



# Cortland County Family YMCA

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**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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Matthew Kemak  
Cortland County Family YMCA  
22 Tompkins Street  
Cortland, New York 13045  
(607) 756-2893

*For Immediate Release*

## YMCA lists Fall Programming

The Cortland County Family YMCA invites you to stop on in and enjoy some of our new fall session programming. Programs start September 13. Sign up now!

Our programming this session includes:

### CHILDCARE:

- Drop in Childcare- for children 6 weeks to 12 years. Let us watch your children as you work out! Monday-Friday 9 a.m. to 11:00 a.m. and Tuesday, Wednesday and Thursday nights from 5:00 to 8:00 p.m.
- YMCA Active Kids!- Active Kids! Is a non-traditional childcare experience for kids in grades K-6. Your children will be engaged in heart-pumping physical activity on a daily basis. Busing is available for the Cortland School District. Visit us online for more details and pricing. [www.cortlandymca.org](http://www.cortlandymca.org)

### AQUATICS:

- Progressive Swim Lessons – for children 4 and up. Offered on Mondays and Wednesdays from 3:30-5:00 pm. Classes are grouped by ability level.

- YMCA Stingers Swim Team – for youths 5-18. Develop a life-long skill and swim competitively against local and national YMCAs and at additional USA Swimming sanctioned events. Practices are held Monday through Thursday evenings and Saturday morning. Try your first week FREE!
- YMCA Masters Swim Team – a recreational/competitive program for adults. A great way to network and stay in shape! Takes place Wednesday evenings from 5:00-6:30. Many of our Master's swimmers win gold each year at the Empire State games.
- Water Aerobics – an invigorating, yet low intensity aerobic workout for adult/senior members. Offered Monday and Wednesday mornings from 10:00-11:00 a.m.
- Adult Swim Class- New to the Y, we are looking for adults interested in becoming better swimmers. Two free trial classes will be offered Sept. 25 and Oct. 4, from 10:30-11:15 a.m. Sign up at the front desk today!
- Private Lessons – Available for any age interested in learning how to swim with an instructor one on one. Lessons are available by appointment.

#### PROGRAMS:

- Koei-Kan Karate – for youths and/or adults. Try your first two classes FREE! Offered by Sensei Gary Busby on Tuesdays and Thursdays from 6:30-7:30 pm (ages 7-12) and 7:30-9:00 pm (ages 13+).
- YMCA Progressive Gymnastics – Progressive gymnastic classes are held at the J M McDonald Sports Complex. Call 758-8630 after 4 p.m. for more info.
- Gym Kids – beginner gymnastic classes for preschoolers.

- YMCA Comets Gymnastics Team and Pre-Team – A competitive team where skills acquired through progressive lessons are put to the test! Offered on Tuesdays, Thursdays and Saturdays. Call 758-8630 after 4 p.m. for times.
- YMCA Personal Training – Certified trainers guide and motivate participants to achieve their personal fitness goals and improve overall health. Call for information and pricing.
- YMCA Fitness – Weekday and weekend classes offered at various times. Offerings include Toning, Interval Training, Kickboxing, Yoga, Body Stretching and Sculpting, Step Aerobics, Crystal’ates (a mixture of yoga and pilates techniques) and Water Aerobics and ZUMBA! All classes are free to YMCA members.
- Indoor Cycling – AM and PM classes offered throughout the week weekends. Music driven rides focus on increasing strength and endurance. Call today to set up an orientation.
- YMCA Family Fun Nights – Bring the family and enjoy our gym, climbing wall and pool! October 15<sup>th</sup> will be our first organized family night. No cost for Y members and a nominal fee for community members.
- Basketball Leagues – Fall Leagues for Master’s (35+) and Open (post high) start late September. Roster forms available at front desk.
- Youth Skills and Drills Basketball Camp-For boys and girls ages, 9-14. Start “tuning up” basketball skills before the season starts. Friday nights 5-6:30 p.m. Call the Y for more details and pricing.

The Cortland County Family YMCA has been proudly serving the Cortland community for the past 142 years. Check us out online at [www.cortlandymca.org](http://www.cortlandymca.org).

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