Presented by EDF Renewables (Homer Solar Energy Center)
Hosted by Tompkins Cortland Community College

Saturday, March 4, 2023

A unique day of fun and engaging activities that will aim to empower girls in our community in grades 7-9, by equipping them with the tools to go out into the world as we see them:
equal, powerful, and unstoppable.

- An informative and empowering panel and Q&A with inspiring women who are experts in career preparation, physical and mental health, and self-confidence.
- An interactive career fair with accomplished women from the Cortland community and surrounding areas.
- Engaging activities in music, art, and science.
- An end-of-day pool party!

Learn more at **CortlandYWCA.org**
or scan here!

eliminating racism
empowering women
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YWCA Cortland
14 Clayton Avenue
Cortland, NY 13045
607-753-9651

Children & Adult Programs

Children Programs

Li'l Hoopsters

A fun basketball basics class for ages 5-7. Classes meet Thursday, 5:30-6:30 pm for a six-week session starting January 26. Give us a call to register today!

Swim Lessons

Choose from Monday, Wednesday or Saturday classes and meet for a six-week session starting January 23*. Classes include Waterbabies, for ages 6-24 mos with a parent, Preschool swim lessons with or without parents for ages 2-5, and Red Cross swim lessons for levels 1-6.

**No classes will be held on February 20-February 25.*

Private Swim Lessons

All private lessons are a half-hour and run in six- week sessions. For private lesson times, call the YWCA, 607-753-9651.

Adult Programs

Vinyasa Yoga

Vinyasa yoga is a continuous flow of poses where postures are linked together with the breath. Classes meet on Thursday, 5:30-6:30 pm for a four-week session starting January 26. Pay for a single class or session. Member and non-member rates are available.

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