON A
MISSION**

CortlandYWCA.org
Phone: (607) 753-9651
Email: meryl@cortlandywca.org

YWCA Cortland Fall Adult Programs

Adult Swim:

A swim instructor will provide the drills and skills needed to improve stroke capability, endurance, and confidence in the water. Adult Swim welcomes all levels. Lessons will meet on Friday, 10:30-11:30 am.

Classes begin September 15-October 20.
Registration is Monday, August 28-September 15.

Open Pickleball:

Open pickleball times are Monday and Friday, 9:00-11:00 am, Wednesday, 2:00-4:00 pm, and 4:00-6:00 pm. Beginner pickleball meets on Tuesday, 5:00-7:00 pm.

Players must reserve their space ahead of time.
Email Meryl Fish at meryl@cortlandywca.org to get access to weekly sign-ups.

Social Seniors:

An opportunity to meet, play games, and socialize every Wednesday 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.

On September 13, Executive Director Kelly Tobin will discuss her experience in equine facilitated development. Kelly utilizes the therapeutic values horses bring to people in her meditation sessions. Lunch will be provided and will begin at noon; the discussion will follow at 12:30 pm.

Coming in October: Personal Safety and Self-Defense
Learn the 4 Awarenesses of self-protection. For ages 13+

eliminating racism
empowering women
ywca

Connect with us on social media!
[Facebook.com/cortlandywca](https://www.facebook.com/cortlandywca)
[Instagram.com/ywca_cortlandny](https://www.instagram.com/ywca_cortlandny)