

ADULTS AND ACTIVE OLDER ADULTS

QUIDDITCH NEW

Ages 9-90
Harry Potter fans are multigenerational and our Harry Potter version of Quidditch is a ton of fun for all. **\$10/\$25 a Muggle (6/17 games a session)**
Session 4: 1/25-3/8, Tuesdays.....5:30-6:30
Session 5: 3/22-5/10, Tuesdays.....5:30-6:30

DROP-IN CHILDCARE

Drop in care is available for children and infants while their parent(s) are using the Y facilities. **\$2/\$3 an Hour per Child**
Call or go online for current drop in hours.

PERSONAL TRAINING

Invest in your health and make your efforts count by keeping motivated, educated and accountable with help from our Certified Personal Trainers. **\$25/\$35 an Hour Session, Call About Groups**

AQUATICS

FLOATING FLICKS NEW

All Ages
Join us in the pool for some cinema 'n splash, bring in your favorite floatation device (tube, raft...) **Free/\$3**
Sunday 2/20.....2-4pm "Grown Ups" Rated PG-13
Sunday 4/10.....2-4pm "Sandlot" Rated PG

SYNCHRONIZED SWIMMING NEW

Ages 8-18
A new opportunity in Cortland. Learn from a great coach with years of experience and a passion to teach. Competition preparation. **\$25/\$45 a Session**
Sundays.....2-3pm

COMMUNITY

FIDELIS RACE SERIES

It will not be cold forever and the road is calling all runners!
Mothers Day 5k Run/Walk.....May 8th 2011, 9am
Fathers Day 5k Run/Walk.....June 19th 2011, 8am

FAMILY FUN NIGHTS

Bring your family to the Y on the 3rd Friday of every month during the school year for a ton of fun and themed activity including swimming, climbing, A&C, snacks, family games and so much more.!!
Free / \$5 a Family
1/21, 2/18, 3/18, 4/15, 5/20.....6:30-8:30pm

ADULT KARATE

Ages 13 and Up (also available for ages 7-12)
Authentic traditional Koel-Kan Karate-Do classes are a combination of several martial arts. We teach each student to strive for the highest level of self attainment and to embrace the ethics of Bushido, including humility, truth, discipline, self esteem, peace, respect, honor and courage. **\$44/\$64 a Session**
Tuesday and Thursday.....7:30-9pm

SENIOR MORNINGS NEW

Active Older Adults
Join us during the week for fun and fitness with water aerobics, strength, balance and flexibility classes, laughter yoga, coffee, snacks, Wii and card games. **Free/\$5 a Day**

ADULT ROCK CLIMBING CLASSES

See YOUTH AND TEENS for info, call for times. NEW

ADULT SWIM LESSONS

Proper technique is taught and confidence is built in this opportunity for adults looking to swim with confidence. **Free / \$5 a Class**
Call for dates and times

WATER BABIES

Ages 6 months-4 years
A parent/child class with a safe and gentle approach to teaching introductory swimming techniques. **Free / \$2 a Child**
Saturdays.....10-10:30am (call ahead)

SWIM LESSONS

Ages 4 and Up
Beginner to advanced lessons for all abilities. Private lessons are also available, call for more details. **\$42/\$60 a Session**
M/W.....Begin 3:30-4p, Inter 4-4:30p, Advnc 4:30-5pm

YOUNG LEADERS CLUB NEW

Ages 12-18
Leadership, communication, planning and problem solving skills are developed and exercised through YMCA and community volunteerism. Leaders will also have opportunities to attend leadership rallies and events throughout the region and abroad. **Free to All**
Leaders Meet Twice a Month, call Dave for Details

A BOOK CLUB WITH A CAUSE

Interested in exploring ways to build your community? Join the club reading, call Dave for more info.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR OUR COMMUNITY

Cortland County Family YMCA Winter/Spring 2011

Session Dates:

4: 1/24 - 3/11

5: 3/14 - 4/29

6: 5/2 - 6/10



One price means it is universal, otherwise prices are listed as "Y Members / Community Members".
Registration begins 1 month prior to start for Members and 3 weeks prior for Community Members.

ABOUT YOUR Y



The Cortland YMCA is a non-profit organization that has been serving the Greater Cortland community for more than 143 years. At the Y we foster youth development, encourage healthy living and exemplify social responsibility while incorporating character values into all we do by promoting caring, honesty, respect and responsibility.

Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

The Y staff and board of directors are committed to the full participation of anyone who wishes to improve their quality of life regardless of ability, economic status, race, gender, religion, or political views.

FULL TIME STAFF

Don Kline-Executive Director
 Dave Burnette-Program Director
 Aggie Steele-Business Manager
 Matt Kemak-Membership Director
 Peggy Eck-Evening Manager/Race Series Coordinator

BOARD OF DIRECTORS

Nick Pizzola-President
 Kim Allen, Barbara Gallup, Dana Decker, Chad Cotterill, Christine Gregory, Rich Hansen, Tim Herman, Hugh Keegan, Sean Mack, Janet Steck, Ron Walsh, Chuck Wilhoit and Paul Yaman

FACILITIES-In 2010 we completed our lobby renovations and are pleased to offer a new community meeting room, birth-day party zone, youth and family zone with the Wii, drop in child care room and lounge. Also available...

- Pool-Heated, 25 yard indoor 4-lane lap and open swim pool.
- Gymnasium -2 Adjustable and 3 ten foot basketball nets, and full size volleyball court.
- NEW Climbing Wall-Four 20ft. roped walls with 12 climbing routes, and a bouldering area.
- Free Weight Room-Multiple towers, benches and racks for any level of free weight training interest.
- Nautilus Room-Equipped with treadmills, stationary bikes, ellipticals, stair climbers, row machines
- Circuit Training Machines-Set in a circuit in our Nautilus area for an upper to lower body total workout.
- Spinning Studio-Equipped with 8 spinning bikes for a group spinning/cycling experience.
- Multi Purpose Fitness Studio-Padded floors for comfort. Karate, Kickboxing, Pilates, Yoga, Dance...
- Three locker Rooms-A men/boys, women/girls and fully accessible family changing room.
- Two Health Club Locker Rooms-A women's & men's, with personal lockers, sauna, steam room and jacuzzi.
- NEW Playground-Slides, monkey bars, climbing wall, musical station, and soft flooring for safe family fun.
- Wi-Fi Internet-Free for anyone at the Y. There are also soon to be computers open for patron use.

BECOMING A MEMBER-YMCA membership is all inclusive. Annual Members are not charged anything additional for facility use during operating hours, they receive free/reduced rate programs and special events and are given priority registration. Membership options include youth, family, single parent, adult, and couples. There are endless benefits to a YMCA membership, but nothing compares to the better quality of life for yourself or your family.

NEW IN 2011-Enjoy your Y membership at following 14 participating CNY locations!

Auburn YMCA-WEIU	Watertown Family YMCA
Skaneateles YMCA and Community Center	Fairgrounds YMCA - Watertown
Downtown Branch YMCA - Syracuse	Garage YMCA
East Area Branch YMCA - Fayetteville	Oswego YMCA
North Area Family YMCA - Liverpool	Cortland County YMCA
Rome Family Branch YMCA	Fulton YMCA
Oneida Family Branch YMCA	Ithaca & Tompkins County YMCA

HEALTH INSURANCE COVERAGE-Your provider may cover or contribute to your Y membership.

Contact your health insurance provider to find out more details about your coverage benefits. We accept "Go Getters!"

VOLUNTEERING-The Y could not serve our community and provide the services we do without volunteers like you. Volunteers are ensured a positive experience when their interests, background and talents pair them with programs interested? Contact Dave Burnette or stop in the Y. Give Back!

GIVING AND FINANCIAL ASSISTANCE-We believe in the physical, mental and spiritual benefits of participation, that's why we don't deny participation due to an inability to pay. Help further this effort by being a one time or annual giver.



YOUTH AND TEENS

BIRTHDAY PARTIES

Host your child's next birthday party at the Y for a guaranteed good time! Party options include use of the birthday party zone, NEW climbing wall, gym, pool, and/or NEW Wii system with DDR! Call the Y to book an affordable good time today.

Y SUMMER CAMP

A unique camp for grades K-10 focusing on staying active in our own community. Campers will take local trips as well as have a ton of fun at the Y LIT/CIT.

Early Reg March, Camp Preview 5/21 1:30-3:30P

YOUTH FITNESS

Knowing the right way to train your body, coaches will address age appropriate and sport specific training while emphasizing proper form and diet.

\$5/5.10 per 45min Group Session

Call Dave about days and times

LITTLE CHEFS

Children will learn about healthy snacking and kitchen safety while expressing themselves with fun and creative recipes. Parents are welcome too!

\$15/\$30 (includes Food)

2/3-3/10 Thursdays.....5:45-6:30

KARATE

See ADULTS AND OLDER ADULTS for more info.

\$40/\$58

Tuesdays and Thursdays.....6:30-7:30pm

TWEEN NIGHTS

Every other Saturday the YMCA will be hosting an after hours evening just for grades 4-6. The events will be well supervised with chaperones. There will be a DJ, dancing, food, games, contests and healthy fun!

Free/\$5

1/29, 2/12&26, 3/12&26, 4/9&23, 5/7&21.....6:30-9:30P

PARENTS AND KIDS NIGHT OUT

A fun filled evening including swimming, climbing, arts & crafts, Wii games and a snack will be supervised by Y staff while parents can take a few hours to shop kid free, go out to dinner or just relax.

\$5/5.10 (\$2/\$5 for Additional Children)

1/28, 3/4, 4/1, 5/6 (Fridays).....6-9pm

QUIDDITCH

See ADULTS AND OLDER ADULTS for more info

Ages 9-90

ACTIVE KIDS - AFTER SCHOOL

The Y's after school program in it's 3rd successful year! Our goal in this unique program is to provide at least 60 minutes of physical activity each day for our kids. Kids go swimming (all levels), climbing, hiking, team building, and take educational trips while serving in the community.

\$45/\$55 a Week or \$12/\$15 Daily (per diet)

Mon-Fri 3:05-6pm, transportation from school provided

CROSS-TRAINING FOOTBALL

Boys in Grades 7-12

A unique sport/league for the off season athlete. "Building Agility and Molding Men" is our motto for this program that uses the fast paced game of ultimate football to reach out to young athletes. Time spent with coaches provide the opportunity for both life skill and athletic skill building.

\$25/\$40 includes a T-shirt

3/14-5/6 Monday & Friday.....4pm-6pm

ROCK CLIMBING CLASS

An amazingly fun and challenging sport! Participants will learn about communication, safety, proper technique, and have opportunities for belay certification and trips.

\$25/\$50 per 6 Week Session (includes gear rental)

3/17-5/5 Thurs 4-5p..5/10-6/21 Tues 4-5p (Adults 5-6) Private Classes, Groups, and Open Wall also available.

GYMNASTICS

Cortland's longest running gymnastics program starts by working on motor skills, coordination, balance, strength and flexibility in Gym Kids. Progressive instruction focuses on each olympic event and proper execution, and pre-team skill building is available to those ready to advance.

Gym Kids, 3-4 yrs...T/Th 4-4:45p or 5-5:45p...\$60/\$93*

Progressive, 5-12...M/W 6-7, T/Th 4-5 or 5-6...\$75/\$99*

Pre-Team, 5+ yrs...T/Th 4-6pm...\$108 Y Members only*

*Prices reflect 2x a week, call about once a week options. Call 758-8630 for more info, leave a message if necessary.

PEE WEE SPORTS :

SOCCER

Ages 4.8.5 6.8.7

Skill building, drills and games. Must have shin guards.

3/17-4/27 Wednesdays.....4-4:45p (4/5), 5-5:45p (6/7)

FLOOR HOCKEY

Ages 7&8 9&10

Skill building, drills and games. No equipment necessary.

5/4-6/8 Wednesdays.....4-4:55p (7/8), 5-5:55p (9/10)

PEE WEE CHAMPS

Ages 3-6

Each day will focus on the fundamentals of a different sport helping each child to build overall coordination.

2/5-3/12 Saturdays.....1:15-2pm

All Pee Wee Sports - \$20/\$35 includes a T-Shirt