

YWCA Cortland Winter/Spring 2024 Swim, Gym & Recreation Programs

January 2, 2024 - May 18, 2024

Children Programs:

Swim Lessons: Swim lessons meet once a week for a six-week session. Choose from Monday, Wednesday, or Saturday Classes. ½ hr. classes: \$54-members/\$66-non-members.

Session 1: Classes; January 22 – March 9. (No class 2/19, 2/21, & 2/24)

Registration; January 2 – January 22.

Session 2: Classes; March 18 – May 4. (No class 4/22, 4/24, & 4/27)

Registration; February 26- March 18.

Private Swim Lessons: All private lessons are a half-hour and run in a six-week session. Private lessons are available on Monday, 4:00-4:30 pm, 5:00-5:30 pm, and 6:30-7:00 pm Wednesday, 4:00-4:30 pm, 4:30-5:00 pm, 6:30-7:00 pm, Friday, 10:30-11:00 am and 11:00-11:30 am and Saturday, 10:30-11:00 am.

Pricing: \$84-members/\$96 for non-members.

Open Swim: Open Swim is for families and lap and leisure swimmers to enjoy our warm water pool! Open Swim times are on Wednesday, and Thursday, 7:00-8:00 pm, Friday, 4:00-7:00 pm, and Saturday, 12:00-1:00 pm. Lap & Leisure passes can be used for Open Swim.

Single passes: 1 hour: \$7-members/\$9-non-members | 2 hours: \$10-members/\$12 non-members | Families of 5 or more only pay \$35 (members) or \$45 (non-members)

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

- **Pixie Gym:** For parents and their toddlers, (ages 1-2). Tuesday, 9:30-10:15 am and Saturday, 9:00-9:45 am.
- **Pre-school Gymnastics I:** For parents & children ages 2-4. Saturday, 10:00-10:45 am.
- **Pre-school Gymnastics II:** For children ages 3-5. Monday, 5:00-5:45 pm & Saturday, 1:00-11:45 am.
- **Beginner Gymnastics:** For children ages 5-10. Monday, 6:00-7:00 pm.

Mon & Tues Classes: Jan 22 – Mar 5

Registration: Jan 2 – Jan 22 (No class on 2/19 & 2/20)

Saturday Classes: Apr 6 – May 18

Registration: Mar 8 – Apr 6 (No class on 4/27)

Tuesday Pixie Gym: Mar 12 – Apr 16

Registration: Feb 9 – Mar 12

Pricing: 45 min. classes: \$50-members/\$62-non-members | Hour classes: \$62/members/\$74 non-members

Adult Programs:

Personal Training: Get fit and stay motivated with a personal training session in the YWCA weight room. Our certified trainers will work with you to achieve the results you desire.

Pricing: 20 sessions: \$550 • 10 sessions: \$300 • 5 sessions: \$160 • 3 sessions: \$105 • 1 session: \$38

Open Pickleball: Open Pickleball times are Wednesday, 2:00-4:00 pm and 4:00-6:00 pm.

Beginner Open Pickleball is on Tuesdays, 5:00-7:00 pm., and Friday, 9:00-11:00 am.

Single passes: \$7-member/\$9-non-member • **10 Visit Punch Pass:** \$50-member/\$75-non-member

Unlimited Pickleball Package:

1 month: Member \$42/Non-Member \$57 • 3 month: Member \$115/Non-Member \$130

Winter Pickleball Special:

If you purchase one pickleball punch pass between January 2 & January 31 and receive 50% off your second punch pass.

*Pickleball is **free** for members with Silver Sneakers, Silver and Fit, and Renew Active!*

Beginner Pickleball Workshop: A four-week workshop where students will learn about the playing area, equipment, skills, and general rules such as serving and sequence, scoring, faults, etc. Instructor, Pam Kavalesky, will lead the group in one hour of instruction and one hour of play. A limited number of paddles will be available, so sign up ASAP!

Classes: Thursday, 4:30-6:30 pm, January 11-February 1. **Pre-registration:** December 18-January 8.

Price: Member \$50 / Non-member \$60

Women's Meditation Retreat: This one-day retreat at the YWCA includes meditation instruction, breathwork, relaxing body flow with Usui Reiki Master Rhonda Giglio, and a healthy lunch. Participants should bring a journal, water, and a blanket or mat to sit on. The retreat will be on Sunday, February 4, 8:30-2:30 pm. Pre-registration is December 22-February 2.

Pre-registration Price: \$125 for members and non-members

Day-of Registration Price: \$150 for members and non-members

Social Seniors: An opportunity to meet, play games, and socialize every Wednesday in the Osborn room 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.